

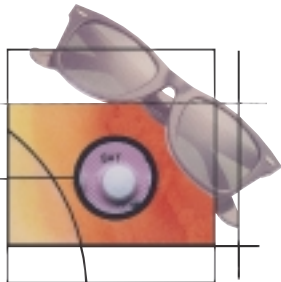
Marie Stopes International is a global reproductive health & family planning partnership working in 30 countries. In 1998 Marie Stopes International provided services to 1.5 million women and their families.

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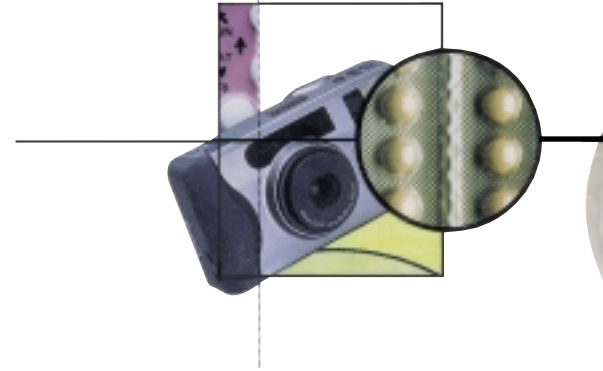


YOUR PASSPORT TO  
SEXUAL HEALTH



Marie Stopes International would like to thank all the family planning associations who assisted with the research for this guide.

## YOUR PASSPORT TO SEXUAL HEALTH



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# YOUR PASSPORT TO SEXUAL HEALTH



## INTRODUCTION

Every summer a newspaper carries a story about a plane delayed on the runway because a passenger has forgotten to pack her contraceptive Pills. After all, a foreign holiday still holds the promise of sun, sea and sex.

But all too easily the romance can go sour, with irritating women's health problems and forgotten or lost contraceptives. Worse still, many women bring unwanted souvenirs home from their vacations – sexually transmitted infections (STIs) and unplanned pregnancies.

“Your Passport to Sexual Health” is a different sort of tourist guide.

It contains advice about contraception before you depart, information about the services available in different countries, and what to do if a condom comes adrift. We hope it will help you to enjoy a happy, healthy holiday.

## PLANNING AHEAD

Forward planning for a carefree holiday is vital. Marie Stopes International recommends you have your contraception sorted out two or three months before departure – especially if you want to use contraception for the first time, or want to change methods.

Here's a run-down of what's available in the UK, along with holiday hints.

## The Pill (Combined Contraceptive Pill)

The normal contraceptive Pill contains two hormones – oestrogen and progesterone, which stop the ovaries from releasing eggs. Formulations vary, so you may need to find the one that suits you best. A full medical check-up and history are needed before it's prescribed. The Pill is not advised if you're over 35 and smoke or are very overweight. It can be 99% effective if taken correctly.

### Holiday hints:

- If you want to avoid a period while on holiday you can take two packets of Pills without a break. Discuss it well-ahead of departure with your GP or family planning clinic. You will need special advice if you're on a phasic Pill (eg Trinovum or Binovum).
- Take an extra packet of Pills with you, keeping one in your hand luggage and one in your main luggage, in case one of your bags gets lost.
- Make a note of the formulation of your Pill because it may not have the same brand name in another country, but should be easy to replace if you know the hormone content, eg Microgynon 30: contains 30 mcg oestrogen (ethinylloestradiol) 150 mcg progesterone (levonorgestrel).
- Keep your Pills out of direct sunlight.
- You must take your Pill regularly to maintain contraceptive cover. When changing time zones, keep your watch on UK time until you arrive, then work out what time to take your Pill locally. If the new time is in the middle of the night, then make your Pill time earlier. It's better to take a Pill earlier rather than later than your usual time. If you forget and take your Pill more than 12 hours late, you should follow the manufacturer's instructions. The basic advice is to keep taking your Pills, but use a back-up method of contraception (eg condoms) for the next seven days.
- If you vomit within three hours of taking your Pill, it will not have been absorbed, so contraceptive cover is lost. If you get vomiting and diarrhoea over a few days, you will also be at risk of pregnancy, so you must use another method of contraception (eg condoms) when the problem starts and for seven days after the problem clears up. Diarrhoea on its own is not a problem unless really severe. Remember that you often get 'holiday tummy' when abroad.

- Drugs including enzyme inducers (includes some anti-depressants) and antibiotics can affect absorption of the Pill. Check with your doctor.

## The Progesterone-only Pill

Used to be called the Mini-Pill, it contains just one hormone – progesterone, which thickens cervical mucus to form a barrier, stopping sperm entering the uterus. It also makes the uterus lining thinner, to prevent a fertilised egg from implanting. It has to be taken at exactly the same time every day, but can be useful for women who are breast-feeding, smokers, or those unable to use the combined Pill. It can be 98% effective if taken correctly.

### Holiday hints:

- Largely the same as for the Combined Contraceptive Pill (above), EXCEPT, the Progesterone-only Pill must never be taken more than three hours late. If taken later than that, you must use back-up contraception (eg a condom) for the next seven days.
- Antibiotics will not affect the Progesterone-only Pill.

## Contraceptive Injection (Depo Provera)

This uses the same hormone as the Progesterone-only Pill but in the form of an injection which lasts for 8 or 12 weeks, depending on the type used. It is 99% effective.

### Holiday hints:

- Contraceptive injections can sometimes stop your periods altogether, so can be useful for tourists going on extended holidays, eg trekking in Nepal, or taking a bus across Africa. Try out the method for three months before you go.

## Male Condoms

Male condoms are made of very thin latex or polyurethane and act as a barrier contraceptive, but also give protection against STIs, including HIV, the virus leading to AIDS. They are between 94-98% effective.

### Holiday hints:

- Condoms really are a girl's best friend – whatever contraceptive you're using. They offer critical protection against STIs and HIV. Stock up before you go!

- Latex condoms can be damaged if they come into contact with oil-based products such as Vaseline, baby oil or suntan lotion. Even lipstick and ice-cream can ruin them.
- If buying condoms overseas, look out for a brand name you recognise or, if in Europe, ensure they carry the new European kitemark number, BS EN 600. Always check the expiry date on the packet.
- Condoms are made slightly narrower in South and South-East Asia.

## Female Condoms

Female condoms are made from polyurethane. They fit inside the vagina and overlap the outer area, to form a barrier contraceptive. They also protect women against STIs. Care must be taken at penetration to ensure the penis goes inside the female condom and not down the side of it. Be careful to avoid spillage when the man withdraws. With careful use, they are up to 95% effective.

### Holiday hints:

- The female condom is not readily available in many countries, so take some with you.

## Diaphragm/Cap with Spermicide

Diaphragms and caps are made of rubber and fit over the woman's cervix to form a barrier contraceptive. They must be used with spermicidal pessaries or cream, and have to be left in place for six hours after sex. A nurse or doctor will check what style and size you need and show you how to fit it. If used correctly, it is between 92-96% effective.

### Holiday hints:

- Diaphragms and caps are not available in all countries. Take a back-up method in case the bag containing your diaphragm goes astray.

