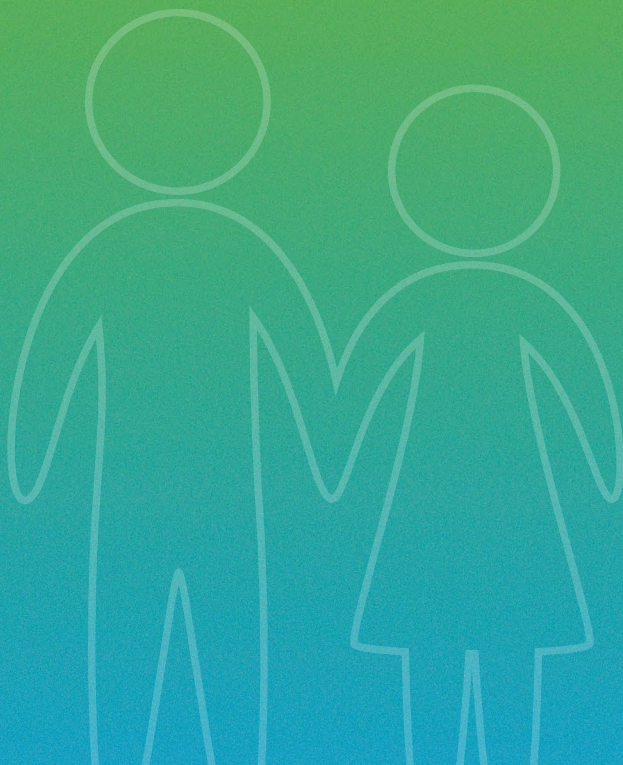


English



# Family planning



# Interreg



UNIONE EUROPEA  
EVROPSKA UNIJA

## ITALIA-SLOVENIJA



## INTEGRA

Progetto standard co-finanziato dal Fondo europeo di sviluppo regionale  
Standardni projekt sofinancira Evropski sklad za regionalni razvoj

# Interreg

## ITALIA-SLOVENIJA



UNIONE EUROPEA  
EVROPSKA UNIJA



### INTEGRA

Progetto standard co-finanziato dal Fondo europeo di sviluppo regionale  
Standardni projekt sofinancira Evropski sklad za regionalni razvoj

Rete transfrontaliera per le donne migranti: integrazione sociale, salute sessuale e riproduttiva

Čezmejna mreža za priseljene ženske: socialna integracija, spolno in reproduktivno zdravje

Lead partner / Vodilni partner



Partner di progetto / Projektni partnerji



Partner associato / Pridruženi partner



Progetto finanziato a valere sul bando per progetti standard n. 4/2016 nell'ambito del Programma INTERREG V A Italia-Slovenia 2014-2020

Projekt je sofinanciran v okviru razpisa za standardne projekte št. 4/2016 - Programa INTERREG V A Italija-Slovenija 2014-2020



Family planning services are defined as educational, comprehensive medical or social activities which enable individuals, to determine freely the number and spacing of their children and to select the means by which this may be achieved. Family planning may involve consideration of the number of children a woman wishes to have, including the choice to have no children, as well as the age at which she wishes to have them.

That is, she can choose whether, and when to have (or having) children

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## Female reproductive system

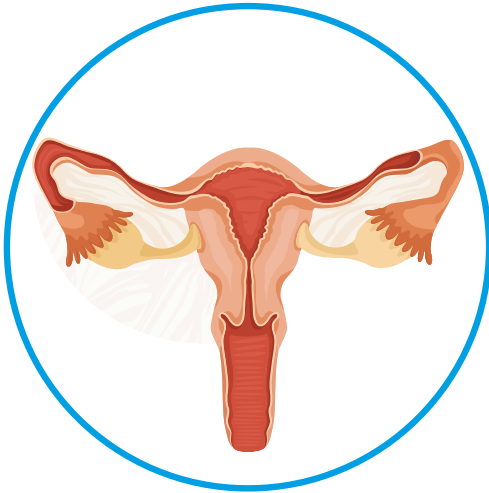
**The vagina** is a fibromuscular canal leading from the outside of the body to the cervix of the uterus (womb).

**The Uterus** is a pear-shaped muscular organ that hosts and nourishes the fetus during pregnancy. The lower part of the uterus ends up in the vagina and is called a cervix.

