

Chalmers Centre

QR Codes
2025

your guide to
the combined pill

Helping you choose the method
of contraception that's best for you

The Combined Pill



your guide to
the progestogen-
only pill

Helping you choose the method
of contraception that's best for you

Progestrone Only Pill



your guide to
the contraceptive
patch

Helping you choose the method
of contraception that's best for you

Contraceptive Patch



Contraception

your guide to
emergency
contraception

Helping you choose the method
of contraception that's best for you

Emergency Contraception



your guide to
the IUD

Helping you choose the method
of contraception that's best for you

IUD



your guide to
the IUS

Helping you choose the method
of contraception that's best for you

IUS



your guide to
contraceptive injections

Helping you choose the method
of contraception that's best for you

Contraceptive Injection



your guide to the
contraceptive
implant

Helping you choose the method
of contraception that's best for you

Contraceptive Implants



Sayana Press

A guide to
self injection
with Sayana
Press



Contraception

your guide to
male and female
sterilisation

Helping you choose the method
of contraception that's best for you

Male & Female Sterilisation



Your guide to contraception



Tailored pill taking

Tailored (non-
standard) pill
taking for
combined
hormonal
contraceptive pills,
patches and rings





Travel and Altitude

Information for people using combined hormonal contraception methods or Hormone Replacement Therapy.



Nexplanon

Contraceptive implant insertion or removal aftercare advice.



Copper IUD

Advice for after the fitting of a copper intrauterine device



Contraception



IUS

Advice for after the fitting of a hormone intrauterine system.



Starting contraception after having a baby

A guide to help you choose the method for you.



PMS



Vulval Pain



Vaginal Secretions



Womens Health

Cervical Smear Test



Natural Family Planning



Planning a pregnancy





Chalmers menopause leaflet



Your guide to menopause



CHOICES Service

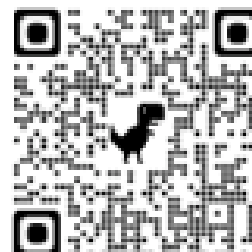


Womens Health

EMAH



Shakti Women's Aid



Wishes



WISHES
WOMEN'S INCLUSIVE SEXUAL
HEALTH EXTENDED SERVICES



WOMEN ONLY. DISCREET.
NON-JUDGEMENTAL.
SEXUAL HEALTH SERVICE.

NHS
Lothian

**Vaginismus and
Dyspareunia
(Sexual Pain)**



**Managing Pre
Menstrual
Syndrome**

**Female Genital
Washing**



Womens Health



**Outpatient
Hysteroscopy**



**PolyCystic Ovary
Syndrome PCOS**



**Gynaecology Keyhole
Surgery**

Gynaecology



**Endometrial
Ablation**



**Hysterectomy
for heavy
periods**



Endometriosis



**Safeline
including
Safeline Male
Survivor helpline**



**Male Genital
Washing**



Respect
Men's advice line

Mens Health



**How to examine your testicles from
Mac Millan Cancer Support**



Lichen sclerosis in females.



Lichen sclerosis in males



Hidradenitis Suppurativa



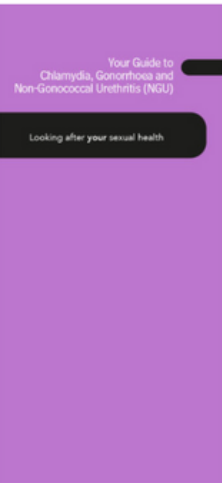
Genital Skins

Lichen Planus



Vulval Pain

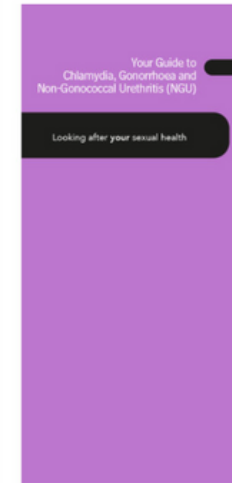




Chlamydia



Treating Syphilis patient Information leaflet



Gonorrhoea



STI



Genital Warts



Syphilis in pregnancy



Genital Herpes





HIV

Pubic lice and Scabies

Looking after your sexual health

**Pubic lice &
scabies**



**Micoplasma
Genitalium
Mgen**

STI



**Lymphogranuloma
Venereum
LGV**

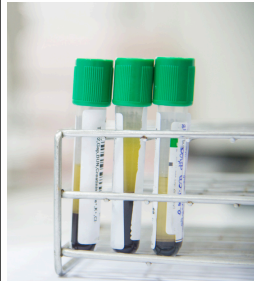


**Non Gonococcal
Urethritis
NGU**

Trichomonas vaginalis

Looking after your sexual health

Trichomonas vaginalis



Bacterial Vaginosis(BV) and Candidiasis (Thrush)



Pelvic Inflammatory Disease PID

STI



Epididymo-Orchitis



Cef



Lidocaine



Fluoroquinolones

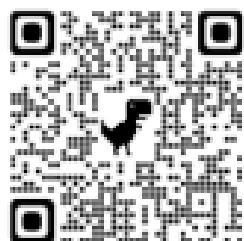
PIL



Statins are they
right for me?



