

Access to Sexual and Reproductive HEALTH Services for Ukrainians in Poland



All Ukrainians who arrived in Poland after 24 February 2022 are covered by the EU mechanism of temporary protection and are entitled to receive free health care at any time, at par with Polish citizens.

Patients will be requested to present their identity document or similar documents confirming their arrival.

Reproductive health means that everyone can decide if they want to have children, and have the freedom to decide how many, as well as when and how often. It is also a comprehensive approach to **a woman's health at every stage of her life every woman can decide about her body and fertility.**

ACCESS TO BROAD MEDICAL ASSISTANCE

National Health Fund (*Narodowy Fundusz Zdrowia, NFZ*) is the institution responsible for public medical services in Poland. To access any medical assistance, any general health doctor facility contracted by the NFZ shall ensure consultation by a general practitioner. A general practitioner may subsequently refer for diagnostic tests, to a specialist or to a hospital.

For questions specifically on sexual and **reproductive health**, please contact also:

Fundacja na rzecz Kobiet i Planowania Rodziny, FEDERA

T.: +22 635 93 95

Hotline for Ukrainians in Ukrainian language for advice on reproductive health matters:

Monday/ Wednesday/ Friday 17.00 - 21.00 T: 573 185 626

mail: info@federa.org.pl; <https://federa.org.pl/>

FAMILY PLANNING/CONTRACEPTIVE METHODS

Family planning counselling: Gynecologists provide counselling on available methods, risks and benefits based on individual consultation of every woman.

The doctor/midwife **must not** refuse to provide such counselling or to provide you with a prescription for **reasons other than medical.**

Oral contraception pills: Oral contraceptives are available through gynecologists in Poland which means that they necessitate prescription. Every primary care physician may prescribe a contraceptive which has been prescribed previously by a patient's gynecologist. To refill a prescription, it is not necessary to make an appointment with a gynecologist every time. Upon request, the gynecologist will issue a note during the

first visit with information on the recommended birth control method which can be used to buy hormonal contraceptive refills at a pharmacy. A pharmacist cannot refuse to sell a contraceptive because of his/her beliefs.

Emergency Contraception: Emergency contraception refers to methods of contraception that can be used to prevent pregnancy after sexual intercourse. These are recommended for use within 5 days but are more effective the sooner they are used after the intercourse. Emergency contraception prescription is available from any doctor, regardless of specialty, including at night-time and holiday medical assistance clinic (after 6 p.m., at weekends and during holidays). Medical examination is not required to prescribe emergency contraception. Emergency contraception can be also purchased at an internet pharmacy. (More: <https://federa.org.pl/awaryjna-poradnik/>)

Intrauterine device: Intrauterine device may be serviced within the public health system. In order to find an appropriate institution, contact the **Foundation for Women and Family Planning, info@federa.org.pl**.

Female/male condoms: Female condoms can be purchased in a pharmacy without a prescription.

MEDICAL CARE DURING PREGNANCY, LABOR AND IN THE POST-PARTUM PERIOD

Perinatal care is covered as part of the package to access national health care services and includes pre- and postnatal consultation as well as care around delivery, including all related examination: <https://federa.org.pl/zdrowie/badania-w-ciazy>. Additional tests are made available for women above the age of 35 and those with a family history of genetic diseases and will be advised by the gynecologist. Mothers also benefit from breastfeeding support, home visits and the assistance of a midwife after delivery. For more information, please contact:

- ❖ **Fundacja Rodzić po Ludzku**
T.: +22 887 78 76
mail: fundacja@rodzicpoludzku.pl
<https://rodzicpoludzku.pl/>

PRENATAL EXAMINATIONS

Under the free **Prenatal Examinations Program, pregnant patients who are 35 years and older or those who have a family history of genetic diseases or if ultrasound results give cause for concern are entitled to specific testing upon a referral from a doctor.**

TERMINATION OF PREGNANCY

Termination of pregnancy in Poland is allowed under two conditions:

- a) the pregnancy poses a threat to the life or health of the pregnant woman (no time limitation),
- b) the pregnancy is a result of an unlawful act, e.g. rape (within the first 12 weeks of pregnancy).

The service is provided in public hospitals free of charge.

Pregnancy may be terminated in a public hospital due to ill health, which includes both **physical and mental health**. Pregnancies with severe and irreversible foetal defects are considered high-risk pregnancies. They also represent a great psychological burden for the patient, which may lead to depression and trauma.