**The Endometrium** is the mucosa layer, sensitive to the hormones that internally covers the uterus

**The Fallopian tubes** also called uterine tube, are a pair of thin ducts where the egg meets the sperm and it is fertilized

**The ovaries** are a pair of glands that produce the egg (ova) and the female hormones (estrogens and progesterone).



## Male reproductive system

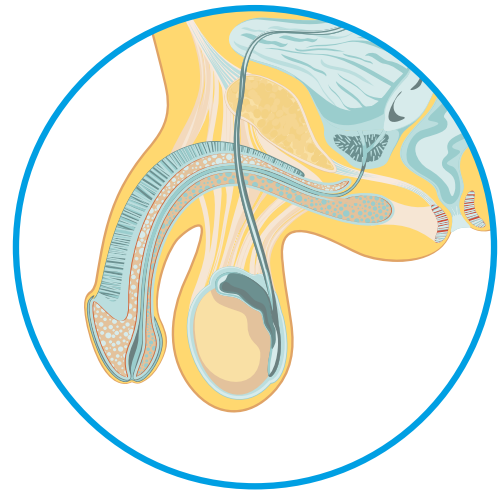
**The Penis** is the male sex organ which discharges sperm within the female reproductive tract during the sexual act

**The foreskin** is the double-layered fold of smooth muscle tissue part of penis that covers and protects the glans penis like the eyelid

Some cultures propose its removal. In this case the intervention must be performed by the doctor to avoid infections and even serious bleeding.

**The testes** are the glands that produce and store millions of tiny sperm cells, i.e the sperm.

**The urethra** is the channel that carries the sperm and it is also the channel through which urine passes.



## Fertilization

During the sexual act, the sperm is released into the vagina, goes back into the uterus and reaches the tuba, where it meets the egg. The meeting of sperm and ovum is called fertilization and leads to pregnancy.

Ovulation usually occurs in the middle of the menstrual cycle (ovulation) and therefore, the period in which pregnancy is most likely to occur is between the 8th and 20th day of the cycle. Sometimes women ovulate at different and unpredictable times.



## Contraceptive methods

### Male condom

The male condoms are a “barrier” method of contraception. The male condom is a thin film sheath made of latex or polyurethane that is placed over a man’s erect penis before having sex, forming a barrier that keeps sperm out of the vagina to prevent unplanned pregnancy.

**The male condom is the only contraceptive method that also provides protection against sexually transmitted infections (STIs) (for example syphilis, gonorrhoea, hepatitis and HIV/AIDS).**

It works correctly only if worn before the sexual act.



### How to use a male condom?

Open the packet carefully so you don't rip or damage the condom. Avoid using your teeth or scissors and be careful with sharp fingernails or jewellery. Place the condom over the tip of the erect penis. If there's a teat on the end of the condom, use your thumb and forefinger to squeeze the air out of it, this could remove sensitivity or cause breakage. Gently roll the condom down to the base of the penis. If the condom won't roll down, you may be holding it the wrong way round.

After sex, withdraw the penis while it's still erect – hold the condom on at the base of the penis while you do this. Remove the condom from the penis, being careful not to spill any semen.

### Is it possible to use the same condom more than once?

Absolutely no, the male condom must not be used more than once and must not be washed. Once used it is better to bind it to prevent the sperm from going out and throw it in a safe place.

### Is it a safe contraceptive method?

Yes if it is used correctly, even if it is less effective than the contraceptive pill or spiral in preventing pregnancy, **but it is the only method that can prevent sexually transmitted diseases.**

Remember not to keep condoms in hot places and always check the expiration date.



## Female condoms

The female condom is a mechanical contraceptive method (or barrier) that, worn by the woman, allows to collect the sperm inside a waterproof sheath inserted in the vagina and connected to two flexible rings placed at its extremities.

### Is it difficult to use?

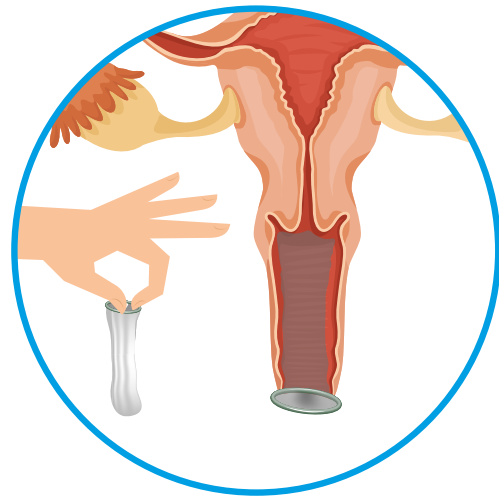
No, but it requires a little patience and practice to learn how to insert it.

### Is it possible to use both female and male condoms simultaneously?

No. Male and female condoms should never be used together. This can cause friction between the two which can lead to rupture of condoms.

### Is it possible to use a female condom during the menstrual cycle?

Yes, you can use a female condom during the menstrual cycle, but before inserting it, it is necessary to remove any internal absorbent.



# Intrauterine devices

An intrauterine device (IUD) is a small t-shaped device that is made out of flexible plastic which is inserted directly into woman's uterus by the gynecologist during the menstrual cycle. Unlike all other hormonal contraceptive methods it does not inhibit ovulation and maintain normal menstrual cycles of the woman; it acts by modifying the environment of the uterine cavity.

On the market there are two types of intrauterine devices available: the progesterone-mediated spiral (IUS) and the copper spiral (IUD).

## *What is the difference between the two spirals? Which one to choose?*

Copper IUDs work by damaging sperm and disrupting their motility so that they are not able to join an egg. Specifically, copper acts as a spermicide within the uterus by increasing levels of copper ions; the increased copper ions in the cervical mucus inhibit the sperm's motility and viability, preventing sperm from travelling through the cervical mucus, or destroying it as it passes through; this type of IUDs could cause a heavier menstrual periods and more painful cramps.

The progesterone-mediated spiral (levonorgestrel) works by releasing small amounts of hormone and compared to IUD has the advantage of making very little menstrual flow.

It will be the gynecologist to advise you the one best suited to you.

## *Does the insertion of the spiral hurt?*

No, you will only feel a slight annoyance. The application takes a few minutes and no anesthesia is required.

## *I just gave birth, does the spiral do for me?*

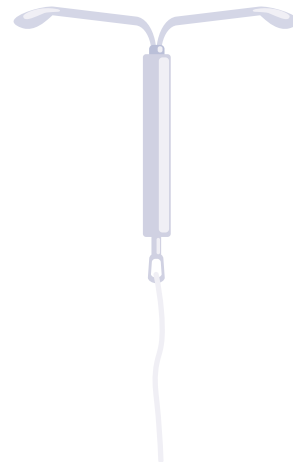
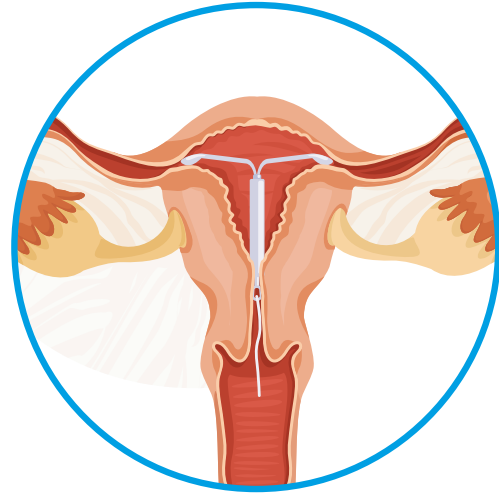
Yes, after a birth, it can be introduced after 4-6 months.

## *And after an abortion?*

After a voluntary abortion (VTP) or spontaneous of the first trimester, it can be inserted immediately after the intervention in order to avoid new unwanted pregnancies; so you can ask to be placed directly in the operating room or at the time of admission.

## *How long does it stay in uterus?*

It can stay for 3 to 5 years or even longer. It can be removed earlier in case of an onset of disturbances or on request. When you want to remove or replace it, contact a gynecologist.





# Combined oral contraceptive pill which contain both estrogen and progestin

Combined hormonal contraceptives pills consist of an estrogen and a progestin, and act primarily by preventing ovulation through the inhibition of the follicle-stimulating hormone and luteinizing hormone. The pills are taken every day, ideally at the same time of day.

Taking the first pack starts on the first day of menstrual flow.

## How to start the next packs?

**Pack of 24 + 4 tablets:** when you finish a blister you have to take the first pill of the new pack the next day so you take every day without ever taking a break.

