

## Online contraception for Surrey residents

From January 2019, new and existing patients will be able to order contraception online. This includes

- New or repeat progestogen only pill
- Repeat combined pill (for existing patients only)

For implants and coils, an appointment is still needed.

### How to order online

#### The process is quick and easy

- Go to [www.sexualhealth.cnwl.nhs.uk](http://www.sexualhealth.cnwl.nhs.uk)
- Follow the steps on the homepage to complete a short medical history. This will determine whether it is best to see a clinician face-to-face or use the online form.
- A clinician will review the order and confirm
- Receive a prescription by tracked delivery (or the offer of a face-to-face consultation, if required)
- Take this to a pharmacy to process the prescription

### About the health assessment

- The patient will be asked to complete a health self-assessment.
- For repeat combined pill, this includes entering their blood pressure, height and weight. Information is given about where to get a free local blood pressure check
- Every questionnaire is reviewed by a clinician and if any answer indicates that they are not eligible for contraception, or a more detailed face-to-face clinical consultation is required, they will be informed and patient registration will not occur until they are seen face-to-face.

### Benefits for local residents

- This is a more convenient option for some residents. If someone prefers to be seen in a clinic they can continue to do this.
- We also offer testing kits online so residents in the County might also want to order a sexual health testing kit online [www.sexualhealth.cnwl.nhs.uk/surrey-kits](http://www.sexualhealth.cnwl.nhs.uk/surrey-kits)