



Central and
North West London
NHS Foundation Trust

Free emergency contraception in Barnet



Wellbeing for life

Emergency hormonal contraception is commonly referred to as 'The morning after pill' or 'EHC.' If you have had sex without using contraception, or think your contraception might have failed, you can use emergency contraception.

It's free for all ages from sexual health clinics and GP surgeries. In addition, you can get it free if you are under 25 from the listed community pharmacies.

Sexual Health clinics in Barnet are at Edgware Community Hospital and Vale Drive Clinic, see website www.sexualhealth.cnwl.nhs.uk for details of opening hours.

Community Pharmacies offering free emergency hormonal contraception to under 25s:

 **Oakleigh Pharmacy**

253 Oakleigh Road North
Whetstone
London N20 0XT

 **Pickles Chemist**

73 Ballards Lane
Finchley
London N3 1TX

 **Parry Jones Pharmacy**

61 High Street
Barnet
London EN5 5UR

 **Carters Pharmacy**

321 Ballards Lane
North Finchley
London N12 8LT

 **Warman Freed Pharmacy**

45 Golders Green Road
Golders Green
London NW11 8EL

 **Boots UK Ltd**

Boots The Chemist
Broadwalk Shopping Centre
Edgware
London HA8 7BD

 **Boots UK Ltd**

1263-1275 High Road
Whetstone
London N20 9HS

 **Brand Russell Ltd**

280 East Barnet Road
East Barnet
London EN4 8TD

 **Castle Pharmacy**

364 Cricklewood Lane
Cricklewood
London NW2 2QJ

 **Cootes Pharmacy**

166-168 High Road
East Finchley
London N2 9AS

 **H.A. McParland Ltd**

Unit 2
Heath Parade
Lanacre Road
Hendon Village
London NW9 5ZN

 **Jade Pharmacy**

5-6 Silkstream Parade
Watling Avenue
Burnt Oak
Middlesex HA8 0EJ

 **John Wilson Chemists**

17-19 Vivian Avenue
Hendon
London NW4 3UX

 **Lloyds Pharmacy Ltd**

209 Woodhouse Road
Friern Barnet
London N12 9AY

 **Cullimore Chemist**

13-15 Glengall Road
Edgware
London HA8 8TB

For information about the sexual health and contraceptive services available in London visit www.sexualhealth.cnwl.nhs.uk

You can call us on **020 3317 5252**, lines are open Monday to Friday from 9am to 5pm.

How soon after sex can I take emergency contraception?

It is really important that you get emergency contraception as soon as possible following unprotected sex, i.e without any contraception – as it works best to stop pregnancy the sooner it is taken.

There are three types of emergency contraception:

Levonorgestrel pill

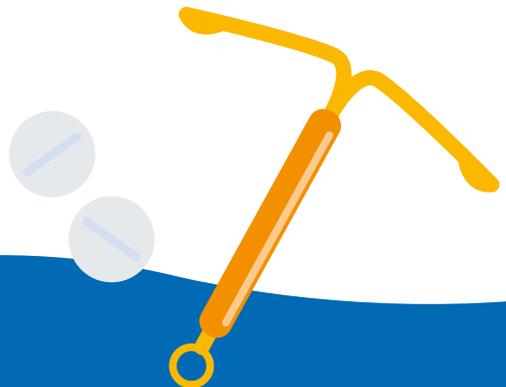
You can take this up to 72 hours (3 days) after having unprotected sex.

EllaOne pill

You can take this up to 5 days (120 hours) after unprotected sex.

You can get either of these from the pharmacies listed above, your GP or one of our sexual health clinics.

The **intrauterine device** ('coil' – a small, flexible contraceptive device that is shaped like the letter T and is inserted into the womb). It can be inserted up to 120 hours (5 days) after unprotected sex, but may also be used beyond that timescale in certain circumstances. This is available from our sexual health clinics and some GPs. This is the most effective type of emergency contraception.



Having healthy sex

You're the only person who will know when you're ready for sex, don't be pressurised into it. If pregnancy is a main concern then you should make an appointment with us for some effective contraception. There are lots to choose from and one will be right for you.

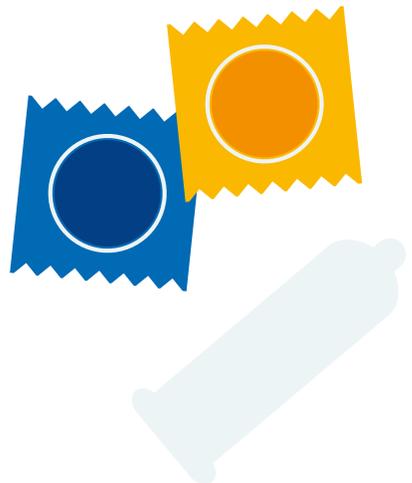
Anyone who is sexually active can get a sexually transmitted infection (STI). You do not always know if you have an infection as they may not cause you any symptoms so it is important that you get checked. We recommend that you and your partner(s) have sexual health testing before having sex at the start of a new relationship.

Book an appointment online at www.sexualhealth.cnwl.nhs.uk or for testing if you have no symptoms visit www.shl.uk

Condoms

If used correctly every time then they are 98% effective at reducing the chances of pregnancy and limiting the spread of sexually transmitted infections (STIs).

You can also buy condoms from chemists, but you might prefer to purchase them anonymously online, such as from **Freedoms-Shop.com**. Freedoms Shop is run by CNWL, the same organisation that provides the EHC service in Barnet.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish