

BARRIER CONTRACEPTIVE METHODS

These comprise a variety of methods that prevent sperm from reaching the ovum by mechanical means. These methods should be used in conjunction with a lubricant.

Clients are offered to register for the C Card scheme to access supplies of Condoms and Femidoms.

Devices

Condoms

- Made of latex rubber or polyurethane.
- Spermicide free as Nonoxinol-9 has been shown to cause mucosal ulceration and increase infection risk.
- Available in a variety of sizes, shapes, colours and flavours.
- All condoms supplied at Sandyford are spermicide free.
- Condoms are available free throughout Sandyford (see appendix of current list under c-card scheme).

Femidom

- Polyurethane.
- An inner ring is inserted into the vagina and an outer ring holds the lower end of the device over the vulva.

Diaphragm

- Latex rubber devices inserted into the vagina to lie diagonally across the cervix, vaginal vault and much of the anterior vaginal wall. Are used with spermicide. Silicone available via prescription.

Cervical caps, vimules, and vault cap (Dumas)

- Latex rubber or polyurethane devices that are inserted into the vagina to cover the cervix.
- Held in place by suction.

Failure Rates

Method	Failure rate / hundred couple-years
Condoms ¹	1 - 3.6
Femidom ²	4 – 20
Diaphragm ³	2 – 15
Cervical/vault caps	9 – 26

These devices are suitable for clients who wish to use this type of method to prevent pregnancy.

Condoms and Femidoms can be used to reduce the risk of transmission of STIs.

UK MEC Categories

Medical Condition	Diaphragm / CAP	Polyurethane Female Condoms	Latex Condoms
High Risk of HIV/AIDS	3	1	1
HIV infected or AIDS & using HAART	3	1	1
History of Toxic Shock Syndrome	3	1	1
Sensitivity to Latex	3	3	3

Side Effects

- Cystitis can be more common in women using the diaphragm.

Drug Interactions – Advisable To Check With Current BNF

Baby oil and oil based vaginal preparations can damage latex rubber and Avanti Ultima condoms and make these methods less effective. Some of these products are listed:

- Petroleum jelly
- Cyclogest
- Dalacin cream
- E45 and similar preparations
- Ecostatin
- Fungilin
- Gyno-Daktarin
- Gyno-Pevaryl/Monistat
- Nizoral
- Premarin cream
- Canestan pessaries and cream
- Nystatin cream (pessaries are ok)
- Witepsol-based products

Assessment Of Client Suitability

History

- A full personal medical history, including gynaecological and obstetric history should be taken to ensure no contraindications are present.

Examination

- Cervical cytology should be undertaken as per guidelines
- Ensure client fully understands the method to aid satisfaction and compliance

Condom:

- Condoms/ Femidom – no examination required.
- All first time attenders should see a nurse/doctor
- Clients should be offered a choice of condom size and registered on the C Card Scheme.

Diaphragm:

- A pelvic examination is required to fit an appropriate device.
- This method can be taught at any time but cannot be relied upon for contraception until the client has returned and demonstrated confidence in its use.

Documentation

- The full visit history should be completed or updated as required, see appendix.
- Written method information including contact number is given to client.
- Prescription is signed and dated.
- C-cards should be offered and issued to all first time attendees requesting condoms

Return Visit

- Date for follow-up visit in 1-2 weeks with diaphragm in situ to check fit.
- Condom users may collect regular condoms during clinic hours on production of their C-card.
- Polyurethane condoms are supplied on a named client basis.

Diaphragms should be renewed:

- Annually or depending on usage.
- If client's weight alters by 3Kg or more.
- After full term delivery.
- After any unplanned pregnancy regardless of outcome to assess possible reasons for method failure.
- After vaginal surgery.

Condom Choices



Flavoured condoms & Dams - for oral sex

References:

1. Glass R, Vessey MP, Wiggins P. Use effectiveness of the condom in a selected family planning clinic population in the United Kingdom. *Contraception* 1974; 10:591-8.
2. Ford N, Mathie E. The acceptability and experience of the female condom among family planning clinic attenders. *British Journal of Family Planning* 1993; 19:187-92.
3. Bounds W. Contraceptive efficacy of the diaphragm and cervical caps used in conjunction with a spermicide – a fresh look at the evidence. *Br J Fam Plann* 1994; 20: 84-7.

