



# guide to services



**MARIE STOPES**  
**Reproductive Choices**  
Family Planning Centre



Marie Stopes Reproductive Choices is based in Dublin and is a specialist private clinic providing help and advice on a wide range of sexual health services.

Whatever you wish to discuss with us, you can be sure of a supportive, consultation with our expert team of doctors and nurses.

We are welcoming, professional and non-judgemental and we promise to respect your confidentiality at all times.

Our fees are kept as low as possible, and booking an appointment is easy.

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## **Contraception**

We provide a comprehensive range of contraceptive options, including: contraceptive pills, injectibles, implants, and intrauterine devices (IUD's). Our experienced doctors and nurses will help you choose the best contraceptive method to suit your needs.

## **Emergency contraception**

We are able to provide clients with emergency contraception if this is needed.

Emergency contraception can be used to help prevent a pregnancy after unprotected sex – whether you have not used any contraception or where your usual method of contraception has failed.

We can offer the emergency contraceptive pill which must be taken within 72 hours of unprotected sex, or fit an emergency IUD which should be fitted within five days of unprotected sex.

## **Vasectomy**

We provide a comprehensive vasectomy (male sterilisation) service. This includes counselling and procedure, which can be carried out on the same day, and a full aftercare service. Appointments are usually available within a couple of weeks and we also arrange post-operative sperm checks to ensure that the vasectomy has been successful. Call us for an information pack.

## **Pregnancy testing**

On the spot pregnancy testing is provided with immediate results. No appointment is required just call into the centre.

## Unplanned pregnancy counselling

At Marie Stopes Reproductive Choices we are very experienced in helping women faced with an unplanned pregnancy and help hundreds of women each year. We are completely confidential and will tell absolutely no one about your visit unless you want us to.

At your appointment you will be able to discuss your feelings and your options with our nurse if you wish. You will have a scan to confirm how many weeks pregnant you are and a medical assessment to check on your health. If you would like to speak to a counsellor please let us know and we will book an appointment for you. We also offer a telephone consultation service if you find it hard to get to us but would like to speak to someone.

Call **(01) 830 0630** if you would like to arrange this. If you decide you want to end the pregnancy and have an abortion, we will give you all the information and advice you need to contact a clinic in England as well as prices, maps and travel information.

**All our doctors and counsellors are non-judgmental and are experts in their field. Women can discuss their problems in complete confidence in a supportive and comfortable environment.**

## Post abortion checks

Post abortion checks are free for Marie Stopes Reproductive Choices clients. Call us to arrange an appointment.

## Post abortion counselling

As well as providing post abortion checks we offer all women who need additional support after an abortion the opportunity to talk to a trained counsellor about their feelings. Please call us if you would like to talk to someone.

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## Well Woman and Well Man screening

More and more women are recognising the importance of an annual health check to pick up any potential health problems at the earliest possible opportunity. Well Woman screening includes a cervical smear test, breast examination teaching, and urine and blood pressure checks. We also offer gynae checks and infertility services for those women who require them.

Please call us if you would prefer to have a cervical smear test on its own as this can be easily arranged.

Well Man screening offers men the opportunity for a check up and time to ask any questions. Blood pressure checks, cholesterol tests and testicular and prostate examinations are included.

Both health screens also include some blood tests.

## Sexually transmitted Infections

Marie Stopes Reproductive Choices are able to provide sexually transmitted infection (STI) testing facilities for women and men who feel they may have an infection or would just like the reassurance of a screen. If you think you may have an STI it is important to seek advice as quickly as possible. Do not be embarrassed or put off asking for help. Early detection and treatment could prevent serious long term health problems and reduce the risk of passing on an infection. Our services are completely confidential and you will find our staff supportive and professional.

## Fees

For information about our fees please call us for a fee sheet.

### **Arranging an appointment**

To arrange an appointment or to ask for further information, please contact us on:

Dublin **(01) 830 0630** - 24 hours

## About Marie Stopes Reproductive Choices

Marie Stopes Reproductive Choices opened its Dublin Centre in 1996 with a clear purpose – to offer women and men a confidential, non judgmental, welcoming environment in which to access expert help concerning sexual and reproductive health.

The centre has seen thousands of people for family planning advice, unplanned pregnancy counselling, vasectomy and health screening. Whichever service you require, you will be assured of convenient appointments, a highly professional team and all the support and guidance you need.



For information and appointments:

Telephone Dublin (01) 830 0630

[www.reproductivechoices.ie](http://www.reproductivechoices.ie)

