



Irish
Family
Planning
Association



North
Eastern
Health
Board

YOUR GUIDE

to

CONTRACEPTION

North Eastern Health Board Edition



Funded by
North Eastern
Health Board

INTRODUCTION

by North Eastern Health Board

The way you communicate with yourself and your partner, and, if necessary, your Medical Advisor will ultimately determine the effectiveness of your contraception.

For those of us fortunate enough, having a child is a life-changing experience. Proper use of contraception allows you to plan and space your family.

That is why the Primary Care Services in conjunction with General Practitioners from the North East Region and the Irish Family Planning Association have produced this booklet.

THIS BOOK AIMS:

1. To enable **you** to access all the methods of contraception available and match these to your needs at different times of **your** life.

GPs in the North East have agreed to publish details of the contraceptive services they provide. This should help alleviate the rejection/embarrassment you may have faced in the past.

Most GPs and practices only provide some services, but all can be accessed through other GP services, with the exception of female sterilisation, which requires hospitalisation. Where a GP does not provide a particular service, most have agreed to refer to one who does.

2. To enable you to have access to information on all contraceptive methods available and to help you understand how they work. All methods are now available on the GMS and, for private patients, fees are a matter between the user and Doctor.

The Pill and Sterilisation are synonymous with contraception, but there are certainly many effective reversible methods:

- Intrauterine System (Mirena)
- Intrauterine Contraceptive Device (Copper T)
- Subdermal Implants (Implanon)
- Injectables (Depo-Provera)

Unprotected sex and contraceptive failure is a reality and most GPs provide emergency contraception (i.e. within 72 hours) in their daytime surgeries or at North East Doctor-on-Call Out of Hours (☎ 1850 777911).

Confidentiality at this level, as indeed all medical/contraceptive contact, is of paramount importance. Information obtained from this booklet can change the lives of sexually active people.

Use this information booklet effectively.

**Primary Care Services,
North Eastern Health Board,
Spring/Summer 2002.**

MYTHS

There are a lot of myths about contraception.

These are the facts:

A woman can still get pregnant:

- If a man pulls out of her vagina before he 'comes'.
- If she has sex when she has a period.
- If breastfeeding.
- If it is the first time she has sex.
- If she does not have an orgasm.
- If she douches (squirts water or other liquid into the vagina). This can be harmful to women.
- In whatever position the couple has sex.

This booklet will help you to decide on the method of contraception most suited to you. It shows all the available methods, explains how they work, how reliable they are and the main advantages and disadvantages. It also tells you where you can go for contraception.

This booklet also provides you with details of General Practitioners in the North Eastern Health Board Region who provide Family Planning Services and details of the services they provide.

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The reliability rates quoted for each method are based on extensive independent research. Most contraceptives need to be prescribed by a doctor, though male and female condoms, diaphragms and caps can be bought at a pharmacy.



CHOOSING CONTRACEPTION

There are many different contraceptive methods available, and different methods suit different people at different times of their lives. A GP or Family Planning Clinic will help you to choose the one that is best for you and your partner.

Choosing a method you like and feel comfortable with means you will be able to relax and enjoy sex more, without the worry of an unplanned pregnancy.

This booklet gives you an idea of all the methods available. You can ask your GP or Family Planning Clinic for more information on any method you are interested in. Feel free to ask any questions about contraception, your sexual relationship or safer sex.

If your GP does not provide all the methods they should be able to tell you the nearest General Practice, Hospital or Family Planning Clinic that does.

If you would prefer not to see your own GP about contraception you can go to another GP or a Family Planning Clinic for contraception only.

You can buy condoms and spermicides from some shops and most chemists without going to a doctor or clinic. Spermicides on their own are not recommended as a reliable contraceptive.



CONTRACEPTION FOR THE OLDER WOMAN



As you get older you may notice changes in the pattern of your periods. When periods finally stop you have reached the menopause. However, contraception should continue to be used until you have not had a period or any bleeding for two years if aged under 50 and for one year if over 50. A doctor or family planning clinic will be able to advise you on contraception until then.

AFTER YOU HAVE HAD A BABY

Not all contraceptive methods can be used straight after birth. Consult your General Practitioner.



USE YOUR CONTRACEPTIVE METHOD CAREFULLY

To prevent a pregnancy any contraceptive method has to be used carefully. Many unplanned pregnancies happen because a contraceptive method has not been used carefully or consistently.

HOW DO I FIND A FAMILY PLANNING GENERAL PRACTITIONER OR CLINIC?

