



## Women's Health Care and Women's Health

If you do not have enough knowledge of Swedish, you are entitled to have an interpreter. Ask for an interpreter when you make an appointment.

### Organisation

Women's health clinics, *Kvinnohälsan*, in Linköping, Kisa, Åtvidaberg and the antenatal clinics *Barnmorskemottagningar* in Motala and Mjölby offer antenatal care to pregnant women, advice on contraception and gynaecological smear tests.

The antenatal clinics in Norrköping, Söderköping, Valdemarsvik, Finspång and Kolmården offer antenatal care to pregnant women, gynaecological smear tests and advice on contraception.

### Antenatal health care

The antenatal care, *Modrahälsovården*, is part of the women's clinic, *Kvinnokliniken*, in Östergötland and works together with children's health care clinics (BVC), physiotherapists, welfare officers, social workers and other professional groups.

During and after pregnancy you will be offered checks consisting of 7-8 visits to the midwife before the birth and one afterwards. Doctor's appointments when necessary, ultrasound scans and the opportunity to take part in a group for parents-to-be are also offered.

You can also receive help with finding out who to contact to book an abortion, amniocentesis and placenta tests. You can ask about sexually transmitted diseases, menstruation, urinary incontinence, menopausal problems and gynaecological examinations.

Urinary incontinence is also one of district nurses' (public health nurses') knowledge areas. They are located at health centres, *vårdcentraler*. See the separate information sheet about health centres.

### Contraceptives

At women's health clinics, *Kvinnohälsan*, and antenatal clinics *barnmorskemottagningar*, in the county you can obtain advice and help concerning contraceptives. If you are younger than 25 years old you can also contact a young people's clinic, *ungdomsmottagningen*. Emergency contraceptives, known as "day after pills", that must be taken within 72 hours after unprotected sex, can be purchased at the pharmacy, *Apoteket*. You can also contact a young people's clinic, a women's health clinic or an antenatal clinic.

### When you receive a reminder about gynaecological smear tests

Gynaecological smear tests aim to prevent cervical cancer in women who do not show any symptoms. Women between 23 and 49 years old are asked to come for a smear test every three years. Women between 50 and 60 are asked every five years. For more information go to [www.lio.se/bkc/gck](http://www.lio.se/bkc/gck).