## Intra-uterine Contraception

There is now a range of intra-uterine devices (IUDs), which prevent fertilisation, and can stop a fertilised egg from implanting in the uterus

wall. They are recommended for women with one partner and must be fitted by a doctor. IUDs are fitted into the uterus via the cervix. One type, called an intra-uterine system, also releases the hormone progesterone. A new device, the Gynefix, is "anchored" to the uterus wall by a thread. Methods last up to five years and range from 98-99% effective.

### Holiday hints:

- Having sex with someone other than your regular partner could put you at increased risk of pelvic inflammatory disease, so use condoms for extra protection.

## Sterilisation

Both male and female sterilisation are permanent surgical methods of contraception and can be carried out under local anaesthetic.

## Natural methods

Women must be aware of when they are fertile or approaching fertility, and must avoid unprotected sex at those times.

## SAFE SEX

The key to good holiday sexual health is condoms. They might already be your main method of contraception – but remember condoms serve two vital purposes. They are barrier contraceptives, but also provide vital protection against sexually transmitted infections (STIs), including the HIV virus which leads to AIDS.

Figures from the World Health Organisation show the number of HIV-positive men is much higher in Spain and Italy, for example, than in the UK. In Nairobi, Kenya, one in four adults is HIV positive. It is not safe to take risks with sex. Even one unprotected sexual encounter could give you HIV.

Condoms (male or female) can prevent transmission of a whole batch of troublesome STIs such as chlamydia, which can lead to infertility if left untreated. Condoms don't have to be a bore. They come in all colours, textures and flavours. They don't even have to smell rubbery – the new Durex Avanti condom is made of plastic, making it thinner and stronger and odourless. Ask your GP or family planning clinic for free supplies of

condoms. Then **PACK THEM!!**

Finding a condom while overseas should be easy – many countries stock them in supermarkets and they are also available from vending machines. In French-speaking countries ask for a “préservatif” and in Spanish speaking ones, “profiláctico” or “preservativo”.

See “Male Condoms” above for more details and remember that oil-based products should never be used with latex condoms.

## WOMEN'S HEALTH KIT

Women's health problems like thrush or cystitis can completely ruin a holiday, but are simple to treat.

### Cystitis

Cystitis (see symptoms in 'TROUBLE-SHOOTER'S GUIDE') can be triggered on holiday by frequent sex. Dehydration can make you even more prone to the condition, so on holiday make sure you drink plenty of water. During an attack, drink a pint of water every 20 minutes for three hours. You could also try lemon barley water, cranberry juice or bicarbonate of soda. Always wipe your bottom from front to back after going to the toilet. Before and after sex, try to empty your bladder and have a quick wash. It may cause a short break in the romance, but many cystitis sufferers claim it's the best way to avoid attacks.

To be prepared, cystitis treatments can be bought at any UK chemist. They consist of six sachets of powders to be mixed with water and drunk over two days. If you get cystitis, stop drinking alcohol, tea and coffee, and get to a doctor if it hasn't cleared up after 48 hours as you may need antibiotics.

### Thrush

Thrush (see 'TROUBLE-SHOOTER'S GUIDE') can quickly develop in hot humid climates, when the vagina's micro-flora gets out of balance. Wearing tights on a stuffy overnight flight provides the same over-heated environment, so leave the lycras behind, stock up with 100% cotton underwear and change it frequently.

Thrush can be cleared up with anti-fungal treatments available in UK chemists. You can choose one oral pill, vaginal pessaries or cream.

If caught unprepared, a salt water bath may help. Live plain yoghurt, applied on a tampon, will ease the itching and can sometimes treat the problem altogether.

## E111 AND HOLIDAY INSURANCE

Getting holiday insurance is essential and women travelling within Europe should also consider getting an E111 form from a UK post office. The form may entitle you to free treatment and some countries insist on seeing it before treating you. But be warned, insurers do not always regard sexually-related conditions as “emergencies” and may not refund your costs. Keep extra cash with you for emergencies.

## ON YOUR HOLIDAYS...

### Emergency Contraception

Protection against pregnancy must be your first line of defence, but we all know mistakes can happen. Condoms can come off or split, or you might just get carried away. In very rare situations you may be forced to have sex against your will. The important point is that something can be done – you do not have to sit and worry, waiting for your period.

You have 72 hours after unprotected sex to get “emergency contraception” – that's a full three days to get to a family planning clinic, gynaecologist or hospital. In the UK, you would be offered four pills called PC4, two to be taken immediately, followed by another two exactly 12 hours later.

The pills contain oestrogen and progesterone, similar to the normal combined contraceptive Pill. If an egg has been fertilised following sex, the hormones will prevent the egg from implanting in the uterus lining.

The method prevents conception in 95% of cases.

The combined pills can make some women feel nauseous and may make you vomit. Taking them after food, and with a travel sickness pill can reduce the nausea. If you are sick within two hours of taking the pills, you should contact your doctor – you may need to start the treatment again.

Not every country has PC4, but most can offer an alternative.

The country tables on the following pages show whether or not you could seek help, along with useful telephone numbers. Some countries may not use the term “emergency contraception”, but will understand if you say

# TROUBLE-SHOOTER'S GUIDE

you've had unprotected sex and want to avoid pregnancy.

An IUD can also be used up to five days after unprotected sex to prevent a fertilised egg implanting in the uterus. This method is 98-99% effective, but may not be recommended for all women.

Whatever method of emergency contraception you use, it is vital that you have a check-up three weeks later to ensure you aren't pregnant – particularly if you miss your period.

## Abortion

For women who may be overseas for several months, this guide contains information about abortion. Laws on terminating pregnancy vary greatly from country to country, and even from state to state in larger countries like the USA or Australia.

Where legal, there are usually time limits on abortion, eg in the first trimester. This usually means up to 14 weeks from the first day of your last menstrual period, or 12 weeks since the time of conception. It's important to seek advice as early as possible if you have missed a period.

## BACK IN THE UK

On arrival back home, if you miss a period and think you may be pregnant, bite the bullet and carry out a pregnancy test, or ring a family planning clinic, such as Marie Stopes International in the UK on 0845 300 80 90.

If you are under 25 you can get free, confidential sex advice and contraception from Brook 0800 0185023.

It's essential to take action if you notice any unusual discharge, blisters and/or ulcers around your genitals, or experience pain when urinating or having sex. You may have a sexually transmitted infection (STI). Specialist STI or Genito-urinary Medicine (GUM) clinics at hospitals will treat you in total confidence. Most STIs can be cleared up quickly and easily with antibiotics. Some STIs can cause serious problems if left untreated, for example chlamydia can lead to infertility and syphilis can kill.

The 'TROUBLE-SHOOTER'S GUIDE' gives basic information – you may have some or all of the symptoms we've listed, but a doctor will need to do tests for an accurate diagnosis. The clinics can also test for HIV if you think you've been exposed to the virus, but it may not show up for at least three months after contact. Remember that condoms can protect you against STIs.

Infection	How's it transmitted?	Symptoms	Treatment
<b>Bacterial vaginosis (BV) (women only)</b>	Not sexually transmitted Takes variable times to show	<ul style="list-style-type: none"> <li>● Increase in vaginal secretion</li> <li>● Runny, grey discharge with a strong fishy smell, often worse after sex</li> <li>● Irritation or itching</li> </ul>	Antibiotics
<b>Balanitis (men only)</b>	Some causes are sexually transmitted but many are not Takes variable times to show	<ul style="list-style-type: none"> <li>● Spots or a rash, itching and irritation</li> <li>● Discomfort or pain</li> <li>● Discharge</li> <li>● Pain during sex</li> <li>● Swelling, inflammation of the foreskin</li> <li>● Difficulty in passing urine</li> </ul>	Antibiotics if necessary
<b>Chlamydia</b>	Sexually transmitted Symptoms appear 1-2 weeks after contact but can lie dormant for many years	<b>Women:</b> <ul style="list-style-type: none"> <li>● Unusual vaginal discharge</li> <li>● Pain with sex</li> <li>● Pain on passing urine</li> <li>● Increased frequency of passing urine</li> <li>● Abdominal pain</li> <li>● Bleeding after sex</li> <li>● Bleeding between periods</li> <li>● BUT 70% of women have no symptoms</li> </ul>	Antibiotics

Infection	How's it transmitted?	Symptoms	Treatment
<b>Chlamydia continued</b>		Men: <ul style="list-style-type: none"> <li>● Discharge from the tip of the penis</li> <li>● Pain on passing urine</li> <li>● Pain/swelling of testicles if left untreated</li> <li>● BUT 25% of men have no symptoms</li> </ul>	
<b>Cystitis (women only)</b> (See 'Women's Health Kit')	May or may not be contracted as a result of sex. If it is, symptoms will show 12-48 hours after intercourse	<ul style="list-style-type: none"> <li>● Burning/pain when urinating</li> <li>● Frequency in urinating increased</li> <li>● Blood in urine</li> <li>● Back pain/high temperature</li> </ul>	Antibiotics if necessary, drink lots of water, about a pint every 20 minutes for 3 hours. Try lemon barley water, cranberry juice or bicarbonate of soda
<b>Genital warts</b>	Sexually transmitted Symptoms appear 3-18 months after contact	Women and men: <ul style="list-style-type: none"> <li>● Itching/inflammation</li> <li>● Tenderness</li> <li>● Visible warts/cauliflower-like clusters</li> </ul>	Some warts are painted or frozen off
<b>Gonorrhoea</b>	Sexually transmitted Symptoms appear 2-10 days after contact with the infection	Women: <ul style="list-style-type: none"> <li>● Unusual vaginal discharge, may be yellow or greenish</li> <li>● Burning sensation when passing urine</li> <li>● BUT 2 out of 3 women have no symptoms</li> </ul>	Antibiotics

Infection	How's it transmitted?	Symptoms	Treatment
<b>Gonorrhea continued</b>		Men: <ul style="list-style-type: none"> <li>● Burning pain on urinating</li> <li>● Yellow discharge</li> <li>● Irritation/discharge from the anus</li> <li>● BUT 1 out of 10 men have no symptoms</li> </ul>	
<b>Hepatitis B (a vaccine exists)</b> <b>Hepatitis C</b>	Both sexually transmitted Symptoms appear (B) 4 weeks to 6 months (C) 5-12 weeks after transmission	Men and women: <ul style="list-style-type: none"> <li>● Could have no symptoms</li> <li>● Flu like symptoms</li> <li>● Dark urine</li> <li>● Pale bowel motions</li> <li>● Loss of appetite</li> <li>● Night sweats</li> <li>● Whites of eyes may go yellow – indicating 'jaundice'</li> </ul>	Hepatitis is a very serious condition – for treatment be guided by your doctor.
<b>Herpes</b>	Sexually transmitted Symptoms appear 3-10 days after contact	Men and women: <ul style="list-style-type: none"> <li>● Blisters burst after 24 hours leaving small painful ulcers</li> <li>● General feeling of being unwell</li> <li>● Pain in the lower back</li> <li>● Offensive smelling discharge</li> <li>● Soreness/irritation</li> </ul>	Medication cream Acyclovir or Zovirax
<b>HIV</b>	Can be sexually transmitted Can test for infection 3-6 months after contact	Men and women: <ul style="list-style-type: none"> <li>● Usually no symptoms or signs</li> </ul>	HIV is a serious condition for which there is no cure – for treatment be guided by your doctor








Infection	How's it transmitted?	Symptoms	Treatment
<b>Pubic Lice</b>	Can be sexually transmitted Symptoms appear immediately or 1-2 weeks after exposure	Men and women: ● Itchiness ● You may notice 'little creatures' crawling about in your hair	Special lotions available from sexual health clinics
<b>Non-specific Urethritis</b>	Usually sexually transmitted Symptoms appear 2-4 weeks after contact	Women: ● Although women are affected they rarely get symptoms Men: ● Milky discharge ● Burning sensation on urinating ● General discomfort ● Painful ejaculation ● Pelvic pain ● Sore testicles ● Possibly no symptoms at all	Antibiotics
<b>Pelvic Inflammatory Disease (women only)</b>	Can be sexually transmitted Symptoms appear within days to months	● Low abdominal pain ● Pain during sex ● Back pain ● High temperature ● Unusual vaginal discharge that may be smelly ● Irregular bleeding	Antibiotics
<b>Scabies</b>	Can be sexually transmitted Symptoms appear 3-6 weeks after infection	Men and women: ● Itching, especially at night ● A rash	Special lotions available from sexual health clinics

Infection	How's it transmitted?	Symptoms	Treatment
<b>Syphilis</b>	Sexually transmitted Symptoms appear 2-5 weeks after contact, sometimes 1-3 months	Men and women: ● Red spots and ulcers ● Enlargement of the glands in the groin and other areas ● A rash on the body ● Moist areas of the body may be ulcerated ● Rarely, hair may fall out ● Hepatitis may occur	Antibiotics
<b>Thrush (Candida)</b> (See 'Women's Health Kit')	Not sexually transmitted	Women: ● Vulval and vaginal irritation ● Pain on passing urine ● White vaginal discharge (like cottage cheese) Men: ● Irritation of the 'glans' and foreskin	Anti-fungal treatment
<b>Trichomonas</b>	Sexually transmitted Symptoms appear 1-2 weeks after, although it may lie dormant	Women: ● Vaginal discharge which is yellow, frothy and smelly ● Soreness of vagina and vulva ● Burning pain when passing urine ● Uncomfortable sex Men: ● Usually no signs or symptoms ● Occasionally pain on urinating ● There may be a discharge from penis	Antibiotics









## USING THE GUIDE




The following pages contain country information on the availability of emergency contraception, contraceptive methods and abortion, along with helpline numbers for advice and services related to family planning and sexual health.






In each country, the starting point for help should be a Marie Stopes Clinic, affiliated to Marie Stopes International, or a member of the International Planned Parenthood Federation, whose members are usually called Family Planning Associations (FPAs) or Planned Parenthood Associations (PPAs). They will give advice on all the topics we've mentioned, and will either provide services themselves or point you in the right direction. Family planning is referred to as 'FP' in this guide. All details were correct at the time of going to press, and printed in good faith, but Marie Stopes International cannot be held responsible for inaccuracies or changes to the information provided. All prices given are approximate and may vary depending on where you seek treatment.