HIV & Hep C



UK guide to PrEP



UK guide to PrEP

- UK access
- Testing & monitoring
- Buying PrEP online
- Dosing options

November 2019

UK Guide to Prep



I Want Prep Now



Prep in Scotland 2022



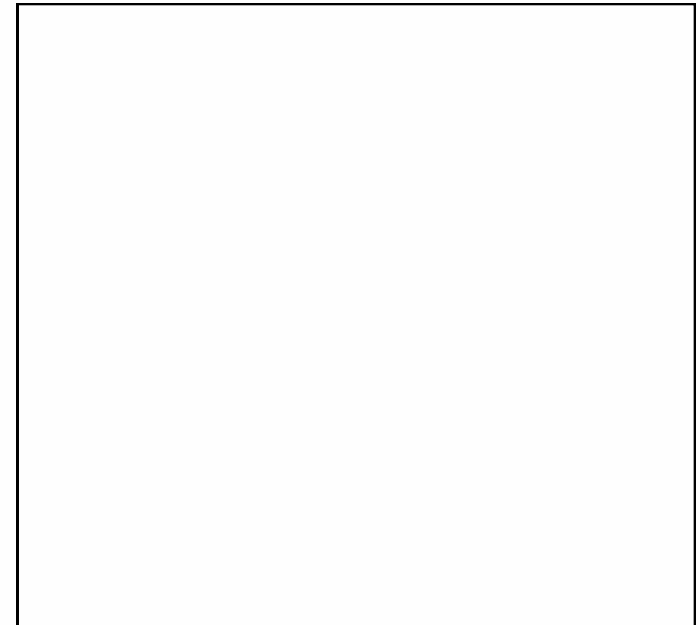
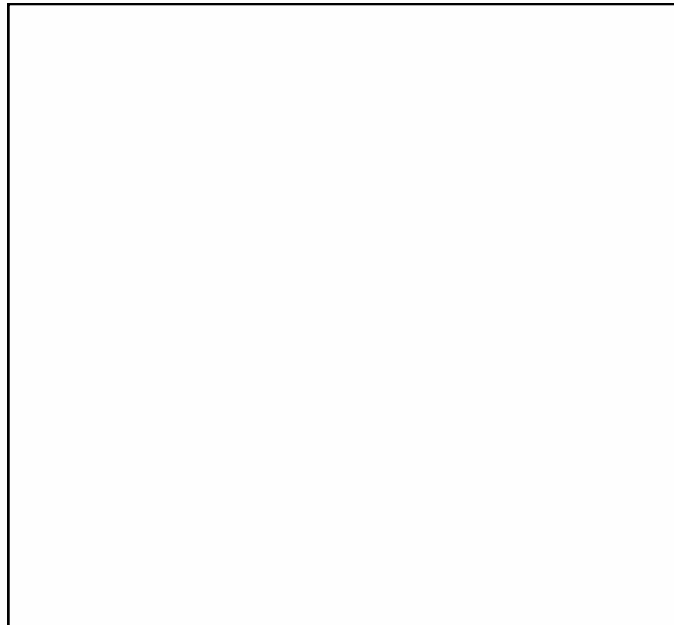
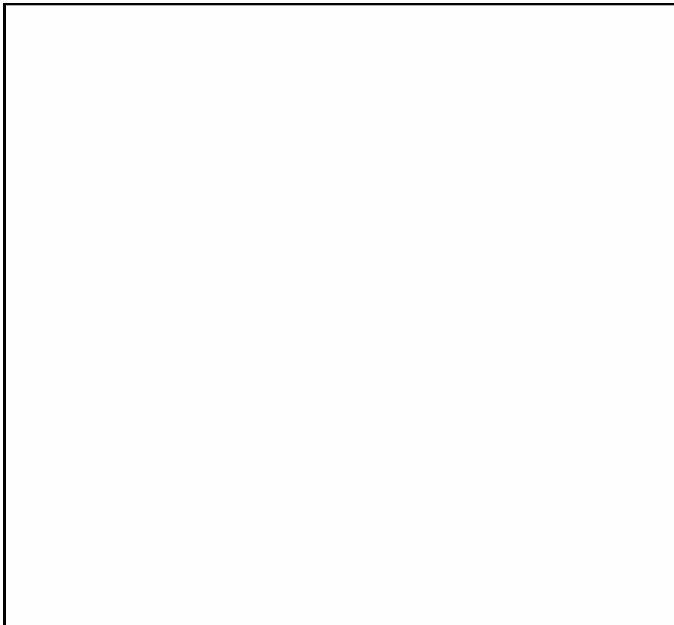
PREP