**Pack of 21 tablets:** after you have taken the 21st pill of the blister you must take a suspension break of 7 days before starting the next pack.

The first pill of the new package will always be taken on the same day of the week (e.g. always on Monday if you started on Monday).

It is really important to take the pill regularly every day, forgetting even a pill increases the risk of pregnancy.

## Do I have to take a rest from taking the pill after taking it for a while?

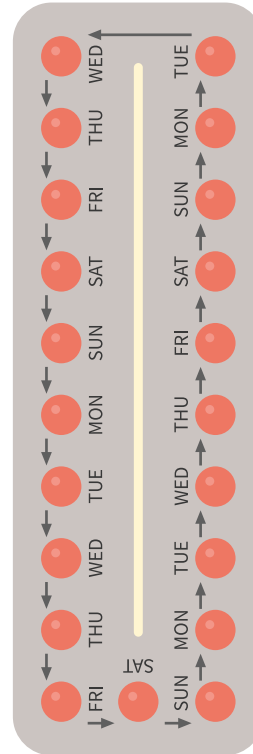
No. There is no scientific evidence showing that a “rest” from taking the pill is useful. Indeed, suspending it can lead to unwanted pregnancies. The estrogen-progestin pill can be safely used for many years without having to stop it periodically.

## If I have been taking the pill for a long time, will I still be protected from pregnancy once I stop taking it?

No. Protection from pregnancy is only if the pill is taken regularly.

## If I forget to take the pill, what should I do ?

If you forget to take a pill, take it as soon as you remember, but if the delay exceeds 12 hours follow the instructions written on the package leaflet of the pill in question and consider taking emergency contraception.



## Progestin-only pills called “minipills”

The progestin-only birth control pill, commonly called the minipill, is an oral contraceptive. Each pill contains a small amount of progestin, the synthetic form of the hormone progesterone, it can be used during lactation or in all those situations where the use of estrogens is contraindicated.

### *How does it work?*

It blocks the activity of the ovaries and ovulation. You have to take a pill every day, at the same time, a suspension is not needed between the end of a pack and the beginning of another.

### *Do I have to take it every day at the same time?*

Yes. The minipill contains a very low hormonal dosage and taking a pill with a delay greater than 3 hours can reduce its effectiveness.

### *If I forget to take the pill, what do I do?*

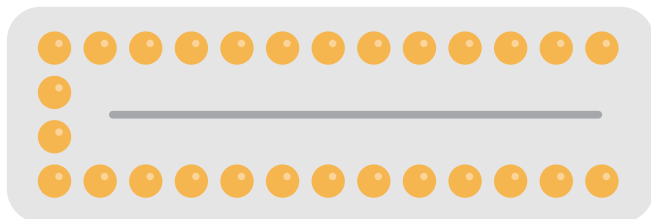
Take the forgotten pill as soon as you remember it. Continue pill-taking as usual, you may have to take two pills at the same time or on the same day.

You can use another contraceptive support method (such as a condom) for the next seven days.

If you have had sexual intercourse within 5 days before forgetfulness, consider taking emergency contraception (morning after pill).

### *Can I take it if I have just given birth?*

Yes, you can start it immediately. You do not need to wait 6 months after your baby is born.



## Contraceptive patch

It is a hormonal contraceptive (contains estrogen and progesterone) with a low dosage that has the particularity of being absorbed through the skin, blocks the activity of the ovaries and stops ovulation

### *How does it work?*

The first day of menstrual flow should be applied and replaced every 7 days for 3 weeks with a fourth week of interval. The adhesive patch must adhere to the body at all times, day and night, it is important to check that it does not come off after a shower.

### *Where do I apply it?*

You can put the patch directly to your skin on your lower abdomen, buttocks, on your upper outer arm, stomach, or back wherever it is clean and dry, but not on the breast.





# Vaginal ring

A vaginal ring is a contraceptive ring which sits inside the vagina, that contains two hormones, estrogen and progestin formed by a flexible and transparent ring of material well tolerated by the body, which the woman can insert herself directly into the vagina. Every day, it releases small quantities of hormones that stop ovulation.

The vaginal ring is inserted into the vagina on the first day of a woman's menstrual cycle and stays in place for three weeks in a row and is then removed while the woman has her period. A new ring is inserted on the first day of the next menstrual cycle.

