

Contraception

You can use contraception to stop or space pregnancies. There are lots of different types of contraception available for women but most types will not keep you safe from sexual infections.

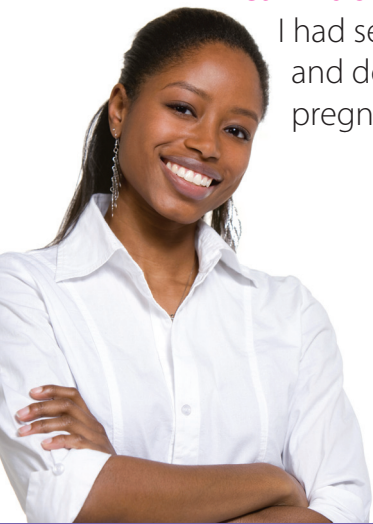
? I don't want to get pregnant – what is the best type of contraception for me?

I don't want to get pregnant – what is the best type of contraception for me?

If you've had sexual relations without a condom, forgotten to use contraception or the condom breaks, you may get pregnant. You should visit a doctor or pharmacy as soon as possible, preferably within 24 hours. You may also want to get tested for infections and HIV.

? I had sex without a condom and don't want to get pregnant – what can I do?

I had sex without a condom and don't want to get pregnant – what can I do?



Sexual Infections

A sexual infection (sometimes known as an STI) can be passed on through sexual relations without a condom.

While many people with a sexual infection have no symptoms, things you may see or feel around your genitals include:

- Unusual discharge or bleeding
- Itchiness
- Burning when you urinate
- Rashes, sores or lumps

If you have ever had sexual relations without a condom, you should get tested for infections. You will need to do a urine, blood or genital test. Most infections are easy to treat but can make you sick if left untreated.

? I have noticed something unusual around my genitals that I would like to get checked

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? I had sex without a condom and would like to get tested for sexual infections and HIV

I had sex without a condom and would like to get tested for sexual infections and HIV

For more information contact:

FPWA Sexual Health Services
70 Roe Street, Northbridge WA 6003
Ph 08 9227 6177
info@fpwa.org.au

Sexual Health Helpline
Metropolitan callers 08 9227 6178
Country callers 1800 198 205
sexhelp@fpwa.org.au

See your local Women's Health Centre, doctor or your local contact

Your local contact is:

Translating and Interpreting Service (TIS)
131 450

Visit www.fpwa.org.au for links to other service providers and translated health information. This brochure is available in various other languages including English.

www.fpwa.org.au



Women's Health

How To Ask Your Doctor For Help


ENGLISH



Sometimes women want to talk to a doctor about women's issues, but don't know how to ask for help. This can be especially difficult if you are new to Australia, or if you do not speak English well.

The following information may help you when visiting the doctor to talk about:

- Periods
- Breasts
- Women's health checks
- Sexual relations
- Pregnancy
- Contraception
- Sexual infections

You may find it helpful to take this information with you as it includes useful questions to ask the doctor about these issues. Questions are written in your language as well as in English for the doctor to read. Questions are written next to this symbol 


You may feel more comfortable requesting a woman doctor. You also have the right to request an interpreter to help you talk to the doctor.

Periods

Most women feel some pain or discomfort when they have their period. If your periods are unusually heavy or painful you should get help.

The changes in a woman's body before she has her period each month are called Premenstrual Syndrome (PMS) and can include mood changes and aches and pains.

A woman will usually stop getting her period between the ages of 45-55. This is called menopause.

 **My periods are very painful or heavy - what can I do?**

My periods are very painful or heavy - what can I do?

 **Is there anything I can do to help my moods?**

Is there anything I can do to help my moods?

 **My periods have stopped - what does this mean?**

My periods have stopped - what does this mean?

Breasts

Women should know how their breasts look and feel and see a doctor if they notice any changes.

Things to look for:

- A lump or change in size or shape of the breast
- Changes to the skin of the breast, or ongoing or unusual pain
- Discharge from the nipple

 **I have noticed some changes in my breasts that I would like to get checked**

I have noticed some changes in my breasts that I would like to get checked

 **I want to start using condoms and need more information**

I want to start using condoms and need more information

 **I find sex painful and would like to find out why**

I find sex painful and would like to find out why

Women's Health Checks

A woman's health check is an internal test (Pap smear) for changes in a woman's reproductive parts which can lead to cancer. If you have ever had sexual relations, you should have a check every two years.

 **I think I need a Pap smear – can you tell me how this will work?**

I think I need a Pap smear – can you tell me how this will work?

Sexual Relations

Using condoms helps reduce the risk of getting or passing on a sexual infection including HIV.

Condoms also help protect against pregnancy. They are available from supermarkets and pharmacies. You should only use water-based lubricants with condoms.


Pain during sexual relations can be linked to infection.

Pregnancy


If you think you might be pregnant, you should see a doctor as soon as possible.

 **I think I am pregnant and would like to have a pregnancy test**


I think I am pregnant and would like to have a pregnancy test

 **I am pregnant but don't know what to do and would like to talk to someone**

I am pregnant but don't know what to do and would like to talk to someone

 **I am pregnant – how do I have a healthy pregnancy?**

I am pregnant – how do I have a healthy pregnancy?

 **I am pregnant and don't want to continue the pregnancy – what can I do?**

I am pregnant and don't want to continue the pregnancy – what can I do?

Sometimes people have difficulty getting pregnant and may need help. There are things you can do to stay healthy if you want to get pregnant.

 **I am having difficulty getting pregnant – what can I do?**

I am having difficulty getting pregnant – what can I do?