C Card Distribution Sites

Site Types

- R = Registration
 R+ = Registration Over 16s only
 D = Distribution only
 Y = Youth Project Registration & Distribution for Young People

	Glasgow City Centre
R	The Sandyford Initiative, 2/6 Sandyford Place, Glasgow, G3 7NB Tel No: 0141 211 8130 Mon, Tues, Wed & Thurs: 8.30am – 7.45pm Fri: 8.30am – 4pm Sat: 9am – 3.30pm
R+	The Steve Retson Project, Sandyford Initiative, (Service for Gay and Bisexual Men), 2/6 Sandyford Place, Glasgow, G3 7NB Tel: 0141 211 8628 Tues & Wed: 5.30pm – 8.30pm
R+	The Steven Retson Project, (Service for Gay and Bisexual Men), LGBT Centre, 84 Bell Street, Glasgow, G1 1LX Tel: 0141 211 8628 Thurs: 5.30pm – 8.30pm
R+	Student Health Service, 1 st Floor Livingston Tower, University of Strathclyde (for students and staff only) Mon – Fri: 10.00am – 2.00pm Tel: 0141 548 3916
R+	GCUSA, Welfare Department, North Hanover Building, Room NH117 (for students and staff only) Tel: 0141 273 1613 Mon – Fri: 10.00am – 5.00pm (term time only)
R+	ASK, University of Strathclyde, Level 5, The Union, 90 John Street (for students and staff only) Tel: 0141 567 5040 Mon – Fri: 9.00am- 5.00pm
D	Boots the Chemist, Pharmacy Counter, St Enoch Centre Mon, Tues, Wed, Fri & Sat: 8.30am – 6.00pm Thurs: 8.30am – 8.00pm Sun: 11.00am – 5.30pm
D	Boots the Chemist, Queen Street Station, Glasgow Mon – Fri: 7.00am – 7.00pm, Sat: 8.30am – 6.00pm
	Glasgow North
R	Sandyford North, Springburn Health Centre, 200 Springburn Way, Glasgow, G21. Tel: 0141 531 6700 Mon: 9.30am – 4.30pm Thurs: 9.30am – 4.00pm Wed: 1.30pm – 3.30pm
R	Family Planning Clinic, Townhead Clinic, Lenzie Road, Kirkintilloch Tel: 0141 304 7400 Tues & Thurs: 6.30pm – 8.30pm
Y	Ruchill Youth Project, Community Flat, 23 Mayfield Street, Ruchill Tel: 0141 945 1540 / 1461 Fri: 5.30pm – 7.30pm

