

# Student Health - Sexual Health

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## **Worried you might have a Sexually Transmitted Infection (STI)?**

STI checks can be done by:

- The GP
- The Sexual Health Clinic (SHC) at the [Royal United Hospital Bath](#). Mon-Fri 8am-6pm
- The CaSH (Contraceptive and Sexual Health) Clinic (see below)

## **Sexually active and not had a chlamydia check with your current partner?**

Free self-checking screening kits are available for male and female students up to the age of 25. Kits are available from:

- The Students Union Office at BSU
- Fairfield Park Health Centre Surgery
- BSU Newton Park Campus Surgery
- SAFE-branded Pharmacies (see below)
- CaSH Clinic (see below)

If you are over 25 and worried about chlamydia then you need to see the GP or go the Sexual Health clinic at the Royal United Hospital or the CaSH Clinic.

**SAFE (Sexual health Advice For Everyone).** If you are under 25 you can access free emergency contraception, free pregnancy testing, free Chlamydia testing and treatment, and free condoms (if under 20 with a C card) at any SAFE branded pharmacy. C cards can be obtained from the Nurse at the GP surgery or online from the [SAFE website](#).

**CaSH (Contraception and Sexual Health) clinic:** For advice on contraception, Sexual Health and unexpected pregnancy.

Walk in:

3-5pm Mon-Fri,

11am-2pm Sat.

Appointments:

Mon 10am-3pm,

Tues 2-3pm and 5-6pm,

Wed-Fri-11am-3pm

The [CaSH clinic](#) is situated at:

Riverside Health Centre, James St West, Bath, BA1 2BT

Tel 01225 831593

## **Contraception**

For free emergency contraception, either:

- Contact the GP
- Go to the CaSH (Contraceptive and Sexual Health) clinic (see below)
- Go to a SAFE-branded Pharmacy, if under 25

- ideally within 24 hours of unprotected intercourse.

For general advice on all forms of contraception, including the fitting of coils and implants, see the GP or go to the CaSH clinic.

For repeat prescriptions of the contraceptive pill see the Practice Nurse.

### **CaSH Clinic opening times:**

Walk in:

Mon-Fri 3-5pm

Sat 11am-2pm

Appointments:

Mon 10am-3pm,

Tues 2-3pm and 5-6pm

Wed-Fri 11am-3pm

**Find the CaSH Clinic** - It is situated in:

Riverside Health Centre, James St West, Bath, BA1 2BT

Tel 01225 831593

[Website](#)

The NHS and Family Planning Association Websites also provide advice about all forms of contraception.

[NHS Choices Student Sexual Health](#)

[FPA](#)

### **Missed Contraceptive Pill**

The following is the latest Family Planning association advice for managing missed pills:

#### **Combined pill (eg Microgynon, Yasmin, Cilest etc)**

NOT for Qlaira-Contact the GP for advice.

#### **One missed pill:**

- Take the last pill you missed now.
- Continue taking the rest of the pack as usual.
- No additional emergency contraception necessary.

**For two or more missed pills:**

- Take the last pill you missed now.
- Continue taking the rest of the pack as usual.
- Leave any earlier missed pills.
- Use an additional method of contraception for the next seven days.
- If you have had unprotected sex in the previous seven days you may need emergency contraception. Seek advice from the GP.
- If there are seven or more pills left in the packet, finish the packet and have the usual seven-day break. If there are less than seven pills left, finish the pack and begin a new one next day.

**Progesterone only Pill eg Cerazette:**

If more than three hours late (12 hours if you are taking Cerazette):

- Take a pill as soon as you remember. If you have missed more than one, only take one.
- Take your next pill at the usual time. This may mean taking two pills in one day. This is not harmful.
- You are NOT protected against pregnancy. Continue to take your pills as usual, but use an additional method of contraception, such as condoms, for the next two days.

If you are less than three hours late (12 hours if you are taking Cerazette):

- Take a pill as soon as you remember, and take the next one at the usual time. You are protected from pregnancy.