- See Pages 28-35 of this Directory.
- Family Planning Clinics are listed under "FAMILY PLANNING" in the Golden Pages.
- If you have any difficulty you can ask at your local library or you can contact:

- **Primary Care Services, North Eastern Health Board**
Railway Street,
Navan, Co. Meath.
Tel: 046-76400.
www.nehb.ie
- **Irish Family Planning Association (IFPA)**
Solomons House,
42a Pearse Street,
Dublin 2.
Tel: 01-474 0944.
www.ifpa.ie
- **Irish College of General Practitioners**
Lincoln Place, Dublin 2.
Tel: 01-676 3705.
www.icgp.ie



SEXUALLY TRANSMITTED INFECTIONS (STIs)

- Anyone, male or female, can get a sexually transmitted infection (STI), including HIV, the virus which causes AIDS, if they don't practise safer sex.
- Use a quality condom - carefully - every time you have sex, whatever your contraceptive method.
Look for either the BSI Kitemark or the CE Mark. All CE Marks will have a 4 digit number underneath. This number may vary. The number shown opposite is for illustration purposes only.
- If you are worried about sexually transmitted infections you can get advice from your GP, a family planning clinic or a genito-urinary medicine clinic. You may also contact the STI Clinic in the Mater Hospital, Eccles Street, Dublin 7, (tel: 01-803 2063) or call the confidential AIDS Helpline (tel: 01-872 4288) on Monday–Friday, 7-9pm or Saturday, 3-5pm.
- Remember **EMERGENCY CONTRACEPTION** if you forgot to use contraception or made a mistake with it (see page 22). Ask your doctor's advice.



Examples



COMBINED PILL

HOW RELIABLE IS IT?

- With careful use less than 1 woman in 100 will get pregnant in a year.
- With less careful use 3 or more women in 100 will get pregnant in a year.

HOW IT WORKS

- Contains two hormones - oestrogen and progestogen - which stop a woman releasing an egg each month (ovulation).

ADVANTAGES

- Does not interrupt sex.
- Often reduces bleeding, period pain and pre-menstrual tension.
- Protects against cancer of the ovary and womb and some pelvic infections.
- Suitable for healthy non-smokers up to the menopause.

DISADVANTAGES

- May not be suitable for some women. A full medical history should be taken.
- May be temporary minor side-effects.
- Not suitable for heavy smokers, smokers over 35 or for women who are breastfeeding.
- Does not protect against sexually transmitted infections.

COMMENTS

- Not reliable if taken over 12 hours late or after vomiting or severe diarrhoea, unless an extra method is used.
- Some drugs may stop the pill working - a doctor or pharmacist will advise.
- Pill users should try not to smoke.



PROGESTOGEN-ONLY PILL

HOW RELIABLE IS IT?

- With careful use 1 woman in 100 will get pregnant in a year.
- With less careful use 4 or more women in 100 will get pregnant in a year.

HOW IT WORKS

- The hormone progestogen, taken at the same time each day, causes changes making it difficult for sperm to enter the womb or for the womb to accept a fertilised egg. In some women it prevents ovulation.

ADVANTAGES

- Does not interrupt sex.
- Useful for older women who smoke and women who cannot use the combined pill.
- Can be used when breastfeeding.

DISADVANTAGES

- May be temporary minor side-effects.
- Periods may be irregular, with some bleeding in between or be missed.
- May be less effective in women who weigh over 70kg (11 stone).
- Does not protect against sexually transmitted infections.

COMMENTS

- Not reliable if taken over three hours late or after vomiting or severe diarrhoea, unless an extra method is used.
- Some drugs may stop the pill working - a doctor or a pharmacist can advise.



INJECTABLE CONTRACEPTIVE

HOW RELIABLE IS IT?

■ Less than 1 woman in 100 will get pregnant in a year.

HOW IT WORKS

■ An injection releases the hormone progesterone very slowly into the body which stops ovulation.

ADVANTAGES

- Does not interrupt sex.
- The injection (called Depo-Provera) lasts 3 months.
- May protect against cancer of the womb.

DISADVANTAGES

- Periods often become irregular or stop. Regular periods and fertility may take up to a year to return after stopping the injections.
- Some women gain weight.
- Does not protect against sexually transmitted infections.

COMMENTS

■ The injection works for three months. It cannot be removed from the body so any unwanted effects may continue during this time.



INTRAUTERINE SYSTEM (IUS)

HOW RELIABLE IS IT?

■ It is as reliable as female sterilisation but is a reversible method of contraception. Failure rate is 1-2 per 1000.

HOW IT WORKS

■ It is a small plastic device with a sleeve which releases the hormone progesterone inserted into the cavity of the womb. It thickens the mucus at the neck of the womb making it difficult for sperm to reach the egg. It inhibits the function of the sperm within the womb. It makes the lining of the womb thin, making periods lighter and shorter.

ADVANTAGES

- Does not interrupt sex.
- It works as soon as it is fitted.
- Lasts for five years.
- Can be used to treat heavy periods.

DISADVANTAGES

- Fitting may be uncomfortable.
- There may be irregular bleeding for up to six months after insertion.
- Does not protect against sexually transmitted infections.

COMMENTS

■ Most suitable for women who have had children and who want long term contraception. ■ Suitable as an alternative to female sterilisation. ■ Women are taught to check the IUS by feeling the threads high in the vagina. ■ Many women find that their periods stop while they have an IUS in place. ■ Fertility quickly returns to normal after the device is removed. ■ There is only one IUS available at this time. It is called MIRENA.



