



The Clinic and Contraception

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Health Topics
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Alcohol & Other Drugs
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Cannabis
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Tobacco & Vapour

Health Topics

The Middlesex-London Health Unit provides up-to-date and accurate information on a variety of topics, programs, services and research, including, but not limited to:

Abuse	Healthy Aging
Active Living	Immunization
Alcohol and Other Drugs	Infectious Diseases
Beauty and Body Art	Inspections
Breastfeeding	Nutrition
Cancer	Opioids
Cannabis	Parent Resources <small>(including feeding your baby, growth & development, mental health, and more)</small>
Child Safety <small>(including concussions, safe sleep, poison prevention, drowning prevention, home safety, and more)</small>	Perinatal Mental Health (PMH)
Community Design	Physical Activity
Dental Health & Services	Pregnancy
Drinking Water	Rabies
Emergency Management	Safety <small>(including food safety, road safety, child safety, sun safety, pool safety, and more)</small>
Environmental Health <small>(including climate change, bed bugs, mould, lead, and more)</small>	School Health
Flu	Sexual Health
Food Policy	Tobacco and Vaping Products <small>(including steps to quitting and more)</small>
Food Safety	Ticks and Lyme Disease
Head Lice	West Nile Virus
Health Equity	Workplace Health

Website: **healthunit.com**

Phone number: **519-663-5317**

The Clinic - London

Located at 355 Wellington St., London, ON inside Citi Plaza.

Birth Control Clinic:

Monday: 1:00 p.m. to 3:00 p.m.

Wednesday: 9:00 a.m. to 11:00 a.m. and 1:00 p.m. to 3:00 p.m.

Thursday: 4:30 p.m. to 7:00 p.m.

STI Clinic:

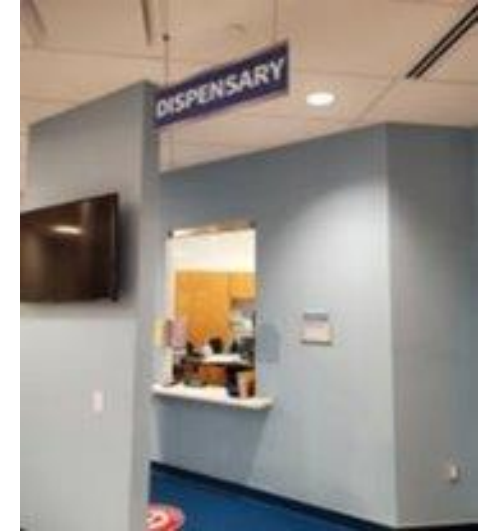
Monday: 4:30 p.m. to 7:00 p.m.

Wednesday: 4:30 p.m. to 7:00 p.m.

Friday: 8:30 a.m. to 10:30 a.m.



The Clinic - London



The Clinic - Strathroy

Located at 51 Front St., Strathroy, ON.

Public Health Nurse Hours:

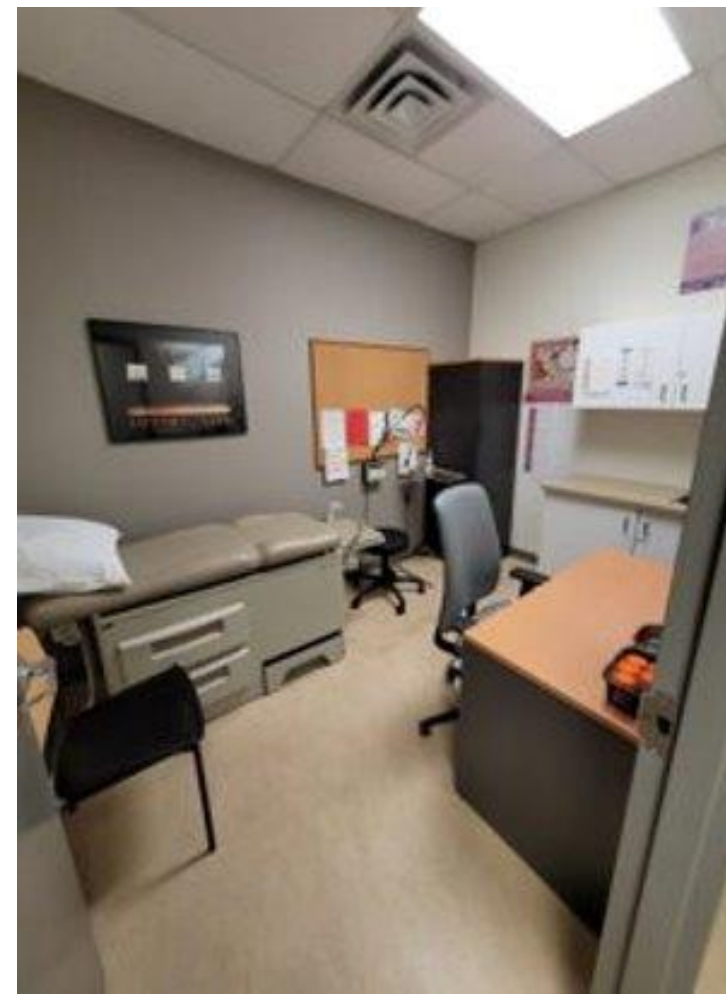
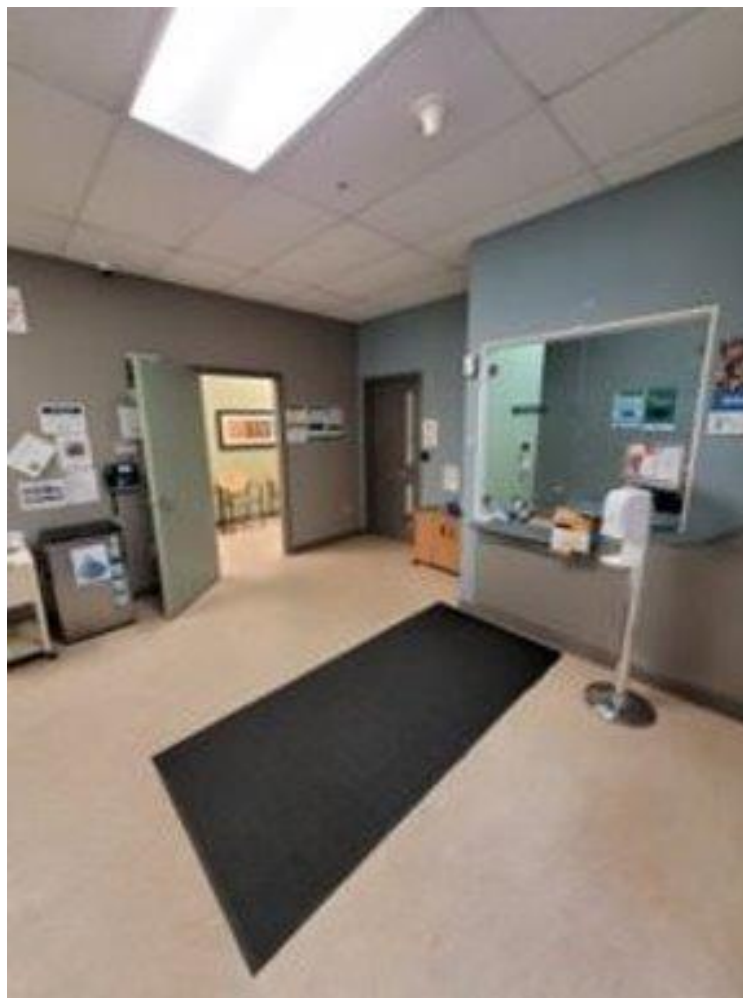
Thursdays: 11: 00 a.m. to 1: 00 p.m.
and 2:00 p.m. to 4:00 p.m.

Physician Hours:

Every 4th Thursday: 12:30 p.m. to 3:30
p.m.