Key			
	Emergency contraception		English speaker
	Methods of contraception available		Illegal/unavailable
	Legality of abortion		Available
	Sexually transmitted infections		









# YOUR PASSPORT TO SEXUAL HEALTH




Name / Services					
Country					
Antigua		All methods except Norplant		Doctor Clinic	
Helplines	Family doctor Family planning clinic Gynaecologist Call Antigua Planned Parenthood (PPA) Bishopgate St St John's 462 0947/1187	Antigua PPA		Antigua PPA	
£	Fee to pay	Fee to pay Condoms from AIDS Secretariat Pills for sale at pharmacies		Depends on service	




Australia		All methods except Norplant Limited access to female condom		If woman's life or physical/mental health is at risk FPA Family doctor Sexual health centre	
Helplines	MSI Australia 39 Clyde St St Kilda, 3182 Victoria (03) 9593 9651 Travellers' Medical Centres Sydney Level 7 428 George St Sydney NSW Family Planning Australia 5/114 Maitland St. Hackett ACT 2602 (02) 6230 5255	MSI Australia (03) 9593 9651 Family Planning Australia (02) 9716 6099 telephone nurse information service	MSI Australia (03) 9593 9651 Family Planning Australia (02) 9716 6099	MSI Australia (03) 9593 9651 Family Planning Australia (02) 9716 6099	






Name / Services					
Country					
<b>Australia</b> <i>continued</i>	or 328-336 Liverpool Road Ashfield, Sydney (02) 9716 6099 Women's health centres Hospital A&E depts				
£	A\$5 at FPA clinics; up to A\$45 through doctors	Condoms 25c-60c each available from vending machines	A\$380 for local anaesthetic A\$500 for general anaesthetic under 12 weeks gestation	No charge at FPA clinic Up to A\$100 at a doctor's	




<b>Austria</b>		All methods except Norplant and female condom		Gynaecologist Hospital gynaecology dept	
<b>Helplines</b>	Austrian FPA (OGF) Semmelweis Frauenklinik Bastienngasse 36-38 1180 Vienna (01) 478 5242 FP clinics Gynaecologist Hospital gynaecology dept	Austrian FPA	(01) 512 9631	Gynaecologist Hospital gynaecology dept	
£	Sch1,000 for consultation + Sch120 for the Pills	Fee to pay Condoms available at pharmacies	Sch 5,000 -12,000	Consultation fee	









Name / Services					
Country					
<b>Bahamas</b>		All methods available		Doctor Government Community Health Clinic	
<b>Helplines</b>		Bahamas PPA PO Box N-9071 Nassau 325 1663	If woman's mental/physical health is at risk		
£		Fee to pay	Fee to pay	Fee to pay	




<b>Barbados</b>		All methods except Norplant and female condom		Family planning clinic or gynaecologist	
<b>Helplines</b>	Barbados FPA Bay St Bridgetown 426 2027 426 2332 426 0271 or any gynaecologist	Barbados FPA	Bayview Hospital 436 5446 Queen Elizabeth Hospital 436 6450	Barbados FPA 426 2027	
£	Fee to pay	Fee to pay	Fee to pay	Fee to pay	

<b>Belgium</b>		All methods except Norplant		Sexual health clinics	
<b>Helplines</b>	Centrum Sexuele Voerlichting (09) 225 0652	CAW De Hallen, Brussels (02) 227 0200 Belgium FPA (FFBPFES) 34 rue de la Tulipe B-1050 Bruxelles	Kollectif anticonception (Genit) (09) 233 6492	Centre Sexuele Voerlichting (09) 225 0652 Institut Medicine Tropical (03) 247 6465	
			Within first trimester		

Name / Services					
Country					
<b>Belgium</b> continued		(02) 502 8203 Flemish FPA (FCGSO) Meersstraat 138B B-9000 Gent (09) 221 0722			
£	BFr1,600	Condoms BFr35 Pills BFr 300-900	BFr1,000 for consultation BFr7,000 for the procedure	BFr600 for consultation BFr700 for treatment	

<b>Bermuda</b>		All methods available		Government clinics or private doctors	
		In cases of rape, incest, medical risk to woman, or foetal abnormality but only available to Bermuda residents.			
<b>Helplines</b>	Maternal Health & FP Clinic 67 Victoria St Hamilton 236 0224 Bermuda FPA Teen Services (YHED) Tencer House Hamilton HM/FX 292 4598	Maternal health & FP Clinic 236 0224 Bermuda FPA Teen Services (YHED) 292 4598		Maternal Health & FP Clinic 236 0224	
£	Fee to pay	Fee to pay		No consultation fee at government clinics but drugs require payment Fee at private doctors	

Name / Services					
Country					
<b>Brazil</b>		All methods except Norplant		Government health clinics FPA clinics	
<b>Helplines</b>	Brazilian FPA (BEMFAM) Avenida República do Chile 230-17 Andar Centro Rio de Janeiro (021) 210 2448	Brazilian FPA (BEMFAM) (021) 210 2448		Brazilian FPA (BEMFAM) (021) 210 2448	
£	US\$3	Pills can be bought from pharmacies		No fee at government clinics US\$12 at FPA clinics	

<b>Canada</b>		All methods		Hospitals Sexual health clinics Walk-in clinics	
			First trimester abortions in major cities at free-standing clinics/ hospitals.		
<b>Helplines</b>	Canadian PPF 1 Nicholas St Suite 430 Ottawa, Ontario (613) 241 4474	Canadian PPF (613) 241 4474	Canadian Abortion Rights Action League 1 Nicholas St Ottawa (613) 789 9956		
£	Free at FP clinics C\$28 in pharmacies	Condoms and Pills free at FP clinics Pills C\$28 from pharmacy (with prescription) Condoms C\$1	C\$450	Fees vary	

Name / Services					
Country					
<b>Canary Islands</b>	See Spain				

<b>China</b>		All methods available		Reproductive Health Service Stations for counselling Obstetrics & Gynaecology depts for examination and treatment	
<b>Helplines</b>	National Research Institute for Family Planning Beijing (010) 6217 3454 6217 3459 Obstetrics & Gynaecology departments of big hospitals (Dial 114 for Information)	China FPA No 1 Shenggu Beili Yinghuayuan Xijie Beijing (010) 6422 7612	National Research Institute for Family Planning Beijing (010) 6217 3459 Obstetrics & Gynaecology depts	Dial 114 for numbers	
£	Y10 for counselling Y20 for Pills	Pills can be bought over the counter for Y3.50 Condoms Y10-100 a box	Y300	Fee to pay	









<b>Corfu</b>	See Greece				
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<b>Cuba</b>		All methods available		But only for Cuban residents	
<b>Helplines</b>		Cuban FPA (SOCUDEF) 51a Avenida 3207, Esquina		Call Cuban FPA for advice on where to go	









Name / Services					
Country					
<b>Cuba continued</b>		34, Miramar Ciudad Habana (07) 33 2436			
£		Fee to pay		Fee to pay	




<b>Czech Republic</b>		All methods available		But only for Czech residents	
<b>Helplines</b>	Call the FPA for advice on where to go Czech FPA (SPRSV) Panská 1 111 21 Prague (02) 2423 2552	Czech FPA (02) 2423 2552		Call the FPA for advice on where to go Czech FPA (02) 2423 2552	
£	K100	K100-500		Depends on service	




