

## SIX MONTHS LATER...

The collective prescription is valid for six months only. **You must see a doctor during that time** to obtain an individual prescription.

You can consult your own doctor or one of the doctors who signed the collective prescription. These doctors are required to reserve time so that all women can see them within six months. If necessary, the nurse can help you get an appointment with a doctor.

**The collective prescription cannot be prolonged after the six months are up. Nor can it be used to renew an individual prescription that has expired.**

### TO PREVENT SEXUALLY TRANSMITTED INFECTIONS (STIs)

Don't forget that, although hormonal birth control is very effective in preventing pregnancy, it cannot protect you from contracting an STI. To prevent STIs, **use a condom** every time you have sex.

[www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca)

Santé  
et Services sociaux

Québec



Do you need  
**Birth Control?**  
Talk to  
**a nurse!**



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Québec





**If you are or plan to be sexually active, and you need birth control...**

**If you don't have a family doctor or you can't get an appointment quickly...**

**Now you can get hormonal birth control for six months from a nurse, without seeing a doctor.**

There is a new way to begin hormonal birth control. Until recently, women could only get an individual prescription for birth control from a doctor. Now, all women in good health can obtain hormonal birth control from a **nurse** with the appropriate training. However, if you have certain health problems, you may still have to see a doctor.

## **WHAT TYPES of hormonal contraceptives are available?**

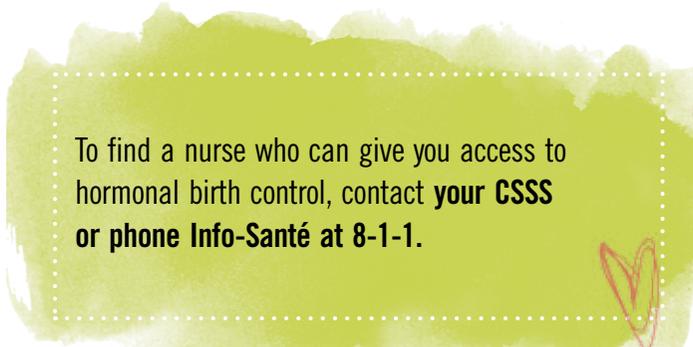
You can choose from the following kinds of hormonal contraceptives:

-  Oral contraceptives (the pill)
-  Birth control patches
-  Contraceptive vaginal ring
-  Contraceptive injection

## **WHERE SHOULD I GO to get birth control?**

Many regions of Québec now have nurses who can give access to hormonal birth control. This service is available in institutions where physicians have issued a collective prescription for hormonal birth control. These may include the following:

- A school or a cégep or university health centre
- A health and social services centre (CSSS) or CLSC
- A family planning centre or youth clinic
- A medical clinic, family medicine group, or doctor's office
- A hospital centre
- A youth centre



To find a nurse who can give you access to hormonal birth control, contact **your CSSS or phone Info-Santé at 8-1-1.**

## **What will THE NURSE DO?**

During your visit, the nurse will:

- evaluate your state of health;
- give you information about birth control methods;
- determine whether there are certain hormonal birth control methods that you should not use;
- help you choose the method that best meets your needs;
- give you information about the hormonal contraceptive you choose;
- give you a form to allow you to obtain the contraceptive at the pharmacy of your choice.

**To obtain the contraceptive you have chosen, you must bring the form the nurse gives you to a pharmacy.** The pharmacist will give you further information about that type of birth control.

If you develop any signs or symptoms after beginning birth control that you didn't have before, speak to the nurse or the pharmacist. You may have to consult your doctor or be referred to another doctor who can see you.