The Clinic - Strathroy



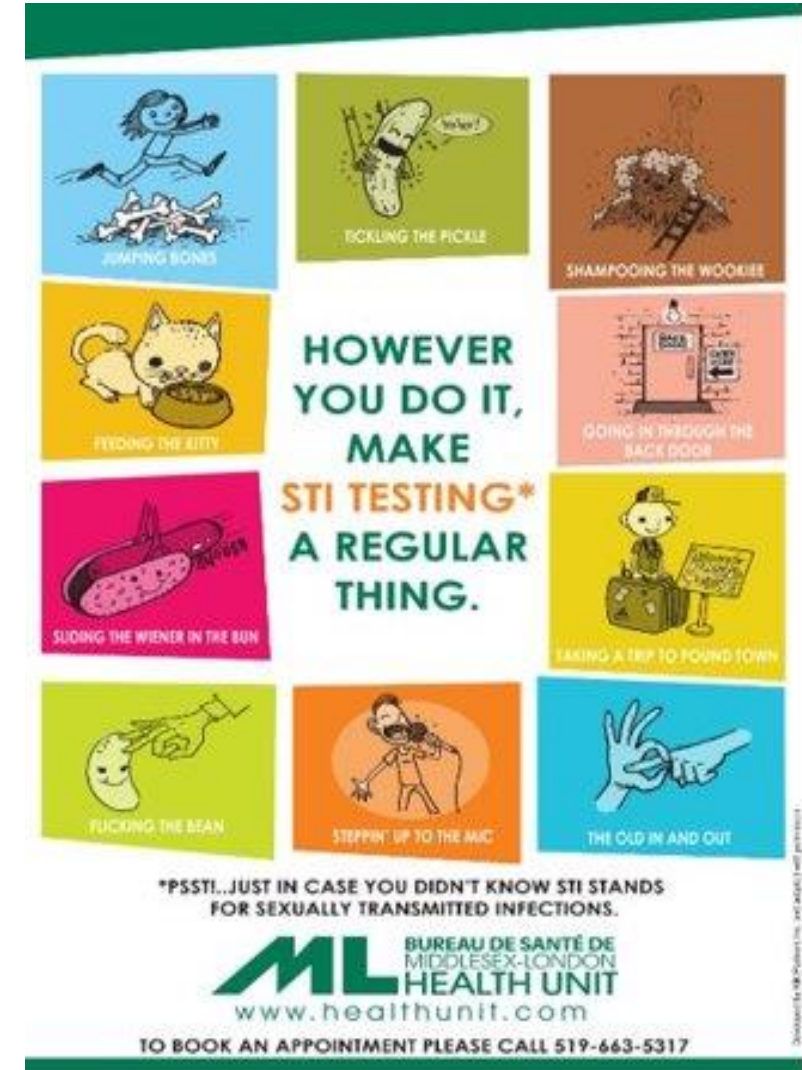
Sexually Transmitted Infection (STI) Clinic

We offer:

- Free STI testing and treatment (no health card required)
- Free condoms

STI Testing Process:

1. Call to book an appointment for the STI clinic
2. Come to the Health Unit
3. Check in with reception – you will be given a number
4. Wait until your number is called
5. Talk to a public health nurse in private treatment room
6. Visit with the doctor



Birth Control Clinic

The following services are available to individuals under 50 years of age:

- Birth control counselling and prescription
- Low-cost birth control
- Low-cost emergency contraceptive
- Cervical cancer screening (pap tests)
- STI testing, pelvic pain assessment
- IUD/IUS consultation and insertion
- Free condoms

All female physicians

The Clinic
519-663-5317
355 Wellington St., Suite 110, London ON
51 Front St. E., Strathroy ON

The Clinic offers a confidential and non-judgmental environment where clients can get answers to their sexual health questions, and are provided with what they need to make decisions that are right for them. All visits to The Clinic are confidential.

