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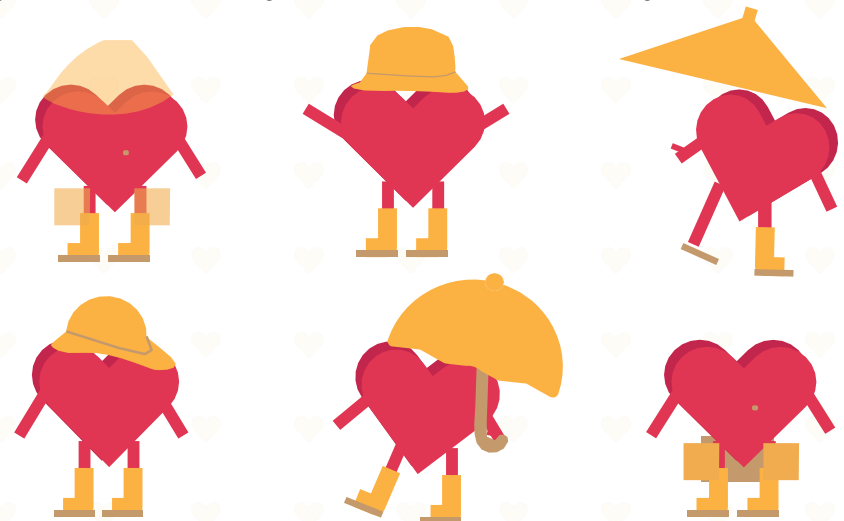
Regione Toscana



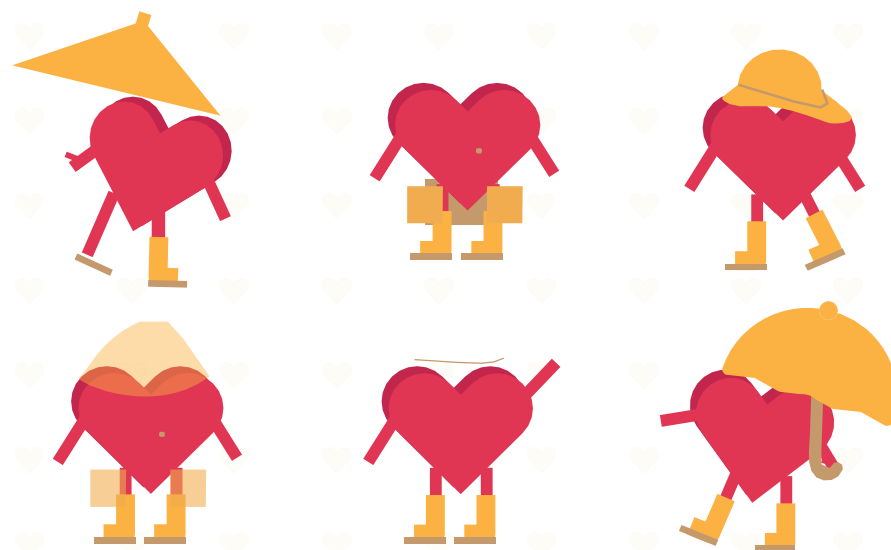
MINISTERO DELL'INTERNO

FONDO ASILO, MIGRAZIONE E INTEGRAZIONE (FAMI) 2014-2020

Obiettivo Specifico 1. Asilo - Obiettivo Nazionale 1. Accoglienza/Asilo - lett. C - Potenziamento del sistema di 1° e 2° accoglienza-Tutela della salute-PROG-2103 "SPRINT2



# FREE CONTRACEPTION



Find out more and discover the Counselling Centres near you at:  
[regione.toscana.it/contraccezione-gratuita](http://regione.toscana.it/contraccezione-gratuita)  
Information in other languages is available at:  
<https://icare.sanita.toscana.it/it/>

Tuscany offers **free contraception** to promote informed and safe choices regarding the emotional and sexual life of both youth and adults, and to reduce the risk of sexually transmitted diseases and unwanted pregnancies.

## ♥ Who can access free contraception?

Contraception is free of charge for the people who are registered in the National Healthcare System and who live in Tuscany, including the ones in possession of STP code (Stranieri Temporaneamente Presenti), belonging to the following categories:

- youth between 14 and 25 years of age;
- adults between 26 and 45 years of age with E02 - E90 - E91 - E92 - E93 -X01 exemption code;
- women between 26 and 45 years of age, within 12 months from childbirth or within 24 months from termination of pregnancy.

Youth up to 25 years matriculated in the University of Florence, Pisa, Siena and the University for Foreigners of Siena, in possession of the university student card - "Studente della Toscana".

## ♥ How can you ask for free contraception?

If you are aged between 14 and 24 years, you can go to Youth Counselling Centres. If you are aged between 25 and 45 years, you can go to Counselling Centres.

The access is direct. In other words, you don't need medical prescription. You just have to show the Counselling Centre Staff the documents proving that you are entitled to free contraception (health insurance card for the ones living in Tuscany, student card, STP code, exemption certificate, letter of discharge from hospital).

If you need further information on Counselling Centres and if you want to find the nearest Counselling Centre to you, please go to: **[regione.toscana.it/contraccezione-gratuita](https://regione.toscana.it/contraccezione-gratuita)** if you need information in other languages, please go to: **<https://icare.sanita.toscana.it/it/>**

## ♥ Which free contraceptives are available?

Nowadays, there is a vast range of contraceptives based on different principles, but it is impossible to tell which one is the best. The choice depends on your needs and beliefs, and, above all, on your health status. The Counselling Centre Staff will help you to choose the best option for you.

The following contraceptives are available for free:

- progestin and estrogen-progestin contraceptive pills
- contraceptive patches
- vaginal rings
- intrauterine devices with and without hormones (IUD)
- contraceptive implants
- condoms

## ♥ How can you ask for emergency contraception or the "morning after pill"?

After an unsafe or unprotected sexual intercourse at risk of pregnancy, you can ask for emergency contraception or the "morning after pill". You do not have to take the pill right after sexual intercourse, but it is better to take it within the following 24/72 hours. In any case, you should not take it after 120 hours from sexual intercourse.

Emergency contraceptives are free of charge for the same categories of subjects listed above.

If you need a medical prescription for emergency contraception, you can go to the nearest Counselling Centre in the gynaecologist's working days and hours.

When the Counselling Centre is closed, you can get emergency contraceptives at the hospital's Emergency Unit.

You should not base your contraception habits on the "morning after pill".