IUCD

HOW RELIABLE IS IT?

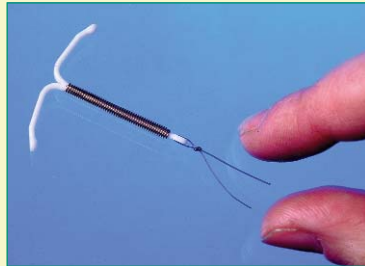
- Less than 1 to 2 women in 100 will get pregnant in a year.
- Use of a spermicidal cream or pessary around ovulation may reduce the risk.

HOW IT WORKS

- A small plastic and copper device is put into the womb. It prevents sperm from meeting the egg or may prevent an egg from settling in the womb.

ADVANTAGES

- Does not interrupt sex.
- Works as soon as it is put in.
- Can stay in for five years or more.



DISADVANTAGES

- Periods may be heavier or longer and more painful.
- Unsuitable for women who have heavy and painful periods.
- Not a first choice where either partner is having sex outside the relationship, because of the risk of pelvic infection.
- Does not protect against sexually transmitted infections.

COMMENTS

- Usually changed every 5 years. If fitted after the age of 40 can stay in until the menopause.
- Women are taught to check the IUCD by feeling the threads high in the vagina.
- Most suitable for women who have had children.
- May be used as Emergency Contraceptive if fitted within five days of unprotected intercourse.

MALE CONDOM

HOW RELIABLE IS IT?

- With careful use 2 women in 100 will get pregnant in a year.
- With less careful use 2 to 15 women in 100 will get pregnant in a year.

HOW IT WORKS

- Made of very thin rubber it is put over the erect penis and prevents sperm from entering the woman's vagina.

ADVANTAGES

- Available from family planning clinics and also sold widely.
- May protect both partners from sexually transmitted infections, including HIV.
- May protect against cancer of the cervix.
- Man can take responsibility for contraception.

DISADVANTAGES

- Putting it on can interrupt sex.
- May slip off or split if not used correctly.
- Man needs to withdraw as soon as he has ejaculated and to be careful not to spill any semen.

COMMENTS

- Use a new condom each time.
- Must be put on before the penis touches the woman's vagina.
- Use a condom with a quality mark on the pack (see page 9) and check expiry date.
- Oil based products, such as body oils, should not be used with male condoms as this can damage them.



FEMALE CONDOM

HOW RELIABLE IS IT?

■ There have been no large-scale studies to show this, but research suggests it should be as effective as the male condom.



HOW IT WORKS

■ A soft polyurethane sheath lines the vagina and the area just outside, and prevents sperm from entering the vagina.

ADVANTAGES

- Can be put in any time before sex.
- May protect both partners from sexually transmitted infections, including HIV.
- May protect against cancer of the cervix.
- Oil based products can be used with female condoms.

DISADVANTAGES

- Putting it in can interrupt sex.
- Need to make sure the man's penis enters the condom and not between the vagina and the condom.
- May slip.
- Expensive to buy.

COMMENTS

- Use a new condom each time and follow the instructions carefully.
- Quality mark for female condom not yet available.
- Available at some family planning clinics.

DIAPHRAGM OR CAP WITH SPERMICIDE

HOW RELIABLE IS IT?

- With careful use 2 in 100 women will get pregnant in a year.
- With less careful use 2 to 15 women in 100 will get pregnant in a year.

HOW IT WORKS

- A flexible rubber device used with spermicide, is put into the vagina to cover the cervix and must stay in for at least six hours after sex.
- Must be specially fitted to make sure it is the right size.

ADVANTAGES

- Can be put in any time before sex (if more than three hours before, extra spermicide may be needed).
- May protect against cancer of the cervix and some sexually transmitted diseases.
- There are a variety of types to choose from.

DISADVANTAGES

- Putting it in can interrupt sex.
- Extra spermicide is needed if you have sex again.
- Fitting should be checked every twelve months and if you gain or lose more than 3kg (7lbs), or have a baby, miscarriage or abortion.
- Offers little protection against sexually transmitted infections.

COMMENTS

- Some people are sensitive to spermicide.
- Cystitis can be a problem for some diaphragm users. Changing to a slightly smaller or softer rimmed diaphragm or cap may help.
- Do not leave in for more than thirty hours.



CONTRACEPTIVE IMPLANT

HOW RELIABLE IS IT?

■ It is an extremely effective method of contraception. During all its initial trials there were no pregnancies reported.

HOW IT WORKS

■ It is a small plastic rod inserted into the inner part of the upper arm. After insertion it can be felt under the skin but not seen. It slowly releases the hormone progesterone into the body which stops ovulation. It also thickens the mucus at the neck of the womb making it difficult for sperm to enter.

ADVANTAGES

■ Does not interrupt sex. ■ Insertion not painful. ■ It works within one week of being fitted. ■ No pills or injections to remember. ■ Lasts for three years. ■ After removal fertility returns very quickly. ■ Stops painful periods.