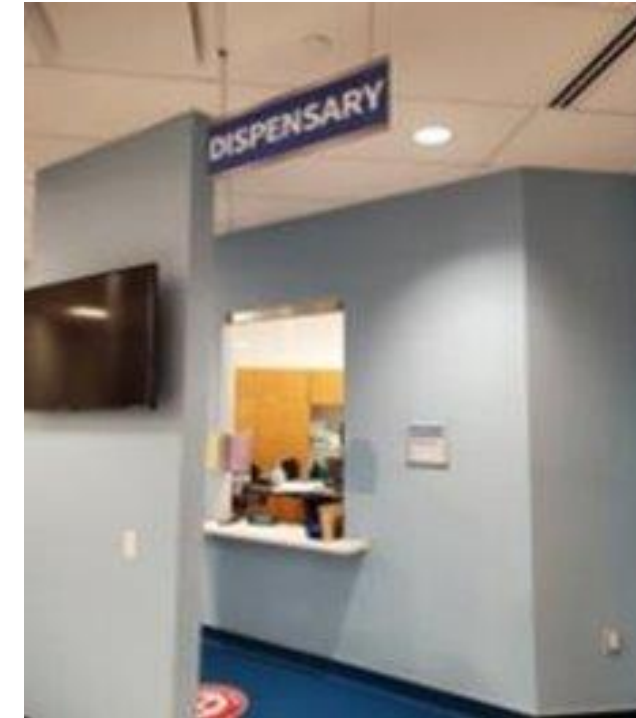
Birth Control Methods
- Discussing your options
Emergency Contraceptive Pill
Sexually Transmitted Infections
- Confidential testing
- Free treatment
Free Needle Exchange

Know Your Choices
Sexual health for life

ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

The Clinic
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Birth Control
Sexually Transmitted Infections (STI)
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Dispensary/Pill Window -
To purchase birth control
and emergency contraceptive (no
appointment needed, no age
limit)

Oral Contraceptive Pill

- There are two kinds of oral contraceptives – combined oral contraceptive (contains estrogen and progestin hormones) and progestin-only contraceptive.
- Prevents ovulation, thickens the cervical mucus to make it difficult for sperm to move, and changes the uterine lining to prevent implantation.
- The pill is taken at the same time every day, most commonly for 3 weeks followed by a pill-free or placebo pill week.
- 91% effective with typical use, over 99% effective with perfect use



(Reproductive Health Supplies Coalition, 2019d)

Contraceptive Patch

- The patch is stuck to the skin and releases estrogen and progestin into the bloodstream.
- Stops ovulation and may also thicken the cervical mucus and thin the uterine lining.
- One patch is worn weekly for 3 weeks, changed at the same time and same day every week. The fourth week is a patch-free week (menstrual period week).
- Can be worn on the bum, stomach, back, or upper arms, not on the breasts.
- 91% effective with typical use, over 99% effective with perfect use. May be less effective for individuals who weight more than 90 kg (198 lbs).



Vaginal Ring

- Vaginal ring is inserted into the vagina and slowly releases estrogen and progestin over 3 weeks. Ring is removed for week 4 (menstrual period week).
- Prevents ovulation, may also thicken cervical mucus and thin the uterine lining.
- 91% effective with typical use, over 99% effective with perfect use.



(Reproductive Health Supplies Coalition, 2019e)

Injectable Contraception

- Injection is given by a healthcare provider every 10-13 weeks. The shot only contains progestin, no estrogen.
- Prevents ovulation, thickens the cervical mucus, and changes the uterine lining.
- 94% effective with typical use, over 99% effective with perfect use.



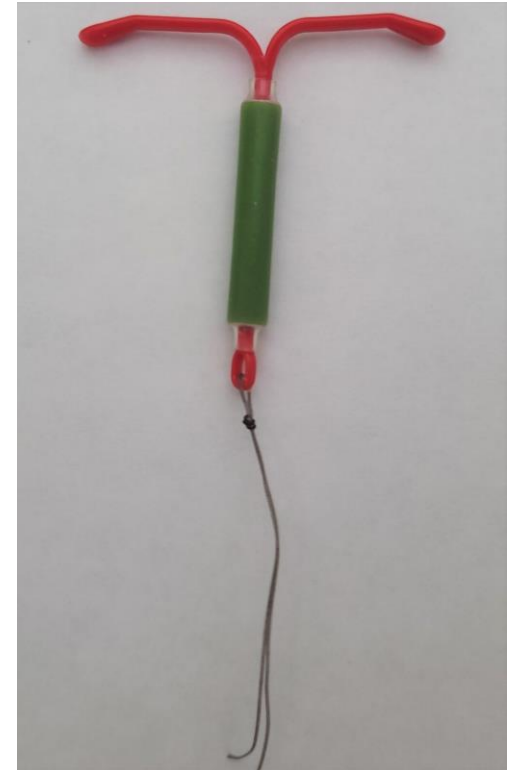
(Polekhina, 2021)

