

03-Apr-2020

**Information regarding Sexual Health Services in relation to Covid-19**

Dear GP Colleagues,

Tel: 0300 300 2016  
[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

**Sexual Health:** All initial consultations in sexual health will be done remotely via telephone. Only patients that fulfil the FSRH and BASHH urgent guidelines will then be seen via a face to face consultation. The sexual health service is providing treatment by post where appropriate to reduce face to face consultations.

Oral EHC is still available from most community pharmacies. Pharmacies can now provide this service as a telephone consultation and arrangements are in place for patient representatives to collect EHC following a telephone consultation for women who are self-isolating and unable to attend pharmacies in person.

FSRH have released [guidance](#) to support provision of effective contraception during the COVID-19 outbreak. The guidance provides the recommendation that for individuals already established on a contraceptive method, it is reasonable to allow further remote prescription to cover up to a further 12 month supply of combined hormonal contraception and progestogen only pill.

FSRH have released [guidance](#) on the extended use of Implants and IUS. Below is the FSRH guidance about extension of LARC methods:

LARC	Extend to
Etonogestrel implant	4 years from date of fitting
52mg Levonorgestrel-releasing intrauterine system	6 years from date of fit
Banded IUD	12 years from date of fitting
5 year IUD (non-banded)	Unable to extend, change to POP or offer condoms by post*
Jaydess and Kyleena	Unable to extend, change to POP or offer condoms by post*

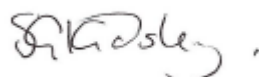
**Users should be made aware that contraceptive effectiveness cannot be guaranteed. Individuals may wish to use condoms in addition, or to add in a progestogen-only contraceptive pill (POP).**

Condoms by post can be accessed by residents of Hampshire, Portsmouth, Southampton and Isle of Wight by visiting [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

Further guidance from FSRH can be viewed on [their website](#).

Termination of pregnancy services continue to operate and early medical abortion (EMA) is the routine treatment option for pregnancies up to 10 weeks gestation, unless not medically safe. EMA will be made available by post where appropriate following a telephone consultation.

Kind regards,



Dr Sally Kidsley – Clinical Director Sexual Health Services