DISADVANTAGES

■ Should be inserted and removed by a specially trained doctor. ■ May cause irregular bleeding, no bleeding at all, acne or weight gain. ■ Does not protect against sexually transmitted infections.

COMMENTS

■ Suitable for women who want long term contraception. ■ Suitable for women who have not had children and women of any age who smoke. ■ A woman can decide at any time to have it removed if she wishes. ■ There is only one implant available at this time. It is called IMPLANON.



NATURAL METHODS

HOW RELIABLE IS IT?

■ With careful use 2 women in 100 will get pregnant in a year.
■ With less careful use 2 to 20 women in 100 will get pregnant in a year.

HOW IT WORKS

■ A woman keeps a daily record of her body temperature, changes in cervical mucus and other signs of ovulation.

These tell her when she is most fertile and should avoid sex or use a barrier method (for example, condom or diaphragm).

ADVANTAGES

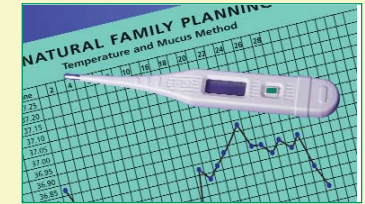
■ No side effects. ■ No mechanical devices or hormones are used. ■ Knowing when the woman is fertile means pregnancy can be planned. ■ Gives a woman greater awareness of her body.

DISADVANTAGES

■ Women with irregular periods, after childbirth and around the menopause may find this method difficult.
■ Daily record keeping needed.
■ Will involve avoiding sex at some times of the month.
■ Does not protect against sexually transmitted infections.

COMMENTS

■ Method should be learnt from a specially trained teacher and some charge a fee. See pages 28-35 of this directory for details of General Practitioners providing this service.
■ Some people use a condom or diaphragm during the fertile time rather than avoid penetrative sex.



FEMALE STERILISATION

HOW RELIABLE IS IT?

- The failure rate can be 1 to 3 in 1000 depending on the method used.

HOW IT WORKS

- A permanent method in which the fallopian tubes are cut or blocked so the eggs cannot travel down them to meet the sperm.

ADVANTAGES

- Very effective.
- It is permanent.
- Is effective immediately after the operation.

DISADVANTAGES

- Rarely the tubes rejoin and the woman is fertile again.
- Does not protect against sexually transmitted infections.

COMMENTS

- This is a permanent method and should not be chosen if in any doubt.
- Counselling is important.
- Time in hospital varies from one to three days depending on the type of operation.
- A few days rest is needed afterwards.
- General anaesthesia is usually required.
- Referral for female sterilisation is by the GP to the hospital.

MALE STERILISATION (vasectomy)

HOW RELIABLE IS IT?

- The failure rate is about 1 in 1000.

HOW IT WORKS

- A permanent method in which the tubes carrying the sperm are cut, so sperm are not present in the semen that is ejaculated when the man 'comes'.

ADVANTAGES

- Very effective.
- It is permanent.
- Operation takes 10-15 minutes and can be done at doctor's surgery or clinic.

DISADVANTAGES

- It usually takes a few months for all the sperm to disappear from the semen.
- Contraception must be used during this time until there are two negative sperm tests.
- Rarely the tubes rejoin and the man is fertile again.
- Does not protect against sexually transmitted infections.

COMMENTS

- This is a permanent method and should not be chosen if in any doubt.
- Counselling is important.
- Likely to be bruising and some discomfort for a short time after the operation.
- A few days rest needed afterwards.

EMERGENCY CONTRACEPTION

EMERGENCY

If you are unlucky or make a mistake with your contraception, contact your General Practitioner or clinic or NEDOC (North East Doctor-on-Call) at 1850 777911 (6.00pm – 8.00am and weekends) as soon as possible after unprotected sex.

The main method of emergency contraception is:

- **THE 'MORNING-AFTER' PILL**

This is a special dose of the combined pill which must be started within three days (72 hours) after sex. This method should be taken as soon as possible. **DO NOT WAIT.**

You may also have heard about another method.

- **IUCD (POST-COITAL)**

This method is not widely available in Ireland. It must be fitted within five days of sex to be effective as a regular method of contraception.

Emergency contraception can only be provided by a doctor and should not be regarded as a regular method of contraception.

Remember, emergency contraception cannot protect against a sexually transmitted infection (see page 9). Ask your doctor's advice.

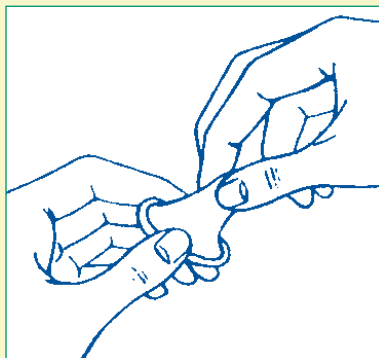
HOW DO YOU USE A MALE CONDOM?

If you get your male condoms from your family doctor or a family planning clinic, you may be told how to use them or you can ask. Instructions are also given on the pack or in a leaflet inside the pack. The man can put the condom on himself, or his partner can do it.