Contraceptive Implant

- A small flexible rod is placed under the skin of the upper inner arm by a healthcare provider. The implant releases progestin into the bloodstream over 3 years.
- The implant prevents ovulation, thickens the cervical mucus, and changes the uterine lining.
- Over 99% effective

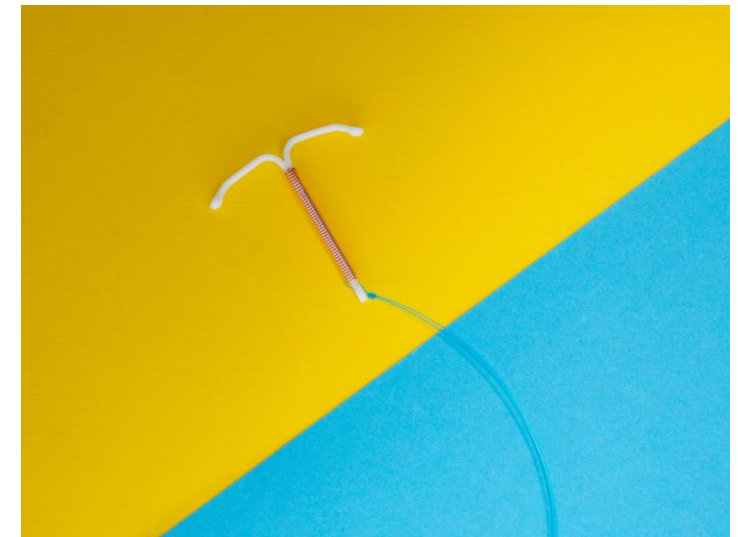
Hormonal Intrauterine System (IUS/IUD)

- Small T-shaped device is inserted into the uterus and slowly releases progestin over 5 years.
- Thins the lining of the uterus and thickens the cervical mucus.
- 99.8% effective



Copper Intrauterine Device (IUD)

- Small T-shaped device is inserted into the uterus. Copper ions are released into the uterus and significantly reduce movement of sperm. The IUD also acts as a foreign body and leads to an environment not suitable for pregnancy.
- Can remain inserted 3-10 years depending on device.
- Over 99% effective



(Reproductive Health Supplies Coalition, 2019a)

Condoms

Internal:

- A loose-fitting sheath with two flexible rings is inserted into the vagina to act as a barrier to prevent sperm and body fluids from entering. The internal ring sits inside to hold the condom in place, the outer ring sits at the opening to provide added protection.
- 79% effective with typical use, 95% with perfect use



(Reproductive Health Supplies Coalition, 2019b)

External:

- The condom is worn over the penis to act as a barrier to prevent exchange of body fluid and sperm.
- 82% effective with typical use, 98% with perfect use

Emergency Contraceptive

- Also known as the “morning after pill”
- Can prevent an unplanned pregnancy when no contraception was used, when contraception failed, or when contraception was used incorrectly
- Ideally taken within 24 hours after unprotected sex - effectiveness decreases every 24 hours
- [3 options](#) – Plan B, Ella, Copper IUD
- Plan B and Ella can be taken up to 5 days after unprotected intercourse
- Copper IUD can be used up to 7 days after unprotected intercourse



(Reproductive Health Supplies Coalition, 2019a)



(Reproductive Health Supplies Coalition, 2019c)

Thank you!

**For further information or to book
an appointment at the STI or Birth
Control Clinic, please call 519-663-
5317.**



Middlesex-London Health Unit. (2023). [Image of contraceptive patch] [Photograph].

Middlesex-London Health Unit. (2023). [Image of intrauterine contraceptive device] [Photograph].

Middlesex-London Health Unit. (2021). [Images of London clinic] [Photograph].

Middlesex-London Health Unit. (2021). [Images of Strathroy clinic] [Photograph].

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Reproductive Health Supplies Coalition. (2019a). *Red and white plastic hand tool* [Photograph]. Unsplash. <https://unsplash.com/photos/red-and-white-plastic-hand-tool-Is-oKcKl7d0>

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Reproductive Health Supplies Coalition. (2019e). *White plastic bangle* [Photograph]. Unsplash. <https://unsplash.com/photos/white-plastic-bangle-rek78dIV0Qs>

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