Y	YHS, Maryhill Health Centre, 41 Shawpark Street, Maryhill, G20 Tel: 0141 531 8718 Thurs: 6.30pm – 9.00pm
D	Bannermans Health Pharmacy, 171-173 Saracen Street, Possilpark, G22 Tel: 0141 336 8075 Mon – Fri: 9.00am – 1.00pm & 2.00pm – 5.30pm Sat: 9.00am – 12.30pm
D	Pharmacy at Morrisons, The Triangle Shopping Centre, Bishopbriggs Tel: 0141 772 1660 Mon – Fri: 8.30am – 8.00pm Sat: 8.00am – 8.00pm Sun: 9.00am – 7.00pm
D	Townhead Clinic, Lenzie Road, Kirkintilloch, G66 3BQ Tel: 0141 304 7400 Mon: 1.30pm – 4.00pm, Tues: 8.30am – 4.00pm Thurs: 8.30am – 4.00pm, Fri: 8.30am – 12.30pm
D	Springburn Health Centre, 200 Springburn Way, Glasgow Tel: 0141 531 6700 Mon – Fri: 9.00am – 4.00pm
D	Red Road Pharmacy, 51 Red Road Court, Glasgow, G21 Tel: 0141 557 0179 Mon – Fri: 9.00am – 5.30pm Sat: 9.00am – 1.00pm
	Glasgow East
R	Family Planning Clinic, Easterhouse Health Centre, 9 Auchinlea Road, Glasgow, G34. Tel: 0141 531 8100 Tues: 9.00am – 11.00am, Wed: 1.30pm – 3.30pm, Thurs: 9.00am – 11.00am
R	Sandyford East, Parkhead Health Centre, 101 Salamanca Street Tel: 0141 232 7413 Mon: 11.00am – 6.00pm, Wed: 9.30am – 4.30pm Thurs: 9.30am – 4.30pm, Fri: 9.30am – 4.30pm
R+	Community Health Shop, 327-329 Hallhill Road, Barlanark, G33 4RJ Tel: 0141 773 1787 Mon – Thurs: 9.00am – 5.00pm, Fri: 9.00am – 3.30pm
Y	H4U, Baillieston Health Centre, 20 Muirside Road, Glasgow, G69 Tel: 0141 531 8007 Wed: 6.30pm – 8.30pm
Y	H4U, Eastend Health Living Centre, 183 Crownpoint Road, G40 2AL Tel: 0141 232 7213 Fri: 6.30pm – 8.30pm
Y	Muirhead Clinic, 192 Cumbernauld Road, Glasgow, G69 Tel: 0141 779 1941 Thurs: 1.00pm – 2.00pm
D	Shettleston Health Centre, 420 Old Shettleston Road, Glasgow, G32 Tel: 0141 531 6200 Mon – Fri: 9.00am – 4.00pm
D	Easterhouse Health Centre, 9 Auchinlea Road, Glasgow, G34 Tel: 0141 531 8100 Mon – Fri: 9.00am – 4.00pm
D	Baillieston Health Centre, 20 Muirside Road, Glasgow, G69 Tel: 0141 531 8000 Mon – Fri: 9.00am – 4.00pm

D	Parkhead Health Centre, 101 Salamanca Street, Glasgow, G32 Tel: 0141 531 9000 Mon – Fri: 9.00am – 4.00pm
D	Bridgeton Health Centre, 201 Abercromby Street, Glasgow, G40 Tel: 0141 531 6500 Mon – Fri: 9.00am – 5.00pm
D	Townhead Health Centre, 16 Alexandra Parade, Glasgow, G31 Tel: 0141 531 8900 Mon – Fri: 9.00am – 4.00pm
D	Tollcross Medical Centre, 1101-1105 Tollcross Road, Glasgow, G32 Tel: 0141 778 2717 Mon – Fri: 8.30am – 6.00pm
D	Muirhead Clinic, 192 Cumbernauld Road, Glasgow, G69 Tel: 0141 779 1941 Thurs: 1.00pm – 2.00pm
	Glasgow South
R	Family Planning Clinic, Cambuslang Clinic, South Lanarkshire Council Building, 27 Main Street, Cambuslang Tel: 0141 641 2085 Tues: 5.30pm – 8.00pm
R	Family Planning Clinic, Castlemilk Health Centre, 71 Dougrie Drive, Glasgow, G45 Tel: 0141 531 8540 Mon: 1.00pm – 4.00pm, Thurs: 6.00pm – 8.00pm
R	Sandyford South East, Govanhill Health Centre's Community Wing, 233 Calder Street, Glasgow, G42 Tel: 0141 531 8349 Mon & Wed: 9.00am – 7.00pm, Fri: 9.00am – 3.00pm
R	Family Planning Clinic, Rutherglen Health Centre, 130 Stonelaw Road, Glasgow, G73. Tel: 0141 531 6069 Thurs: 6.45pm – 8.30pm
R	Sandyford South West, Pollock Health Centre, 21 Cowglen Road, Glasgow, G53. Tel: 0141 531 6848 Mon: 9.30am – 7.00pm, Wed: 9.30am – 4.00pm, Fri: 9.30am – 4.00pm
Y	The Place at Hills Trust Learning Academy, 121 Langlands Road, Govan, G51. Tel: 0141 211 8600 Tues: 6.00pm – 8.00pm
Y	Govan Youth Information Project, 9 Water Row, Glasgow, G51 3UW Tel: 0141 445 4505 Mon & Wed: 9.00am – 5.00pm, Tues & Thurs: 9.00am – 8.00pm Fri: 9.00am – 4.00pm, Sat: 11.00am – 1.00pm
D	Pharmacy at Morrisons, 117 Riverford Road, Newlands Tel: 0141 649 0358 Mon/Tues/Wed/Sat/Sun: 9.00am – 8.00pm, Thurs/Fri: 9.00am – 10.00pm
D	Lloyds Pharmacy, 426 Carmunnock Road, Glasgow, G44 5EH Tel: 0141 637 0377 Mon – Fri: 9.00am – 8.00pm, Sat: 9.00am – 5.30pm