## *How do I insert it?*

You can choose the position you find most comfortable, for example, insert it by lifting only one leg, either crouched or lying down.

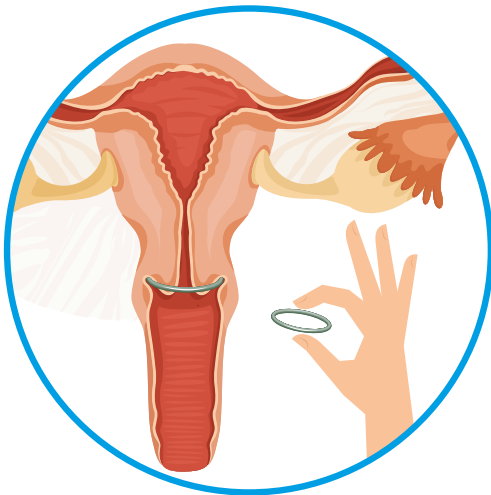
To insert it correctly, squeeze the ring between your thumb and index finger, gently insert the ring into your vagina. It doesn't have to be in any exact position. If it feels uncomfortable, slide it further into your vagina. Your vaginal muscles will keep it in place, even during exercise and sex.

## *How is it taken out?*

To remove the ring simply put your finger into your vagina, hook it around the ring and pull it out.

## *If I had to lose it, what should I do?*

If the ring is accidentally expelled, it can be rinsed with water and should be put back in immediately.



# Contraceptive Implant

It is a hormonal contraceptive that contains only progestin (etonogestrel). A contraceptive implant is a flexible plastic rod about the size of a matchstick that is placed under the skin of the upper arm through a small injection. The procedure must be performed during menstruation.

## *How does it work?*

It stops ovulation and makes denser cervical secretions forming a barrier for spermatozoa.

## *How is it positioned?*

The implant is inserted by the subcutaneous gynecologist in the clinic, in the non-dominant arm with a disposable applicator (it is not necessary to make incisions); the whole procedure takes about 2 or 3 minutes.

## *Does its placement hurt?*

No, if it is the case the gynecologist (doctor) will give you some local anesthetic.

## *I just had an abortion, does the implant do for me?*

After a spontaneous or voluntary abortion (IVG) of the first trimester it can be inserted directly during hospitalization.

## *How often do I have to replace it?*

Once inserted, contraceptive efficacy lasts up to 3 years. Contact a gynecologist when you want to remove it or replace it.



# Tubal sterilization

It is the only non-reversible and therefore permanent contraceptive method, suitable for all women who no longer want to have children.

It works because woman's fallopian tubes are clamped and blocked and sealed. The ovocyte released by the ovaries during ovulation can not move along the tubes and therefore can not come into contact with the sperm inside the uterus.

## *Is the procedure painful?*

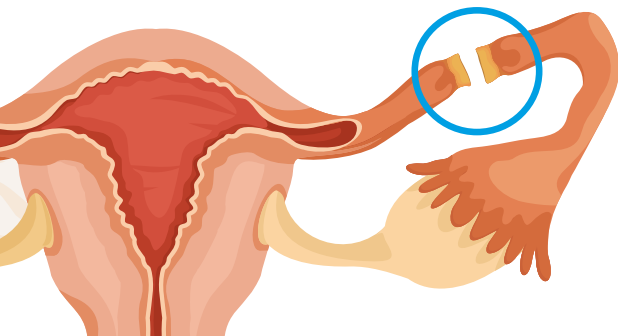
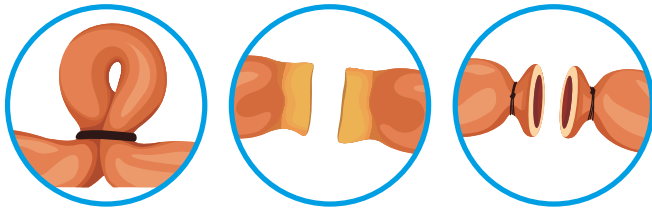
The procedure is performed in the operating room, in laparoscopy. Being a surgical operation, it is performed under general anesthesia.

## *Will I stop menstruation?*

No, your menstrual cycle will continue with its normal regularity.

## *When can it be done?*

In general, the procedure is recommended only after a certain age and if the woman has already had children, just because it is not reversible you must be sure that you have no second thoughts. SLO: You can apply to your gynecologist for this procedure at the age of 35, the doctor will ask a written question to the ethics committee and from the moment the request is accepted you have to wait 6 months to be able to do the surgery.