<b>Denmark</b>		All methods except Norplant and female condom		But only for Danish residents	
<b>Helplines</b>	Danish FPA (Foreningen Sex og Samfund) Skindergade 28/1 Copenhagen (33) 93 1010	Danish FPA (33) 93 1010	Danish FPA (33) 93 1010	Danish FPA (33) 93 1010	
£	Pills DKr60 IUD DKr255 No consultation fee if you show insurance documents	Condoms available from kiosks, petrol stations, supermarkets		No consultation fee if you show insurance documents	






Name / Services					
Country					
<b>Dominican Republic</b>		All methods except Norplant diaphragm, female condom		Health centre Doctor	
<b>Helplines</b>	Dominican Republic FPA (PROFAMILIA) 448 4043 Medical Practitioner 448 8111 Global Medical Centre 448 1900	Dominican Republic FPA (PROFAMILIA) Socorro Sanchez 160, Zona 1, Santo Domingo 688 3566/1203 689 0141		Dominican Republic FPA (PROFAMILIA) Clinic 448 4043	
£	US\$2 for Pills	IUD from US\$20 Pills from \$2 can be bought from pharmacies Condoms from 25 cents		US\$20	




<b>Egypt</b>		All methods except female condom			
<b>Helplines</b>	Government sexual health clinic (02) 270 3526 (02) 270 3527	Egyptian FPA 3 Abu Daoud El Zahiny St Off Makram Obeid St Nasr City Cairo (02) 270 6374 (02) 270 7250		Government sexual health clinics (02) 270 3526 (02) 270 3527	
£	US\$5 for Pills US\$10-50 IUD	Fee to pay Pills can be bought over the counter		US\$10-15	




Name / Services					
Country					
<b>Fiji</b>		All methods except female condom		Government Hospital outpatient	
<b>Helplines</b>	Fiji FPA (RFHAF) Rm3-5, Floor 2 GB Hari Bldg 12 Pier St Suva 306175/178 out of hours ring 320423	Fiji FPA (RFHAF) 306175 306178		Fiji FPA (RFHAF) 306175 or out of hours ring 320423	
£	Small fee	Small fee		Small fee	






<b>Finland</b>		All methods available		In first trimester for "social reasons" Later abortions (up to 20 weeks) involve special application process	Local health centre Sexual health clinic	
<b>Helplines</b>	Local health centre (09) 616 221	Finland FPA (Vaestoliitto) Iso Rooberti nkatu 20-22A Helsinki (09) 228 050	Local health centre (09) 616 221	Helsinki STD Clinic (09) 471 6202		
£	US\$16-56	Condoms can be bought from supermarkets and petrol stations	US\$30-60 at health centre US\$300-600 at private clinic	Up to US\$60		




<b>France</b>		Pills Male condom Diaphragm		First trimester Must have lived in France for 3 months	Doctor Gynaecologist Hospital FP clinic	
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Name / Services					
Country					
<b>France</b> <i>continued</i> Helplines	French FPA (MFPF) 4 Square Saint-Irénée Paris (01) 4807 2910	French FPA (MFPF) (01) 4807 2910	French FPA (MFPF) 10, rue Vivienne Paris (01) 4260 9320	French FPA (MFPF) (01) 4260 9320	
£	Ffr 110-225	Condoms Ffr 3-6 can be bought in stations, hotels, supermarkets	Ffr1,300	Free at FPA clinic	

<b>Gambia</b>		All methods except Norplant diaphragms and female condoms		Only if woman's health is at risk	Hospital clinics	
Helplines	Gambia FPA PO Box 325 Kanifing Banjul 370325 391945 319475	Gambia FPA 370325			Poly Clinic RVH 228016	
£	2 dalasi (D)	D2	Fee to pay	D1		

<b>Germany</b>		All methods available, except Norplant		First trimester		
Helplines	Germany FPA Deutsche Gesellschaft für Familienplanung Sexualpädagogik und Sexualberatung Stresemannallee 3 D-60596 Frankfurt am Main (69) 63 90 02	Germany FPA (69) 63 90 02 or find local FPA number	Germany FPA (69) 63 90 02 or find local FPA number	Germany FPA (69) 63 90 02 or find local FPA number		

Name / Services					
Country					
<b>Germany</b> <i>continued</i>	GPs, FPA counselling centres, look in local telephone directory				
£	DM10-15	Fee to pay, depends on contraceptive Condoms cost DM1, wide availability	DM500 (local anaesthetic) DM800-900 (general anaesthetic)	Depends on service	

<b>Greece</b>		All methods available		First trimester	Doctor Hospital Clinic	
Helplines	Greek FPA (FPAG) 121 Solonos St or Karoulou 16 or Lampsakou 6 Athens (01) 338 1776 (01) 522 7376 (01) 380 6390 (01) 523 2953	Greek FPA (FPAG) (01) 338 1776 (01) 522 7376 (01) 380 6390 (01) 523 2953	Hospitals Obs/Gyn clinics Vasil. Sophias 74-76 Athens (01) 7217 835	Andreas Sygros Hospital Aristotelous 19-17 Athens (01) 380 6390 (01) 522 7376 (01) 881 1500		
£	Dr15,000 at private doctors	Dr1,000 -2,000 Condoms can be bought from supermarkets, kiosks	Insurance may cover fee	No fee for Europeans Dr1,000 -2,000 for emergency hospital care		

<b>Hong Kong</b>		All methods except Norplant		In cases of risk to health of woman or serious foetal abnormality	Social Hygiene Clinics of Dept of Health Private Doctors FP clinics	
Helplines	FPA Hong Kong	Govt Maternal & Child Health	FPAHK 2575 4477	FPAHK 2575 4477		

Name / Services					
Country					
<b>Hong Kong</b> <i>continued</i>	G/F Southern Centre 130 Hennessey Rd, Wanchai Hong Kong 2575 4477/8/9 A&E hospital depts	Centres FPAHK 2575 4477/8/9			
£	Consultation HK\$45, Pills HK\$40, IUD HK\$80-110	Wide variation in fees Condoms from supermarkets and stores	HK\$1,200 government	No fee at clinics	






<b>Hungary</b>		All methods except Norplant and Depo Provera		Hospitals	
<b>Helplines</b>	Obs/Gyn dept Szabolcs 35 Budapest (01) 270 4760	Hungarian FPA (HSS) (01) 316 5517	First trimester	Hungarian FPA for advice on where to go	
£	Consultation 10-15 forint (F) Pill F1, IUD between F5-10	Condoms can be bought from supermarkets	F1,000	Depends on the service	




<b>Ibiza</b>	See Spain				
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<b>Iceland</b>		All methods except Norplant		Hospitals Clinics	
<b>Helplines</b>	National Hospital Reykjavik 560 1000 (obs/gyn)	Iceland FPA (IcASRH) PO Box 7226 127 Reykjavik 569 4980	(Tourists must carry form E111) National Hospital Reykjavik 560 1000 For information contact Social Security 560 4400	STD Center Reykjavik 560 2320	
£	FM5	Fees vary	Fees vary	FM20	









Name / Services					
Country					
<b>India</b>		All methods except Norplant diaphragms and female condom		If woman's mental/physical health is at risk, foetal abnormality, pregnancy due to contraceptive failure	Hospital STD depts Gynaecologists 
<b>Helplines</b>	Marie Stopes India (PSS) 28 Defence Colony Market New Delhi (011) 461 7712 (011) 461 9024 Indian FPA (FPAI) Bajaj Bhavan Nariman Point Mumbai (022) 202 9080 (022) 202 5174 (022) 202 5400	Marie Stopes India (PSS) (011) 461 7712 Indian FPA (FPAI) (022) 202 9080	Marie Stopes India (PSS) (011) 461 7712 Indian FPA (FPAI) (022) 202 9080	Call PSS or FPA for advice	
£	Up to Rs6 for Pills, IUDS up to Rs300	Pills can be bought at pharmacies. Rs2-5 for a condom	Rs500-5000	Rs50-500	