- 1** Use a new condom each time you have sex. Always check the expiry date on the packet and that there is a quality mark (see page 9).
- 2** Always put the male condom on as soon as the penis is erect but before there is any contact with the woman's genital area. This is important because fluid, which may contain sperm, can seep from the penis early during sex.
- 3** Take your condom out of the packet carefully, making sure that you don't damage it with your fingernails or jewellery.



- 4** Gently squeeze the last centimetre of the closed end between your finger and thumb, to expel any trapped air and make space for the man's semen.



- 5** Keeping the end of the condom 'air free', hold the condom at the tip of the erect penis.



- 6** With the flat part of your fingers, roll the condom carefully over the penis. It is now safe for the penis to enter the woman's vagina or touch her genital area.



- 7** After the man has ejaculated but before his erection is completely lost, hold the condom rim firmly around the penis while the penis is withdrawn. This makes sure that the condom doesn't slip, accidentally spilling semen in or around the woman's vagina.



FURTHER HELP AND INFORMATION

You can get further help and information from:

- **Primary Care Services, North Eastern Health Board,**
Railway Street,
Navan,
Co. Meath.
Tel: 046-76400.
www.nehb.ie
- **Irish Family Planning Association (IFPA)**
Solomons House,
42a Pearse Street,
Dublin 2.
Tel: 01-474 0944.
www.ifpa.ie
- **Irish College of General Practitioners**
Lincoln Place,
Dublin 2.
Tel: 01-676 3705.
www.icgp.ie



Further copies of this book are available from the IFPA or Primary Care Services, North Eastern Health Board, Railway Street, Navan, Co. Meath. Tel: 046-76400.

FURTHER READING

- The Pill, Guillebaud 1997, 5th edition, Oxford University Press.
- Contraception – a users handbook, Szarewski & Guillebaud 1998, Oxford University Press.

Further Reading for Doctors:

- Contraception today – a pocketbook for GPs, Guillebaud, 2000 (4th edition).
- Contraception – your questions answered, Guillebaud, 1999 (3rd edition), Churchill Livingstone.

A BASIC GUIDE TO SOME OF THE WORDS USED IN THIS BOOKLET

WOMB

The hollow organ in a woman's body where a baby grows.

VAGINA

The tube leading from the outside of the woman's body to the womb, where the penis goes during sexual intercourse.

CERVIX

The neck of the womb situated inside at the top of the vagina.

PENIS

The male sex organ.

FALLOPIAN TUBES

Eggs are produced in the woman's body in two small organs beside the womb called ovaries. The fallopian tubes lead from the ovaries to the womb and transport the egg from one to the other.

LOUTH GPs

Name	Address	Tel. No	Information, Advice & Prescribing of Mini Pill or Combined Pill	Referral of Patient to another G.P.	Emergency Contraception	Information Advice and Administration of Depo Injection	Crisis Pregnancy Counselling	Advice, Fitting & Checking of IUCD/ Mirena	Natural Family Planning	Vasectomy	Implanon
Dr. H. Barry	Bells House, Wellington Quay, Drogheda	041-9834592	✓	✓	✓	✓	✓	✓			
Dr. M. Collins	47 Fair St, Drogheda	041-9833260	✓	✓	✓	✓	✓	✓	✓		✓
Dr. David Connolly	No.1 Roden Place, Dundalk	042-9335988	✓	✓	✓	✓	✓	✓	✓		
Dr. Declan Connolly	60 Anne Street, Dundalk	042-9331448	✓	✓		✓	✓	✓	✓		
Dr. B. Cullen	Omeath, Co Louth	042-9373617	✓	✓	✓	✓	✓	✓	✓		
Dr. L. Curtin	2 Park Avenue, Dundalk	042-9337124	✓	✓	✓	✓	✓				
Dr. G. Daly	Clogherhead, Co Louth	041-9822228	✓	✓	✓	✓	✓		✓		✓
Dr. F. Fenton	John Street, Ardee	041-6853929	✓	✓	✓	✓	✓				
Dr. C. Fingleton	Moyra House, Main St, Blackrock, Co Louth	042-9321424	✓	✓	✓	✓	✓				✓
Dr. R. Gavin	47 Fair St, Drogheda	041-9833260	✓	✓	✓	✓	✓	✓	✓		✓
Dr. S. Gleeson	10 Priory Villas, Dundalk	042-9320038	✓	✓	✓	✓	✓				
Dr. M. Grehan	The Surgery, Dundalk Shopping Centre	042-9331470	✓	✓	✓	✓	✓	✓	✓		✓
Dr. F. Henry	41 Dublin St, Dundalk	042-9336144	✓	✓	✓	✓	✓	✓	✓		✓
Dr. R. Hoey	47 Fair St, Drogheda	041-9833260	✓	✓	✓	✓	✓	✓	✓		✓
Dr. T. Hogan	41 Dublin St, Dundalk	042-9336144	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J.D. Hookway	20 Fair St, Drogheda	041-9838296	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J. Lee	19 Fair St, Drogheda	041-9838296	✓	✓	✓	✓	✓	✓	✓		✓
Dr. F. Loughery	Wheaton Hall Practice, Dublin Rd, Drogheda	041-9846846	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. Malone	Ravensdale, Dundalk	042-9371448	✓	✓	✓	✓	✓	✓	✓		✓
Dr. N. Mangan	1 Demesne Rd, Dundalk	042-9334515	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. Martin	33 Castletown Rd, Dundalk	042-9333427	✓	✓	✓	✓	✓	✓	✓		✓
Dr. D. Mishra	Elmwood, St. Alphonsus Rd, Dundalk	042-9326488	✓	✓	✓	✓	✓	✓	✓		✓
Dr. A. Moran	226 Pearse Park, Drogheda	041-9839444	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J. Murphy	60 Anne St, Dundalk	042-9320039	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. Murphy	47 Fair St, Drogheda	041-9837501	✓	✓	✓	✓	✓	✓	✓		✓
Dr. E. Murray	Market St, Ardee	041-6853205	✓	✓	✓	✓	✓	✓	✓		✓
Dr. N. McCarthy	Market St, Ardee	041-6853205	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. McCarthy	Barronstown, Dundalk	042-9334205	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J. McKeown	The Dispensary, Carlingford	042-9373110	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. Neary	13 Fair Street, Drogheda	041-9838735	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. O'Brien	17 Fair Street, Drogheda.	041-9838220	✓	✓	✓	✓	✓	✓	✓		✓
Dr. S. O'Brien	1 Roden Place, Dundalk	042-9335988	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. O'Donoghue	Riverside House, Main St, Dunleer	041-6861812	✓	✓	✓	✓	✓	✓	✓		✓
Dr. D. O'Neill	John Street, Ardee	041-6853929	✓	✓	✓	✓	✓	✓	✓		✓