# Vasectomy

It is the only type of permanent contraception for men who no longer want to have children, is also called male sterilization or male surgical contraception.

## *How does the procedure work?*

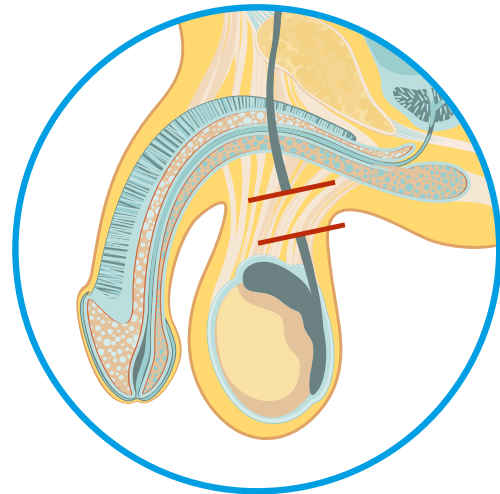
Vasectomy is practiced on an outpatient basis without the need for sedation but by practicing local anesthesia.

## *Is it necessary to use another contraceptive method after vasectomy?*

Yes, at least for the first 3 months. The urologist will, after a simple test (spermiogramma), communicate the positive outcome of the procedure.

## *Who should I contact?*

ITA: You can apply for this procedure to the general practitioner who will prescribe an appointment for an andrological visit, a type of specialist visit to a urologist. SLO: You can apply to the general practitioner at the age of 35, the doctor will apply to the ethics committee in writing and from the moment the request is accepted you have to wait 6 months to do the surgery.



# Emergency contraception

It must be used only in cases of emergency, during sexual relations "at risk" of pregnancy, any sexual intercourse not protected by a contraceptive method is considered at risk.

It should not be used as a habitual contraceptive method, but only in case - precisely - because it is much less effective.

## *Intrauterine spiral (IUD) to copper*

It is inserted within 48 hours of unprotected sex. For this type of emergency contraception you need to contact the gynecologist.

## *1.5 mg levonorgestrel pill also known as the "morning after pill"*

It is available in pharmacies without prescription for adult women, minor girls need a prescription.

It should be taken as soon as possible and no later than 72 hours from the risky sexual behavior.

## *30mg ulipristal acetate pill also known as "five days after pill"*

It is available in pharmacies without prescription for adult women, minor girls need a prescription.

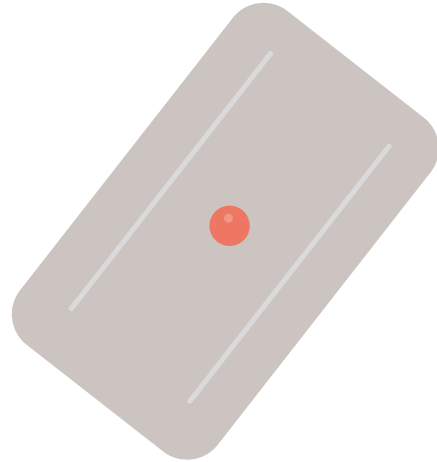
It should be taken as soon as possible and no later than 120 hours from the risky sexual behavior.

## *I am a minor, where can I apply for a prescription for the morning-after pill?*

ITA: On working days (from Monday to Friday, excluding holidays), underage girls can turn to family counseling centers to request emergency contraception, independently, without the need for the presence or authorization of the parents.

On days when family consultants do not carry out their activities (Saturdays, Sundays and holidays), they can contact the emergency pediatric and pediatric first aid service of IRCCS Burlo Garofolo of Trieste, independently, without the need for either the presence or authorization of the parents.

SLO: Girls under the age of 16 in order to purchase emergency contraception at the pharmacy need the prescription from the doctor to be requested at the hospital emergency room or multi-specialized clinic.



# Voluntary termination of pregnancy (VTP)

It is not a contraceptive method and may be associated with greater risks to health.

In Italy intervention is possible up to 90 days after the last menstrual period (Law 194 of 1978) and is free at the public hospital.

In Slovenia you can request this procedure from your gynecologist within 10 weeks of gestation, after 10 weeks the gynecologist will have to submit the VTP request to the ethics committee.