**Lothian Sexual
Health Videos**



Lothian Sexual Health Services





Fear Free



Financial Advice



**Abused Men in
Scotland (AMIS)**

LGBTQ



Galop



**Safe Spaces
Initiative**



Men's Advice Line



**Respects Men's
Advice Line**



**LGBT
Heath and
wellbeing**



**Men's Intimate
IPV E-Book**

LGBTQ



**Gender
Construction Kit**

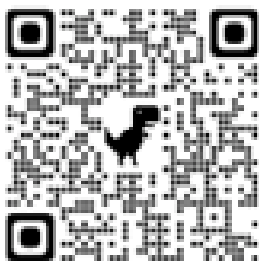


**HFEA Trans & Non
Binary fertility
treatment**

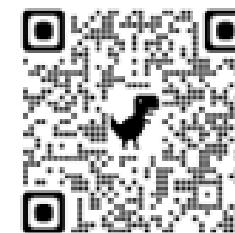
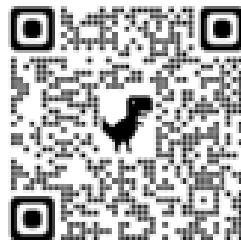


**National Identity
Clinic Network
Scotland**

Gender Identity



Pilton Youth & Children's Project

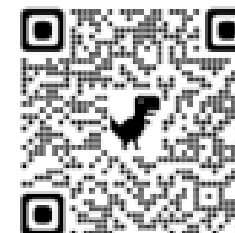


Edinburgh
young
carers
Project

Young Peoples Support services



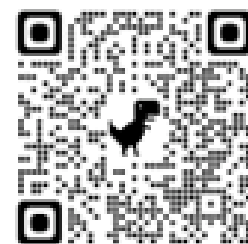
Citadel
YOUTH CENTRE



the
junction*
young people, health & wellbeing



childline
ONLINE, ON THE PHONE, ANYTIME



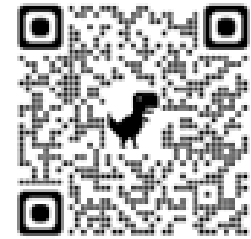
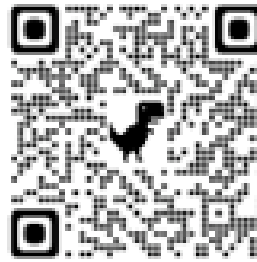
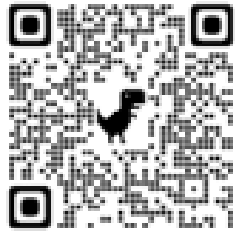
Young Peoples Support services



**Skills
Development
Scotland**



rock trust
ENDING YOUTH HOMELESSNESS



Young Peoples Support services





Access
Practice



Support services





Wishes



Support services



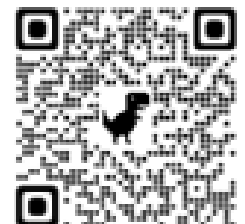
**Edinburgh
Rape Crisis
Centre**



**The Domestic
Assault team
(DASAT)
West
Lothian**

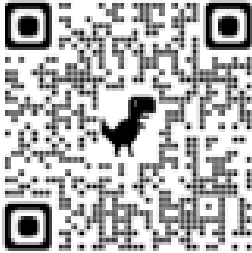


**Sacro
Another
Way**





**Shakti
Women's
Aid**



Crew



Support services

AMPHETAMINE



INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

V1.0 08/21



BENZOS



INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

V1.0 11/20



COCAINE



INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

V1.0 3/20



CANNABIS



INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

V1.1 10/20



Recreational Drugs Designed & Produced by Crew

www.crew.scot

MDMA



INFORMATION GUIDE ON USE,
EFFECTS, SAFETY AND HELP

V1.0 7/20



PSYCHOACTIVE DRUGS

DRUGS AND DIABETES



CONSENT