<b>Indonesia</b>		All methods except diaphragms		Hospitals	
<b>Helplines</b>	Marie Stopes Indonesia (YMSI) Jalan Merdeka 64 Tangerang (021) 552 3641 Indonesian PPA Jalan Hang Jebat 111/F3	Marie Stopes Indonesia (YMSI) (021) 552 3641 Indonesian PPA (021) 720 7372		Call YMSI/PPA for advice	






Name / Services					
Country					
<b>Indonesia</b> <i>continued</i>	Kebayoran Baru, Jakarta (021) 720 7372				
£	US\$15	Between 50 cents and US\$2 for 3 condoms Pills can be bought from pharmacies		US\$58-60	




<b>Ireland</b>		All methods except Norplant		Hospitals	
<b>Helplines</b>	Marie Stopes Reproductive Choices (MSRC) 58 Blessington St, Dublin (01) 830 0630 Irish FPA 16-17 O'Connell St Dublin (01) 878 0374 878 0366 Northern Irish FPA 01232 325488	Marie Stopes 830 0629/630 Irish FPA (01) 830 0630 Northern Irish FPA 01232 325488	Counselling available from Marie Stopes/ Reproductive Choices (01) 830 0630 Northern Irish FPA 01232 325488	St James Hospital Dublin (01) 453 7941 Irish FPA 878 0374 878 0366 Northern Irish FPA 01232 325488	
£	Fee to pay IE20 at MSRC	Fee to pay, E111 may be accepted by some doctors	Fee to pay	Fee to pay Free at state sexual health clinics	

<b>Israel</b>		Condoms, Pills, IUDS		Gynaecologists FP clinics	
<b>Helplines</b>	Israel FPA 9 Ramban St Tel Aviv (03) 510 1511	Israel FPA (03) 510 1511	Israel FPA (03) 510 1511	Israel FPA (03) 510 1511	
£	US\$70	US\$100	US\$500	Depends on service	







Name / Services					
Country					
<b>Italy</b>		All methods except Norplant Depo Provera, female condom		In first trimester Gynaecologists Clinics Pronto Soccorso dept at hospital	
<b>Helplines</b>	Italian FPA (UICEMP) Via Eugenio Chiesa 1 Milan (02) 5410 2020	Italian FPA (UICEMP) (02) 5410 2020 Consultori Familiari (FP Centres) Via Arco del Monte, 99a Rome (06) 6880 3545 AIED Via Toscana Rome (06) 4282 5314	Italian FPA (UICEMP) (02) 5410 2020	Italian FPA (UICEMP) (02) 5410 2020 ARIS (clinic) Viale Trastevere, 60b Rome (06) 581 1069 581 0267	
£	Free consultation in hospital, L5,200 for Pills IUDs L70,000 -100,000 Gynaecologist fee L80,000-150,000	Condoms can be bought in supermarkets and from vending machines Small fees for consultation and drugs with form E111 AIED consultations from L75,000	Fee to pay	Check-ups from L100,000	









<b>Jamaica</b>		All methods available		Clinics Gynaecologists	
<b>Helplines</b>	Jamaica FPA Beth Jacobs Clinic 14 King St St Ann's Bay 972 2259 Lenworth Jacobs Clinic 65 East St Kingston	Jamaica FPA Beth Jacobs Clinic St Ann's Bay 972 2259 Victoria Jubilee Kingston 922 1700 University of West Indies		Jamaica FPA Beth Jacobs Clinic St Ann's Bay 972 2259 Lenworth Jacobs Clinic Kingston 972 0647	




Name / Services					
Country					
<b>Jamaica</b> <i>continued</i>	972 0647	Hospital 927 1620			
£	Ja\$100	Pills can be bought over the counter Condoms from most shops Ja\$10 each		Fee to pay	












<b>Japan</b>		Low-dose Pills are not licensed for use and older Pills are only prescribed for gynaecological reasons Condoms, some IUDs, & diaphragms are available		For medical and social reasons, rape Less than 22 weeks gestation Spouse's consent may be required	FP clinics	
<b>Helplines</b>	Japan FPA Clinic 1-10 Ichigaya Tamachi Shinjuku-ku Tokyo (03) 3235 2694	Japan FPA Tokyo (03) 3235 2694	Japan FPA Tokyo (03) 3235 2694 for advice.	Japan FPA Tokyo (03) 3235 2694		
£	Fee to pay	Pills Y2,000-3,000 per cycle. Condoms Y1,000-3,000 for 12	Y70,000 for first trimester	Fee to pay		











## Key









	Emergency contraception		Sexually transmitted infections		Illegal/unavailable
	Methods of contraception available		English speaker		Available
	Legality of abortion				




Name / Services					
Country					
<b>Kenya</b>				FP clinics	
<b>Helplines</b>	Marie Stopes Kenya Kindaruma Rd Kilimani Nairobi (02) 567 227 (02) 567 237 Kenya FPA (FPAK) Harmabee Plaza Rm 2, 5th Fl Haile Salassie Ave, Nairobi (02) 604 299 (02) 604 300	Marie Stopes Kenya (02) 567 227 (02) 567 237 Kenya FPA (FPAK) (02) 604 299		Marie Stopes Kenya Nairobi (02) 567 227 (02) 567 237	
£	Fee to pay	Pills Kshs 50 (schillings) IUD Kshs 200		Fee to pay	









<b>Luxembourg</b>		All methods except Norplant and female condom		If risk to woman's mental/physical health or foetal abnormality, rape	Hospitals Gynaecologists	
<b>Helplines</b>	Maternité GD Charlotte 4411 3202 Luxembourg FPA (MLPFES) 18-20 rue Glesener Luxembourg 485976	Luxembourg FPA 485976	Any gynaecologist	Maternité GD Charlotte 4411 3202		




Name / Services					
Country					
<b>Luxembourg</b> continued £	Up to LFr1,600	Condoms available from supermarkets	Fee to pay	Up to LFr1,600	
<b>Majorca</b>	See Spain				
<b>Malaysia</b>		All methods available	 Only if woman's mental/ physical health is at risk	FP clinics Govt health clinics	
<b>Helplines</b>	Malaysian FPA (FFPAM) 81-B Jalan SS 15/5A Subang Jaya Petaling Jaya Selangor (03) 733 7528 (03) 733 7514 (03) 733 7516 Ring for details of nearest clinic	Malaysian FPA (FFPAM) (03) 733 7528		Govt clinics (03) 252 5579 National Malaysia FPA (FFPAM) (03) 733 7528	
£	M\$5-50	M\$0.6-250	Fee to pay	M\$10-20	
<b>Menorca</b>	See Spain				
<b>Mexico</b>		All methods except diaphragms		Sexual health clinics	
<b>Helplines</b>	Mexican FPA (MEXFAM) Calle Juarez 208, Tlalpan Mexico City (05) 573 7100	Mexican FPA (MEXFAM) (05) 573 7100		Mexican FPA (MEXFAM) (05) 573 7100 for advice on nearest centre	
£	US\$1	US\$1-10 Pills can be bought at pharmacies		US\$10	