## *To stop the pregnancy, what should I do?*

1. Valid test that ascertains the state of pregnancy: specific blood test.
2. A certificate attesting pregnancy and requiring termination of pregnancy must be done by a doctor: from the consultant's gynecologist, the general practitioner or the outpatient gynecologist.
3. From the date of the certificate must elapse 7 days before performing the operation (in Slovenia it is not expected).

## *There are two ways to stop pregnancy, a pharmacological and a surgical one:*

The pharmacological method does not require anesthesia and must be performed within the first 49 days; It is a procedure that involves the administration of two drugs, Mifepristone (RU486) and Misoprostol at a distance of 48h from each other.

The surgical method takes place in the operating room under general or local anesthesia and must be performed within the first 90 days of the last menstrual period.

## *I do not want to go to the hospital, what can I do to have an abortion?*

Going to the hospital is the only possible solution and it is also the safest for your health. Abortion at home in addition to being very dangerous is illegal and is a crime for Italian and Slovenian law.

## *Do I have to ask my husband / my parents for permission?*

No, even if you are married you do not need your husband's consent.

ITA: If you are a minor and you want to request a VTP and you can not talk about it with your parents, you can contact the family counseling center;

SLO: if you are a girl under 15 years of age the gynecologist will organize a meeting with the social service for you.

## *I'm a foreigner, can I apply for an IVG in Italy or in Slovenia?*

Italian and Slovenian law provide that foreign women can also be submitted to the VTP, with or without a residence permit. All information concerning the methods of access to information and the possible payment of the service can be requested from the Italian family consultants or from the Slovenian polytechnic clinic.

# Contraception after birth/delivery

## The rule of 3

Woman with breastfeeding completely and assiduously even at night: contraception is **necessary** 3 months after delivery.  
Woman with mixed feeding (breast and artificial milk): contraception is **necessary** after 3 weeks after delivery.  
Woman who has interrupted a pregnancy of more than 12 weeks: contraception is **necessary** after 3 weeks after the termination of pregnancy.

You must contact your gynecologist to start a contraception in the post partum, who will advise you the most suitable method for you.

# Useful phones in Italy

## Toll-free regional health care FVG



It is a free information number for all public health facilities in the province of Trieste.

The goal is to provide everyone with homogeneous, clear, up-to-date and complete information to simplify access to health and social-health services. You can call from **Monday** to **Friday** from **8:30** to **13:00**.

## Italian Anti-trafficking Green Number



**ANONIMO - ATTIVO 24H**

It is a free, anonymous and active 24 hour public telephone service on the whole national territory, able to inform people in conditions of exploitation, subject to trafficking, of the possibilities offered by Italian legislation to escape from the exploitation network. The Toll-Free Number is managed by operators able to interact in the original languages with victims of trafficking and provide information in Italian, English, Spanish, Arabic, Chinese, Romanian, Russian, Albanian, Ukrainian, etc. In Trieste there is the anti-trafficking service of the regional project 'the FVG in the network against trafficking implemented by the

### **CDCP onlus**

Androna degli Orti 4

**Phone:** 040 2605685

**Anti-trafficking repeatability:** 389 2029070

## Pink phone national anti-violence and stalking number



It is a free, anonymous and active 24 hour public telephone service. Telephone operators offer useful information to victims of violence and stalking and can direct them towards social and health services in Italy. Assistance can be provided in Italian, English, French, Spanish and Arabic.

**For calls from Slovenia enter the prefix 00 39 followed by the number indicated**

## IRCCS Burlo Garofolo – maternal infant hospital

via dell'Istria 65/1

Phone: 0434223522 (contact center)

## Foreigners Information Point

via Giovanni Sai 7 (presso Distretto 4), 1° piano - stanza 141

Parco di San Giovanni

Phone: 040 3997451

## Sexually Transmitted Diseases Center

via Gatteri 25/1

"Infectious" building 1st floor - Technological Center  
(back side of the hospital complex)

Phone: 040 3992882

Opening hours to the public: Monday 8:00 - 17:00;

Tuesday - Friday 8:00am – 1:30pm;

Medical visits: by appointment call 040 3992882 during opening hours;

Test: Mon-Thu 8:00am - 1:00pm; Fri and pre-holidays 8:00 – 10:00.

