

# CERVICAL SCREENING

A SIMPLE TEST THAT  
COULD SAVE YOUR LIFE

The Cervical Screening Test looks for HPV, the virus which can cause cervical cancer.

If you have a cervix, are between 25 and 74 and have ever been sexually active you should get tested.

Even if you have not been sexually active recently, or have been in a long term monogamous relationship, HPV can be dormant and become active again so testing is still important.

This includes women who are same sex attracted and people who identify as transgender.

MAKE AN APPOINTMENT WITH ONE OF OUR  
EXPERIENCED NURSES TODAY 6247 3077  
**SHFPACT.ORG.AU**



## OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit [shfpact.org.au](http://shfpact.org.au) for SHFPACT clinic hours

## LOCATION

SHFPACT is conveniently located in the city.

Level 1,  
28 University Avenue  
Canberra ACT 2601

## CONTACT

02 6247 3077  
[shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)  
0400 770 999 (SMS ONLY)

## ENGAGE

[shfpact.org.au](http://shfpact.org.au)  
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## DONATE

All donations to SHFPACT over \$2.00 are tax deductible

## SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC)  
assisted with funding from the ACT Government.

I'M ALL ABOUT  
**THE  
PROGESTOGEN  
ONLY PILL**



Sexual Health and Family Planning ACT  
Level 1, 28 University Ave, Canberra City  
Call 02 6247 3077 • SMS 0400 770 999  
or email [shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)



**[shfpact.org.au](http://shfpact.org.au)**

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## THE PROGESTOGEN ONLY PILL (POP)

The POP (sometimes also called the mini pill) is an oral hormonal contraceptive pill which contains a low dose of progestogen. The POP is taken continuously and at the same time every day in order to prevent pregnancy. It is different to the combined pill ('the pill') which contains two hormones, oestrogen and progestogen.

## HOW DOES IT WORK?

The POP works by making the mucous produced by the cervix thicker, so that sperm cannot get into the uterus (womb) and fertilise an egg.

## HOW EFFECTIVE IS IT?

It is thought to be between 91% - 99% effective in preventing pregnancy. This means that if 100 women were using the POP for a year, between 1 and 9 women would get pregnant. Effectiveness is very dependent on how well the pill is taken. The POP is more effective in women over 40 years.

## WHAT ARE THE ADVANTAGES OF THE POP?

- It is a low dose oral contraceptive.
- It has minimal side effects.
- It is easily reversible on stopping.
- It can be used while breastfeeding.
- It can be used by women who cannot take oestrogen.
- It will not mask menopause symptoms.

## WHAT ARE THE DISADVANTAGES OF THE POP?

- It needs to be taken strictly at the same time every day.
- It doesn't protect against sexually transmissible infections.
- Taking the POP can change your periods, some women may experience regular periods, while others experience irregular bleeding.

## WHEN DO I START TAKING IT?

You will need to discuss starting the POP with your prescribing doctor.

The POP needs to be taken strictly at the same time every day. Choose a time that it is easiest for you to remember. It can be helpful to use an alarm or reminder system to help you remember to do this.

## WHAT DO I DO IF I MISS A PILL?

If you are more than three hours late taking the POP you could get pregnant. You should take the late pill as soon as you remember and then take the next pill at the correct time. Use additional contraceptive precautions (condoms) or avoid sex for the following 48 hours.

If you had sex when you were not protected you should consider using the emergency contraceptive pill, available at pharmacies without a prescription (see our information brochure on Emergency Contraception).

## WHAT SHOULD I DO IF I AM VOMITING?

If you vomit within two hours of taking the POP you should take another pill straight away. If you vomit the second pill you will need to use condoms or avoid sex until you have taken the next three pills at the correct time. If you have severe diarrhoea you should follow the missed pill advice.

## WHAT IF I'M TAKING OTHER MEDICATIONS?

Some medications and herbal preparations may stop the progestogen only pill working, this should be discussed with your prescribing doctor.

## WHAT SIDE EFFECTS MIGHT I EXPECT?

The POP has very few side effect. The main side effect which may occur is a changed bleeding pattern. This might be irregular bleeding, missed periods or sometimes no periods. Some women who take the POP report mood changes and weight gain but there is no current evidence that the POP causes these side effects.

## IF YOU WOULD LIKE TO KNOW MORE

Contact Sexual Health and Family Planning ACT on **02 62473077** or at our city clinic located at Level 1, 28 University Avenue Canberra.

IT'S EASY TO GET A

# DISCOUNTED CONSULTATION

**WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE**



## WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

**JOIN ONLINE AT**  
**shfpact.org.au**  
**OR AT RECEPTION**