Please contact FEDERA for more information and support in access to abortion in Polish hospitals on the ground of mental health.

In the instance described in item b), pregnancy may also be terminated at a doctor's surgery. However, in such circumstances according to the Polish law it is necessary to provide a certificate issued by a public prosecutor to whom the rape resulting in the pregnancy was reported. In some exceptional cases of sexual violence resulting from war crimes, some hospitals allow for access to abortion with no requirement for the prosecutor's certificate.

➡ Please contact FEDERA for more information and support in facilitation of access to abortion for victims of sexual violence:

- ❖ **Federation for Women and Family Planning:**
T.: +22 635 93 95, e-mail: info@federa.org.pl.

You can also terminate your pregnancy outside of the public healthcare system. According to the Polish law, **a woman cannot be punished for her own abortion.**

➡ To order medical abortion pills, please contact:

- ❖ **WOMEN ON WEB:** e-mail: info@womenonweb.org

Women on Web provide free of charge medical abortion pills for Ukrainian women

- ❖ **WOMEN HELP WOMEN** e-mail: info@womenhelp.org

➡ For self-managed abortion support, please contact:

- ❖ **KOBIETY W SIECI** T.: +48 725 892 134, mail: administracja@maszwybor.net

➡ To access abortion in the foreign clinic: **ABORCJA BEZ GRANIC**: T.: +22 29 22 597

CERVICAL CANCER PREVENTION PROGRAMME

Women ages 25-59 years old are entitled to a free examination called a **pap test** with the gynecologist, The test detects precancerous and cancerous conditions in the cervix, even when no symptoms are present. The test is performed free of charge and recommended once every 3 years, unless a patient has specific risk factors. There is no need of a referral to have this test.

To find out where you can have a free pap test performed in your place of residence, call the 24h toll-free helpline at **+48 800 190 590**

BREAST CANCER PREVENTION PROGRAMME

Women 50-69 years old have access to a **mammography** to screen for breast cancer. The test is performed free of charge, every 2 years, unless a patient carries one of risk factors. There is no need of a referral to have this test. To find out where you can have a free mammography performed in your place of residence, call the 24h toll-free helpline at **+48 800 190 590**

ADOLESCENTS

Adolescents younger than 18 years are entitled to consultations with doctors of any specialty, including gynecologists but require consent (which can be oral or written) of a parent for the visit. Parents are allowed to enter the doctor's office with the adolescent.

WHERE ELSE TO LOOK FOR HELP?

If you experience **violence** but are afraid to report it to the police, you can talk about it with your doctor and ask him or her to submit the “Blue Card” application. The “**Blue Card**” is a procedure where the police offers special protection to families and monitor whether acts of violence are repeated, offer therapy to the abuser and if needed, isolates the perpetrator from other family members.

Non-governmental organisations that provide assistance to Ukrainian women in cases of genderbased violence in their languages:

- ❖ **Feminoteka psychological helpline in Ukrainian: +48 888 88 79 88**
- ❖ **Center for Women's Rights:**
Hotline in Russian and Ukrainian: 800 107 777 (from 10 a.m. To 6 p.m.)
- ❖ **Blue line helpline: 800 120 002**, e-mail: niebieskalinia@niebieskalinia.info

More organisations providing different kinds of support to Ukrainians in Poland:

- ❖ **Fundacja Ocalenie** (Ocalenie Foundation)
ul. Krucza 6/14a, 00-537 Warsaw,
cpc@cpc.org.pl; <https://ocalenie.org.pl/>
- ❖ **Helsińska Fundacja Praw Człowieka** (Helsinki Foundation for Human Rights)
ul. Wiejska 16, 00-490 Warsaw
T.: +48 22 556 44 40 (Monday to Friday from 10 a.m. to 2 p.m.)
Mail: hfhr@hfhr.pl; refugees@hfhr.pl; <https://www.hfhr.pl/>
- ❖ **Stowarzyszenie Interwencji Prawnej** (Association for Legal Intervention, SIP)
ul. Siedmiogrodzka 5/51, 01-204 Warsaw,
T.: +48 22 621 51 65; +48 792 568 561
T.: +48 880 145 372 (Monday to Friday from 3 p.m. to 4 p.m.)
Mail: biuro@interwencjaprawna.pl; <https://interwencjaprawna.pl/>