Name / Services					
Country					
<b>Morocco</b>		All methods available	 To save the woman's life or because of foetal abnormality	Private doctors Clinics Hospitals	
<b>Helplines</b>	Morocco FPA (AMPF) 6 Rue Ibn El Kadi Les Orangers Rabat (07) 20362 (07) 21224	Morocco FPA (AMPF) (07) 20362			
£	Fee to pay	Pills can be bought at pharmacies Condoms can be bought in shops		Fee to pay	
<b>Nepal</b>		All methods except diaphragms		Hospitals Clinics	
<b>Helplines</b>	Marie Stopes International Nepal clinic Chabahil Kathmandu 472374 FPA Nepal 524440 FPA Nepal Central Clinic Kathmandu 524440	Marie Stopes International Nepal 472374 FPA Nepal 524440	For advice and counselling call Marie Stopes International Nepal 472374	For advice & services call MSI Nepal	
£	IUD NRs200 Pills NRs20	Pills can be bought from pharmacies NRs5. Condoms can be bought from shops, supermarkets NRs2-50		NRs400 at FP clinics. Much more at private doctors	




Name / Services					
Country					
<b>Netherlands</b>		All methods except Norplant	 Up to 22 weeks gestation Need doctor's referral. Must wait five days before procedure	Municipal health services FP clinics	
<b>Helplines</b>	NL FPA (Rutgers Foundation) Oudenoord 170 Utrecht (030) 231 3431 hot line 0900 9398	NL FPA (Rutgers Foundation) 0900 9398	NL FPA (Rutgers Foundation) 0900 9398	NL FPA (Rutgers Foundation) 0900 9398	
<b>£</b>	FL42.50 consultation plus FL85 for IUD insertion	Condoms from machines FL5 IUDs up to FL280	FL500-1,300 depending on gestation	Consultation FL42.50 plus drug cost	

<b>New Zealand</b>		All methods except Norplant	 In first trimester with referral from 2 doctors on grounds of risk to mental/ physical health of woman, incest, foetal abnormality	Sexual health clinics Doctors FP clinics	
<b>Helplines</b>	New Zealand FPA Level 6 Southmark House 203-209 Willis St Wellington (04) 384 4349	New Zealand FPA (04) 384 4349	New Zealand FPA (04) 384 4349	New Zealand FPA (04) 384 4349	
<b>£</b>	Fee to pay	Condoms can be bought from pubs, garages and supermarkets	NZ\$670	No fee at sexual health clinics	

Name / Services					
Country					
<b>Norway</b>		All methods available	 In first trimester Need doctor's referral. Carried out in certified hospitals	Doctors	
<b>Helplines</b>	SUSS Fjellgata 21 Oslo 810 2244	Norway FPA (NFF) Landskrona-veien 179 Skjetten 6384 0276	Any doctor	Any doctor	
<b>£</b>	Nkr30	Condoms Nkr50 (for 10) can be bought everywhere	Nkr1,000	Nkr150-250	

<b>Philippines</b>		All methods except Norplant, diaphragms, female condoms		Reproductive health clinics Social hygiene clinics FP clinics	
<b>Helplines</b>		Marie Stopes (Population Services Pilipinas) 274 Gil Puyat Ave, Pasay City Metro Manila (02) 831 2876 Philippines FPA (FPOP) 50 Dona M Hemady St New Manila (02) 721 7101 (02) 722 6466 (02) 721 7302		Marie Stopes Clinic (02) 831 2876	
<b>£</b>		Pills can be bought at pharmacies		Fee to pay	

Name / Services					
Country					
<b>Poland</b>		All methods available		FP clinics Gynaecologists	
<b>Helplines</b>	Polish FPA (TRR) Pl Trzech Kryzy Nr 16 Warsaw (022) 621 9193	Polish FPA (TRR) (022) 621 9193		(022) 625 0024 Polish FPA (TRR) (022) 621 9193	
<b>£</b>	Fee to pay	Fee to pay		Fee to pay	

<b>Portugal</b>		All methods except Norplant		Clinics Hospitals	
<b>Helplines</b>	Portugal FPA (APF) 38 Rua da Artilharia, um 2 Dto, Lisbon (01) 388 8901	Portugal FPA (APF) (01) 388 8901		Centro de Saúde de da Lapa Rua S Ciro 36 1200 Lisbon (01) 395 7973/6 ext 320	
<b>£</b>	Es1500	Es500 for Condoms which can be bought from supermarkets		No fee	

## Key



Emergency contraception



English speaker



Methods of contraception available



Illegal/unavailable



Legality of abortion














Available



















Sexually transmitted infections




## Name / Services






Country					
<b>Singapore</b>		All methods except diaphragms		GPs Hospitals	
<b>Helplines</b>	Singapore PPA 3A Holland Close 01-55 Singapore 294 2691 freephone 1800 294 3757	Singapore PPA	Up to 24 weeks if resident for at least 4 months or holder of employment pass or work permit (or wife of one of the above)	Go to GP for referral	Dept of STD Control Clinic 31 Kelantan Lane 02-16 Singapore 293 9648
<b>£</b>	S\$ 30	Cheapest at govt polyclinics Pills S\$1.50-12 Male condoms S\$1.50 for 10 Female condoms S\$4.50 for 3	S\$7 consultation fee at govt polyclinic or S\$400 for private consultation.	Fee to pay	




<b>Slovakia</b>		All methods except Norplant		Hospitals gynaecology departments Doctors	
<b>Helplines</b>	Slovak FPA Ruzinovská 1 Bratislava (07) 522 3880	Slovak FPA (07) 522 3880	In first trimester but a foreign citizen cannot have an abortion unless they have a permanent residence permit	Call FPA for advice	
<b>£</b>	US\$80	US\$ 80	Fee to pay	US\$80-100	




Name / Services					
Country					
<b>South Africa</b>		All methods except Norplant and diaphragms	 Up to 12 weeks on request 13-20 weeks when discussed with a doctor or midwife. Over 20 weeks if woman's life is at risk or in cases of foetal abnormality	FP clinics or chemists can refer you to clinics	
<b>Helplines</b>	Marie Stopes South Africa Auckland Park 2006 Johannesburg 0800 1177 85 PPA of South Africa 31 Plantation Rd Auckland Park 2092 Melville 2109 Johannesburg (011) 482 4601/4661	Marie Stopes South Africa 0800 1177 85	Marie Stopes South Africa 0800 1177 85	Marie Stopes South Africa 0800 4466 725	
<b>£</b>	45 rand (R)	Condoms free from Marie Stopes and government clinics. Can be bought from dispensing machines	R750 at Marie Stopes, free at government hospitals	R90-273	






Name / Services					
Country					
<b>Spain</b>		All methods except Norplant	 In cases of foetal abnormality rape, and risk to the woman's life	Hospitals Clinics	
<b>Helplines</b>	Women's Institute, Ministry of Labour and Social Affairs (090) 01 91010 Spanish FPA (FPFE) Almagro 28 Madrid (091) 308 2286	Women's Institute (090) 01 91010 Spanish FPA (FPFE) (091) 308 2286		Call FPA for advice	
<b>£</b>	Ptas700 Can sometimes buy Pills at pharmacies	Condoms Ptas1,000 for 10	Variable, most abortions are carried out in private clinics	Fee to pay	




