HEALTHY SEX
IN BERKSHIRE

...advice
from Your
Pharmacist
YOU, YOUR PHARMACIST AND HEALTHY SEX

This leaflet will help you to identify and care for your needs. As a health care professional, the Pharmacist is available to advise you on a variety of sexual health matters including contraception, starting a family and sexually transmitted diseases.

Sex is a normal and healthy part of our lives which enables us to express our feelings of affection and tenderness, excitement and enjoyment.

CONTRACEPTION

Contraception enables us to plan a family and avoid unplanned pregnancies. Your Pharmacist can:

- advise you on the various methods of contraception
- supply prescription and non-prescription contraceptive aids
- advise on medication and possible side effects

HOLIDAYS

Contraception may be the last thing on your mind when packing for your holidays, but taking the necessary precautions is vitally important - helping you to avoid unplanned pregnancies and the possibility of infection.

The UK provides a comprehensive system of family planning through Pharmacies, GP and Family Planning clinics. Not all overseas destinations do. It is important to plan ahead and be prepared for all eventualities. Your Pharmacist can assist you with the supply of contraceptives

STARTING A FAMILY

A Pharmacist can assist if you are planning a family, and also in the care of your unborn child by advising on:

- folic acid - an important vitamin, before and during pregnancy
- diet
- smoking
- medication - possible side effects
- pregnancy tests

SEXUAL ACTIVITY AND RELATIONSHIPS

A happy and fulfilling sex life is important to most people. Making love can sometimes create anxiety, particularly if discomfort is experienced or if the partners are unable to fulfil each others needs.

An individual’s problems may sometimes be related to lifestyle issues such as stress, fatigue or ill health. Medication can also affect performance. A Pharmacist can advise on:

- medication
- lifestyle issues

EMERGENCY CONTRACEPTION

A Pharmacist can advise on the use and availability of emergency contraception which can be effective within 72 hours of intercourse. If you have had sex without the use of birth control, or if your method of contraception has failed you, emergency contraception can prevent unplanned pregnancy.
SEXUALLY TRANSMITTED DISEASES AND INFECTION

Anyone can catch a sexually transmitted disease (STD), including HIV, the virus which causes AIDS. Safer sex can prevent the spread of disease if you use an appropriate condom with a British Standards Kitemark.

Your Pharmacist can:

- advise you on the use of condoms and safer sex
- give you information on the STD clinics in Berkshire