LOUTH GPs

Name	Address	Tel. No	Information, Advice & Prescribing of Mini Pill or Combined Pill	Referral of Patient to another G.P.	Emergency Contraception	Information Advice and Administration of Depo Injection	Crisis Pregnancy Counselling	Advice, Fitting & Checking of IUCD/ Mirena	Natural Family Planning	Vasectomy	Implanon
Dr. D. O'Neill	47 Fair St., Drogheda	041-9833260	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. O'Reilly	Demesne Rd, Dundalk	042-9334295	✓	✓	✓	✓	✓	✓			
Dr. C. O'Shea	Wheaton Hall Practice, Dublin Rd, Drogheda	041-9846846	✓	✓	✓	✓	✓	✓			✓
Dr. P. Quinn	Health Centre, Castlebellingham	042-9321424	✓	✓	✓	✓	✓	✓			
Dr. E. Ward	John St, Ardee	041-6853929	✓	✓	✓	✓	✓	✓	✓		
Dr. J. Whately	2 Park Ave, Dundalk	042-9337124	✓	✓	✓	✓	✓	✓	✓		✓
Dr. W. Whately	1 Demesne Road, Dundalk.	042-9334515	✓	✓	✓	✓	✓	✓	✓		
Dr. E. Yelverton	6 Bolton St, Drogheda	041-9843233	✓	✓	✓	✓	✓	✓	✓		✓

MEATH GPs

Dr. M. Bruton	Dunboyne, Co. Meath.	01-8255069	✓	✓		✓					
Dr. W. Butler	Abbey House, Navan	046-21186	✓	✓	✓	✓	✓	✓			
Dr. J. Clarke	Shandon House, Summerhill	0405-57004	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dr. O.V. Clarke	Abbey House, Navan	046-21186	✓	✓	✓	✓	✓	✓	✓		
Dr. B. Clifford	14 Watergate St, Navan	046-23171	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. Coffey	Church Street, Kells	046-40052	✓	✓	✓	✓	✓	✓			✓
Dr. J. Cremin	20 Brookside, Bettystown	041-9827793	✓	✓	✓	✓	✓	✓			✓
Dr. A. Culhane	Medical Ctr, Main St, Athboy	046-30098	✓	✓	✓	✓	✓	✓	✓		✓
Dr. G. Cummins	Drumconrath, Navan	041-6854132	✓	✓	✓	✓	✓	✓			✓
Dr. G. Doyle	Health Ctr, Trim	046-36215	✓	✓	✓	✓	✓	✓			
Dr. J. Finn	2 Bedford Place, Navan	046-21369	✓	✓	✓	✓	✓	✓	✓		
Dr. J. Gallagher	Moynalty, Kells	046-44184	✓	✓	✓	✓	✓	✓	✓		
Dr. J. Gilsean	2 Bedford Place, Navan	046-21369	✓	✓	✓	✓	✓	✓	✓		
Dr. M. Greally	Abbey House, Navan	046-21143	✓	✓	✓	✓	✓	✓			
Dr. W. Hanly	Millbrook Rd, Oldcastle	049-8541118	✓	✓	✓	✓	✓	✓	✓		
Dr. B. Hayes	Bedford Place, Navan	046-21369	✓	✓	✓	✓	✓	✓	✓		
Dr. U. Keane	Meadowbank Medical Centre, Fairyhouse Road, Ratoath	01-8257901	✓	✓	✓	✓	✓	✓			
Dr. A. Kenny	High St, Trim	046-31198	✓	✓	✓	✓	✓	✓	✓		
Dr. P. Lappin	Church St, Kells	046-40052	✓	✓	✓	✓	✓	✓	✓		✓
Dr. O. Lynn	Downstown, Duleek	041-9833684	✓	✓	✓	✓	✓	✓		✓	✓
Dr. N. Maguire	2 Bedford Place, Navan	046-21369	✓	✓	✓	✓	✓	✓	✓		✓
Dr. S. Murphy	Town Ctr, Ashbourne	01-8352244	✓	✓	✓	✓	✓	✓			
Dr. L. McEntee	Health Ctr, Patrick St, Trim	046-36257	✓	✓	✓	✓	✓	✓	✓		✓
Dr. A. McFarlane	Headford Place, Kells	046-40495	✓	✓	✓	✓	✓	✓			
Dr. W. McNamara	Longwood, Enfield	0405-55006	✓	✓	✓	✓	✓	✓	✓		✓
Dr. K. McNeece	Headford Place, Kells	046-40495	✓	✓	✓	✓	✓	✓	✓		
Dr. J.P. O'Connell	Moynalty, Kells	046-44424	✓	✓	✓	✓	✓	✓	✓		