<b>Sri Lanka</b>		All methods except diaphragms		Hospitals	
<b>Helplines</b>	MSI Sri Lanka (Population Services Lanka) 155 Kirula Road Narahempita Colombo (01) 581 035 Marie Stopes Clinics 400a Ra de Mal Mawatha Colombo 3 (01) 574 458 FPA Sri Lanka 72/27 Bullers Lane Colombo	MSI Sri Lanka (01) 574 458 FPA Sri Lanka (01) 584 203 (01) 584 153 (01) 501 315		Government district hospital	




Name / Services					
Country					
<b>Sri Lanka</b>	(01) 584 203 (01) 584 153 (01) 501 315				
£	From Rs100	Pills can be bought from pharmacies Condoms from general shops Rs20-50		Fee to pay	






<b>Sweden</b>		All methods available		FP clinics	
			Up to 18 weeks on request, but for Swedes and resident expats only. National Board of Health and Welfare can give permission to foreigners in special circumstances		
<b>Helplines</b>	Swedish FPA (RFSU) Drottningholmsvägen 37 Stockholm (08) 692 0700	Swedish FPA (RFSU) (08) 692 0700 Maternity Health Centres	Swedish FPA (RFSU) (08) 692 0700	Swedish FPA (RFSU) (08) 692 0700	
£	Fee to pay	Fee to pay	Fee to pay	Fee to pay	




<b>Switzerland</b>		All methods except Norplant		Clinics	
			If the "health" of the woman is in danger This is interpreted liberally		




Name / Services					
Country					
<b>Switzerland</b> <b>continued</b> <b>Helplines</b>	Planning Familial Lausanne (021) 312 2593 Policlinique Maternité du CHUV Lausanne (021) 314 3518	Swiss FPA (ASPFE) Ch de la Gueta 7 1073 Savigny (021) 784 0246	Planning Familial Lausanne (021) 312 2593 Policlinique CHUV Maternité Lausanne (021) 314 3245	Policlinique Maternité CHUV (021) 314 3245	
£	Planning Familial SFr10 Hospital SFr20-50	Condoms can be bought from shops	SFr1,800	SFr100-150	






<b>Thailand</b>		All methods available		FP clinics	
			In cases of rape or if woman's health is at risk		
<b>Helplines</b>	Thailand FPA (PPAT) 8 Soi Vibhavadi-Rangsit 44 Ladyao Chatuchak Bangkok (02) 941 2320 (up to 30 lines) (02) 229 4611 (up to 28 lines)	Thailand FPA (PPAT) (02) 941 2320 (02) 229 4611	Thailand FPA (PPAT) (02) 941 2320 (02) 229 4611 provide counselling	Thailand FPA (PPAT) (02) 286 0108 (02) 286 0431 (02) 229 4611	
£	Bt100-250	From Bt50	Fee to pay	From Bt500	




<b>Tunisia</b>		All methods available		Health centres Hospital Doctors	
<b>Helplines</b>	Tunisian FPA (ATPF) 9 Rue Essayouti El Menzah 1 Tunis (01) 232419	Tunisian FPA (ATPF) (01) 232419	Health centres Private clinics Call FPA for advice		




Name / Services					
Country					
<b>Tunisia</b> <i>continued</i> £	Fee to pay	Fixed price in pharmacies	No fee in health centres, pay at private clinics	Fee to pay	









<b>Turkey</b>		All methods except diaphragms	 In first trimester		
<b>Helplines</b>	Turkish FPA (FPAT) Ataç Sokak 73/3 Kocatepe Ankara (0312) 431 1878 (0312) 431 8355	Turkish FPA (FPAT) (0312) 431 1878 431 8355	Hospitals and private clinics call FPA for advice	Hospitals and private clinics call FPA for advice	
£	Fee to pay	Condoms 25,000 - 140,000 Turkish Liras (TL) Pills 300,000 - 1,000,000 TL per packet	In state hospitals: TL10 million In private hospitals: TL35-50 million	Depends on service and whether it is a private or state hospital	

<b>United Kingdom</b>		All methods available	 Up to 24 weeks but the woman needs to obtain the signatures of 2 doctors	GUM/sexual health clinics – often walk-in/walk-out attached to hospitals	
<b>Helplines</b>	Marie Stopes House 0845 300 8090 FPA 0171 837 4044 GPs and sometimes at casualty wards Brook 0800 0185023	Marie Stopes House 0171 388 0662 FPA 0171 837 4044 Brook 0800 0185023	Marie Stopes One Call 0845 300 8090 FPA 0171 837 4044 Brook 0800 0185023	FPA 0171 837 4044 Ring hospitals direct Brook 0800 0185023	

Name / Services					
Country					
<b>UK</b> <i>continued</i> £	Privately = £25 Free at NHS	Privately depends on contraceptive Condoms available at shops, garages at around £3 for three Free on NHS	Privately – around £300 Free in NHS hospitals	Free at NHS	

<b>USA</b>		All methods available	 In most states up to 12 weeks. Up to 24 weeks in some states	Sexual health clinics	
<b>Helplines</b>	1-800- NOT 2 LATE Planned Parenthood 810 Seventh Ave New York (212) 541 7800	Planned Parenthood (212) 541 7800	For information and referrals National Abortion Federation Hotline 1-800-772- 9100 Planned Parenthood 1-800-829- PPFA	Planned Parenthood 1-800-230-PLAN	
£	US\$35 Fees vary depending on length of medical check	Fees vary	US\$235-400 up to 12 weeks	Fees vary depending on testing and drugs	

<b>Viet Nam</b>		All methods except diaphragms		FP clinics	
<b>Helplines</b>	Marie Stopes Viet Nam 2/B3b Giang Vo Quarter Ha Noi (04) 869 1699 Viet Nam FPA (VINAFFA)	Marie Stopes Viet Nam Viet Nam FPA (VINAFFA) 825 1604	Marie Stopes Viet Nam Viet Nam FPA (VINAFFA) 825 1604	Marie Stopes Viet Nam Viet Nam FPA (VINAFFA) 825 1604	

Name / Services					
Country					
<b>Viet Nam</b> continued	21 Ly Thai To St Hanoi (04) 825 1604				
£	US\$5-10	Pills can be bought from pharmacies Condoms widely available	US\$10	Depends on service	
<b>Zimbabwe</b>		All methods available	 In cases of rape, if woman's health is at risk, foetal abnormality	Doctor Health centres FP clinics	
<b>Helplines</b>	Marie Stopes (Population Services Zimbabwe) Crida House 69 Eighth St Harare Main office number (04) 793 195 Zimbabwe FPA (ZNFPC) PO Box 220 Southerton Harare (04) 620 281	Marie Stopes (Population Services Zimbabwe) (04) 793 195 Zimbabwe FPA (ZNFPC) (04) 620 281	For advice: Marie Stopes (Population Services Zimbabwe) (04) 793 195	Marie Stopes (Population Services Zimbabwe) (04) 793 195	
£	Fee to pay	Pills can be bought from pharmacies or community distributors Condoms from supermarkets		Fee to pay	