

Family Planning Visit Includes:

- Education
- Lab Tests
- Pelvic Exam
- Pap Smear
- Breast Exam
- Immunizations
- Birth Control of Your Choice



Fees

Fees are based on family size and income. Services are affordable.

For an appointment or more information call 651-7450.



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Health Department

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Wilkes County
Health Department

Plan First!
Make it your choice.



Family Planning
No Birth Control=No Control

Visit us on Facebook or at our
website www.wilkeshealth.com

Family Planning

What is Family Planning?

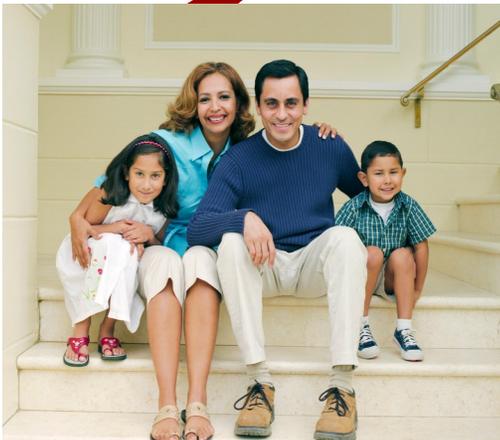
Family Planning is a program designed to help men and women prevent, delay or space the birth of children.

What are the goals of the Family Planning Clinic?

- Prevent unintended pregnancy
- Provide information about using birth control
- Make birth control easily available
- Help you achieve your life goals
- Promote good health habits

Are services confidential?

Yes, all services are confidential regardless of age.



Screenings and Prevention

What is a Pelvic Exam?

In a Pelvic Exam, the provider will examine your vagina to make sure it is healthy and uses swabs to take samples. These samples will show if you have a vaginal or bacterial infection or STI (Sexually Transmitted Infection).

What is a PAP Test or PAP Smear?

A PAP Test or PAP Smear is a special sample taken with a swab during the pelvic exam that can find changes in cells in and around the cervix (the opening to the womb) that may lead to cervical cancer.

What is Gardasil?

Gardasil is a vaccination series given to prevent HPV (Human Papilloma Virus) which can lead to cervical cancer. Recommended for men and women between the ages of 9-26.

What is a Breast Exam?

Clinical Breast Exam: The provider will examine your breasts to see if you have any lumps. She will also teach you how to examine your own breasts (BSE).

Breast Self Exam: A BSE is where you examine your own breasts for changes and lumps. BSEs allow you to know how your breasts feel so you may be more likely to feel a change. BSEs can help find breast cancer.

Birth Control Options

Most birth control options are provided free of charge through our Family Planning Clinic.

- **Condoms:** Latex condoms are used to protect against pregnancy, HIV, and other STIs (non-latex available by request). Available at the Health Department or Over-The-Counter (OTC).
- **Vaginal Spermicides:** Chemicals that kill sperm. Available at the Health Department or OTC.
- **Diaphragm:** A small rubber cup that fits inside the vagina, over the cervix, must be fitted by a clinician.
- **Natural Family Planning:** A woman learns to recognize the fertile days of her menstrual cycle.
- **Oral Contraceptives:** Hormones that are taken by mouth every day, prescribed by a clinician.
- **Depo-Provera:** A hormone that is injected by a clinician (lasts for three months).
- **IUD (Paraguard):** A small T-shaped device put inside the womb by a clinician.
- **Nuvaring:** A ring that releases hormones (lasts for one month). Sits at the base of the cervix.
- **Plan B:** Also called Emergency Contraceptives. Hormones taken by mouth after unprotected sex.