MEATH GPs

Name	Address	Tel. No	Information, Advice & Prescribing of Mini Pill or Combined Pill	Referral of Patient to another G.P.	Emergency Contraception	Information Advice and Administration of Depo Injection	Crisis Pregnancy Counselling	Advice, Fitting & Checking of IUCD/ Mirena	Natural Family Planning	Vasectomy	Implanon
Dr. H. O'Neill	Maynooth Rd, Dunboyne	01-8252105	✓	✓	✓	✓	✓	✓	✓		✓
Dr. A.R. Potts	2 Bedford Place, Navan	046-21369	✓	✓	✓	✓	✓	✓			
Dr. M. Scully	Abbey House, Navan	046-21186	✓	✓	✓	✓	✓	✓			
Dr. P.J. Shorthall	Laytown Health Ctr, Laytown	041-9828039	✓	✓	✓	✓	✓	✓			
Dr. E. Slattery	1 Pinebrook, Trim	046-36257	✓	✓	✓	✓	✓	✓	✓		
Dr. P. Tierney	Lisheen, Dunshaughlin	01-8259542	✓	✓	✓	✓	✓	✓	✓		
Dr. P. Wahlrab	Cavan Rd, Kells	046-41333	✓	✓	✓	✓	✓	✓	✓		✓
Dr. C. Wann	Health Ctr, Nobber	046-52109	✓	✓	✓	✓	✓	✓			
Dr. P. Watson	2 Deerpark, Ashbourne	01-8351355	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. White	Health Ctr, Nobber	046-52109	✓	✓	✓	✓	✓	✓			

CAVAN GPs

Dr. H. Ahern	Killeshandra	049-4334544	✓	✓	✓	✓	✓	✓	✓		✓
Dr. G. Bourke	Ballyconnell	049-9522642	✓	✓	✓	✓	✓	✓			
Dr. S. Casey	Kingscourt	042-9667487	✓	✓	✓	✓	✓	✓	✓		
Dr. F. Cronin	Bailieboro	042-9665487	✓	✓	✓	✓	✓	✓			
Dr. K. Deering	Swanlinbar	049-9521584	✓	✓	✓	✓	✓	✓			
Dr. P. Faulkner	Farnham St, Cavan	049-4331707	✓	✓	✓	✓	✓	✓	✓		✓
Dr. B. Fay	Ballyjamesduff	049-8544446	✓	✓	✓	✓	✓	✓	✓		
Dr. J. Fay	Kilnaleck	049-4336258	✓	✓	✓	✓	✓	✓			
Dr. M. Fergus	Health Ctr, Belturbet	049-9522317	✓	✓	✓	✓	✓	✓	✓		
Dr. D. Foyle	Deerpark, Virginia	049-8547916	✓	✓	✓	✓	✓	✓			
Dr. A. Gregan	Carrigallen, Co. Leitrim	049-4339797	✓	✓	✓	✓	✓	✓			
Dr. G. Gunn	Station Rd, Cootehill	049-5552144	✓	✓	✓	✓	✓	✓			
Dr. P. Halligan	New Rd, Bailieboro	042-9665566	✓	✓	✓	✓	✓	✓			✓
Dr. E. Hartmann	57 Church St, Cavan	049-4362266	✓	✓	✓	✓	✓	✓			✓
Dr. D. Hume	57 Church St, Cavan	049-4362266	✓	✓	✓	✓	✓	✓	✓		✓
Dr. G. Igoe	Virginia	049-8547916	✓	✓	✓	✓	✓	✓			
Dr. C. Lee	Arva	049-4335146	✓	✓	✓	✓	✓	✓			✓
Dr. M. McDonagh	Urcher, Bailieboro	042-9665487	✓	✓	✓	✓	✓	✓	✓		
Dr. E. McDwyer	Farnham St, Cavan	049-4331611	✓	✓	✓	✓	✓	✓	✓		
Dr. M. McDwyer	7 Town Hall Street, Cavan	049-4361244	✓	✓	✓	✓	✓	✓			✓
Dr. J. McMahan	Kingscourt	042-9667487	✓	✓	✓	✓	✓	✓			
Dr. M. O'Hea	Cavan Rd, Cootehill	049-5556320	✓	✓	✓	✓	✓	✓			
Dr. M. O'Malley	Ballyjamesduff	049-44595	✓	✓	✓	✓	✓	✓	✓		
Dr. A. Sullivan	33 Church St, Cavan	049-4361700	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J. Sullivan	24 Railway Rd, Cavan	049-4361700	✓	✓	✓	✓	✓	✓	✓		