## Anti-violence center - GOAP

Via S. Silvestro 3/5

Phone: 040 3478827

info@goap.it

## Family counseling centers

### WHAT DOES A FAMILY COUNSELING CENTER DO?

The counseling center offers advice and assistance for pregnancy, childbirth preparation, postpartum, breastfeeding, contraception, voluntary termination of pregnancy (IVG), sexual problems, maltreatment and abuse. It also offers legal advice, psychological and social assistance to women, men, couples, families and adolescents. The service is free and open to everyone.

### Province of Trieste

#### Family Counseling Centre - District 1

via Lionello Stock 2 e Aurisina/Nabrežina

Phone: 040 3997831

Direct and telephone reception:

You can contact us by phone or in person at Stock offices: Monday, Tuesday, Thursday, Friday 9:00 am - 4:00 pm or Wednesday 12:00 – 16:00  
Youth Space open freely without appointment until the age of 23  
(home of Roiano): Thursday 2:30pm - 5:00pm

#### Family Counseling Centre - District 2

via San Marco 11

Phone: 040 3995566

Direct and telephone reception:

You can contact us by phone from Monday to Friday 9:00 am - 1:00 pm  
You can be present at San Marco offices from Monday to Friday 9:00 am - 4:00 pm  
Youth Space open freely without appointment until the age of 23  
(home of Roiano): Thursday 2:30pm - 5:00pm

#### Family Counseling Centre - District 3

via di Valmaura 59, Muggia e San Dorligo della Valle

Phone: 040 3995800

Telephone reception:

Monday to Thursday 9:30 am - 12:30 pm

Friday 10:00 to 12:00

Youth Space open freely without appointment until the age of 23  
(home of Valmaura): Thursday 1:30pm - 5:00pm

### **Family Counseling Centre - District 4**

via Giovanni Sai 7, Parco di San Giovanni

Phone: 040 3997445

Direct and telephone reception:

Mon, Wed and Fri 9 am-12pm

Youth Space open freely without appointment until the age of 23:

Monday 2:00pm - 5:00pm

### **Province of Gorizia**

#### **Family Counseling Centre – Monfalcone**

via Galvani 1, presso l'ospedale San Polo

Telefono: 0481487611

#### **Family Counseling Centre – Monfalcone**

via Galvani 1, presso l'ospedale San Polo

Phone: 0481487611

### **Province of Udine**

#### **Family Counseling Centre - Udine**

via San Valentino 18 (3° piano)

Phone: 0432553617

Telephone reception: Monday to Friday from 8:30am to 1:30pm

### **Province of Pordenone**

#### **Family Counseling Centre - Pordenone**

via de Paoli 21

Phone: 0434237880

Direct and telephone reception: Monday to Friday from 8am to 1pm

and Monday and Thursday from 2:0pm to 4:30pm

# Useful phones in Slovenia

**For calls from Italy enter the prefix 00 386 followed by the number indicated**

In addition to the hospitals there are polyspecialist outpatients in the Slovenian territory where it is possible to contact the basic gynecologist

#### *Ljubljana*

#### **Univerzitetni klinični center Ljubljana, porodnišnica Ljubljana**

Šljajmerjeva 3 ali Zaloška 11, 1000 Ljubljana

Phone: (01) 522 50 50

[www.3.kclj.si](http://www.3.kclj.si)

#### *Šempeter – Nova Gorica*

#### **Splošna bolnišnica “dr. Franca Derganca” Nova Gorica**

Ulica padlih borcev 13a

5290 Šempeter pri Novi Gorici

Phone: (05) 330 1000

[www.bolnislrica-go.si](http://www.bolnislrica-go.si)

#### *Maribor*

#### **Univerzitetni klinični center Maribor, Klinika za ginekologijo in perinatologijo, Oddelek za perinatologijo**

Ljubljanska 5, 2000 Maribor

Phone: (02) 321 10 00

[www.sb-mb.si](http://www.sb-mb.si)

#### *Izola*

#### **Splošna bolnišnica Izola, Ginekološko porodniški oddelek**

Polje 40 a, 6310 Izola

Phone: (05) 660 68 29

[www.sb-izola.si](http://www.sb-izola.si)

#### *Postojna*

#### **Bolnišnica za ginekologijo in porodništvo**

Prečna 4, 6230 Postojna

Telefon: (05) 700 07 20

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