IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

Contraception counselling

The use of contraception or birth control is necessary to avoid unwanted pregnancy and termination of pregnancy. We welcome women who want help in choosing a suitable form of contraception or birth control. A midwife helps the woman make a choice based on her expectations and needs, as well as her health and any possible contraindications.

You can make an appointment:

- to choose a contraceptive
- for questions related to the use of contraception
- to renew your prescription
- to change the method of contraception.

You can book an appointment:

- In the Health Portal www.terviseportaal.ee (by choosing a midwife's appointment (contraception) as the service)
- by telephone 666 1900 Mon-Fri **7.30-18.00**
- on site at the East Tallinn Central Hospital registration desk

Patient information: Contraceptive methods