D	Thornliebank Health Centre, 20 Kennishead Road, Thornliebank, Glasgow, G46 8NY Tel: 0141 531 6900 Mon – Fri: 9.30am – 4.30pm
D	Pollockshaws Clinic, 35 Well Green, Glasgow, G43 1RR Tel: 0141 577 7720 Mon – Fri: 9.30am – 4.30pm
D	Pollock Health Centre, 21 Cowglen Road, Glasgow, G53 6EQ Tel: 0141 531 6800 Mon – Fri: 9.30am – 4.20pm
D	Govan Health Centre, 5 Drumoyne Road, Glasgow, G51 4JB Tel: 0141 531 8400 Mon – Fri: 9.30am – 4.30pm
D	Cardonald Clinic, 74 Berryknowes Road, Glasgow, G52 2TT Tel: 0141 882 4656 Mon – Fri: 9.30am – 12.30pm & 1.15pm – 4.30pm
D	Drs Ventry & Datta, Cardonald Medical Centre, 1831 Paisley Road West, Glasgow, G52 3SS Tel: 0141 211 6666 Thurs: 9.00am – 1.00pm, Fri: 1.00pm – 5.00pm
	Glasgow West
R	Family Planning Clinic, Clydebank Health Centre, Kilbowie Road, Glasgow, G81 Tel: 0141 531 6358 Tue: 5.30pm – 7.30pm, Thurs: 1.30pm – 3.30pm
R	Family Planning Clinic, Drumchapel Health Centre, 80-90 Kinfauns Drive, Glasgow, G15 Tel: 0141 211 6170 Mon & Thurs: 9.00am – 11.30am, Wed: 1.00pm – 3.30pm
R+	ASK, Jordanhill Campus, David Stow Building (behind Toby's), (for students and staff only) Tel: 0141 567 5040 Mon – Fri: 11.00am – 2.00pm (term time only)
R+	The Annexe Health Living Centre, 9A Stewartville Street, Partick, G11 Tel: 0141 357 6747 Fri: 10.00am – 7.00pm
R+	C.H.A.T, Drumchapel Health Centre, 80-90 Kinfauns Drive, Drumchapel, G15 7TS Tel: 0141 211 6166 Mon: 11.00am – 12.30pm & 1.30pm – 4.30pm Tues – Fri: 9.00am – 12.30pm & 1.30pm – 4.00pm
Y	Y-Sort It, 24 Kilbowie Road, Clydebank, G81 1TH Tel: 0141 941 3308 Mon & Fri: 1.00pm – 5.00pm, Wed & Thurs: 5.30pm – 9.00pm

	East Renfrewshire
R	Sandyford East Renfrewshire, Barrhead Health Centre, 201 Main Street, Barrhead Tel: 0141 314 0885 Mon: 11.00am – 6.00pm, Thurs: 9.30am – 7.00pm, Fri: 9.30am – 4.30pm
	Inverclyde
R	Sandyford Inverclyde, Block 1 and 2, Residential Complex, Inverclyde Royal Hospital, Larkfield Road, Greenock Tel: 01475 504 978 Mon: 10.30am – 6.00pm, Wed: 9.00am – 6.30pm, Thurs: 9.00am – 4.30pm
	Renfrewshire
R	The Russell Institute, Causeyside Street, Paisley, PA1 1UR Tel: 0141 889 8701 Mon: 12.00pm – 7.30pm, Tue: 3.30pm – 5.00pm, Wed: 9.30am – 12.30pm & 1.30pm – 3.30pm, Thurs: 9.30am – 11.30am, Fri: 9.30am – 11.30am & 1.30pm – 3.30pm