



## Young People's Clinics/Young People's Health

Extended primary care includes several young people's clinics, *ungdomsmottagningar*, in Östergötland – in Linköping, Motala, Norrköping, Åtvidaberg, Mjölby, Valdemarsvik, Kisa, Finspång and Söderköping.

Young people's clinics are for:

Girls up to 25 years old.

Boys up to 25 years old.

All staff must treat information from patients confidentially.

All visits and tests are free of charge.

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.

At a young people's clinic you can talk to an independent adult.

The Östergötland county council provides a discount on the contraceptive pill for girls under 20 years old who live in Östergötland.

You can come to the Ungdomsmottagning if you need contraception or if you think that you might have a sexually transmitted disease. You can also come to us if you simply want to talk to an adult, but you don't know who to turn to.

Do you feel different? Are you good enough? Are you too thin? Or too fat? Are things difficult at home? Are you worried about something? Are you tired? Or sad? Do you want to know more about menstruation? All these things are examples of what you can talk about with staff at the Ungdomsmottagning. If you need someone to talk to about feelings, relationships and sex, you are welcome to contact an Ungdomsmottagning.

### Emergency contraception

The 'morning after pill' must be taken within 72 hours of unprotected sex. You may experience side effects. You will receive information about the side effects when you receive your pills. You can also buy the morning after pill over the counter without a prescription at a pharmacy.

### Abortion

It is often difficult to decide whether to have an abortion or have the baby. Pregnancy is detected by a urine test, free of charge, at the Ungdomsmottagning 1-2 weeks after you have missed your period. The law on abortion allows abortion without special permission up to and including the 18th week of pregnancy. Most abortions are carried out before the 12th week of pregnancy. To prevent unwanted pregnancies, it is important to decide what sort of contraception you are going to use.

*Engelska: Ungdomsmottagningen*

You can also have a pregnancy test (using a urine sample) at your local antenatal clinic, *modravnärscentralen*. This is free of charge for girls under 20 years old.

### Sexually transmitted diseases

Chlamydia, gonorrhoea, syphilis, herpes, condyloma and HIV are diseases that are mainly transmitted through sexual intercourse. Condoms give good protection against most sexually transmitted diseases if they are worn throughout the whole sexual



intercourse. Do not hesitate to contact an Ungdomsmottagning for information, advice and an examination if necessary.

### **Contraception**

Condoms. Safe, good and readily available form of contraception, also protects against infection.

Contraceptive pills, combined contraceptive pills. These contain two different female sex hormones and prevent ovulation. The contraceptive pill must be taken regularly and is available on prescription.

Mini-pills. These are suitable for people who cannot take combined contraceptive pills for various reasons. They provide a somewhat lower level of protection.

Contraceptive injection. A hormone called progesterone that is given as an injection instead of pills.

Contraceptive implants. A long-term contraceptive that is inserted under the skin on the underside of the upper arm.

Coil. Inserted into the womb by a midwife or doctor. Copper coils and hormone coils are available.

At an Ungdomsmottagning you can get advice about different forms of contraception. Contact us. All visits are free of charge.