MONAGHAN GPs

Name	Address	Tel. No	Information, Advice & Prescribing of Mini Pill or Combined Pill	Referral of Patient to another G.P.	Emergency Contraception	Information Advice and Administration of Depo Injection	Crisis Pregnancy Counselling	Advice, Fitting & Checking of IUCD/ Mirena	Natural Family Planning	Vasectomy	Implanon
Dr. K. Bourke	52 Glaslough St	047-72115	✓	✓	✓	✓	✓	✓			
Dr. M. Caraher	Swan Park, Monaghan	047-81986	✓	✓	✓	✓	✓		✓		✓
Dr. J. Carroll	Shercock Rd, Carrickmacross	042-9663233	✓	✓	✓	✓	✓	✓	✓		
Dr. M. Clarke	Main St, Castleblaney	042-9740757	✓	✓	✓	✓	✓	✓			✓
Dr. S. Clarke	The Diamond, Clones	047-52323	✓	✓	✓	✓	✓				✓
Dr. S. Corr	Group Practice, Carrickmacross	042-9663233	✓	✓	✓	✓	✓	✓	✓		✓
Dr. J. Cronin	Cloughvalley, Carrickmacross	042-9663233	✓	✓	✓	✓	✓	✓	✓		
Dr. E. Duffy	Swan Park, Monaghan	047-81321	✓	✓	✓	✓	✓	✓	✓		
Dr. I. Duffy	Swan Park, Monaghan	047-81321	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. Flanagan	Main Street, Castleblaney	042-9746557	✓	✓	✓	✓	✓	✓	✓		✓
Dr. B. F. Kelly	Group Practice, Carrickmacross	042-9663233	✓	✓	✓	✓	✓	✓	✓		✓
Dr. P. Larney	Farney St, Carrickmacross	042-9661274	✓	✓	✓	✓	✓				
Dr. M. Lynch	The Diamond, Clones	047-51919	✓	✓	✓	✓	✓				✓
Dr. L. Moran	The Diamond, Clones	047-51919	✓	✓	✓	✓	✓	✓			✓
Dr. M. McGinnity	Swan Park, Monaghan	047-81321	✓	✓	✓	✓	✓	✓	✓		
Dr. K. McMahon	Group Practice, Carrickmacross	042-9663233	✓	✓	✓	✓	✓	✓	✓		
Dr. B. Norton	Clones Rd, Ballybay	042-9741095	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. O'Duffy	Market Sq, Castleblaney	042-9740757	✓	✓	✓	✓	✓	✓	✓		
Dr. D. O'Gorman	84 Glaslough St, Monaghan	047-81466	✓	✓	✓	✓	✓	✓	✓		✓
Dr. M. O'Sullivan	19 Mill St, Monaghan	047-81168	✓	✓	✓	✓	✓	✓			
Dr. D. Smyth	Ballybay	042-9741095		✓			✓		✓		
Dr. M. Smyth	5 Glen Rd, Monaghan	047-83449	✓	✓	✓	✓	✓				
Dr. M. Watters	Emyvale	047-87204	✓	✓		✓	✓	✓			
Subsidiary											
Dr. L. Gavin	Rhode, Tullamore, Offaly	0405-37003	✓	✓	✓	✓	✓	✓			
Subsidiary											
Dr. B. Thornton	Parke, Kinnegad, Co. Westmeath	044-75110	✓	✓	✓	✓	✓	✓	✓		
Dr. M. Boyd	Ryebridge, Leixlip, Co. Kildare	01-6244300	✓	✓	✓	✓	✓	✓			
Dr. Y. Mitchell	Medical Centre, Kilcock, Co. Kildare	01-6284410	✓	✓	✓	✓	✓	✓	✓		✓

A FINAL WORD

This booklet can only give basic information about family planning methods. The information is based on evidence and medical opinion available at the time of publication. You may come across conflicting advice on certain points. If you are unsure about anything ask your General Practitioner. **DON'T FORGET** - ring or visit the clinic or your General Practitioner if you are worried or unsure about anything.

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