One toolkit.
Guidance that stays with you.

FOR PHARMACY TEAMS • Unified edition of November 13, 2026

A free Québec citizen-led resource to extend your advice on gynecological care, sexual and reproductive health, pain, consent, anxiety and possible effects on sexuality.

When to offer it

During a conversation about emergency or regular contraception, condoms, sexually transmitted and blood-borne infections (STBBIs), or medication abortion; after gynecological care (biopsy, hysterectomy, cervical procedure); or when someone talks about pain, recovery, intimacy or supporting someone close to them.

A sensitive offer, without assumptions

“If you would like some additional resources, here is a free website to explore at your own pace.”

Do not infer a diagnosis or sexual practices from a prescription or purchase. Offer the resource discreetly, without intrusive questions or pressure. Do not disclose the person's situation.

Three ways to share

- Display a QR code in an accessible area or consultation space.
- Give a card to someone who would like more information.
- Mention the website or share the link with their consent.

In this toolkit

Topic guides and references: pp. 2-6. Posters and cards: pp. 7-10. Two QR destinations: the general homepage or the “After sex” page. Print at 100%, retain the QR codes' white margins and test them before displaying them.

General information that complements professional judgment. No partnership is implied. The site does not provide clinical consultations or medical appointments. No registration is needed to read; participation in citizen initiatives is optional.

The right guidance, for each need.

After sex
Steps, testing, timing, possible pregnancy and urgent situations.

Emergency contraception
Understand the options and seek advice promptly.

Contraception and sexuality
Prepare questions and discuss your needs.

Abortion
Information, pain relief and support.

Pain, anxiety and respect
Express your boundaries and take part in decisions.

Sexuality and loved ones
Find guidance on intimacy and support.

Supporting someone close to you
Better understand, listen and support.

Glossary and resources
Understand the terms and find the site's references.

Menopause and hormones
Prepare questions about changes and care options.

My first gynecological care
Prepare for a first gynecological appointment.

Pregnancy and childbirth
Guidance on care, comfort and consent.

Hysterectomy
Understand the procedure and prepare your questions.

Cervical cancer screening
Understand HPV/Pap screening guidance and plan your follow-up.

New to Québec
Find your way through access to care.

From information to the next step.

Finding testing in Québec

On Clic Santé, search for “ITSS” and enter your postal code. Services vary by region. If you cannot find a suitable appointment, contact your CLSC or Info-Santé 811. If you have symptoms, ask for a clinical assessment.

Clic Santé - appointment search

Chaudière-Appalaches - STBBI testing

Capitale-Nationale - testing and treatment

Public references for further information

Québec.ca - Testing for sexually transmitted and blood-borne infections (STBBIs)

Québec.ca - Preventing an unplanned pregnancy

Québec.ca - HIV/AIDS and post-exposure prophylaxis

INSPQ - Québec contraception protocol, 2024 update

Gynéco sans douleur - Glossary

A message to copy and share

“Here is some Québec-based information to explore after our conversation: contraception, STBBI testing and resources for finding help. You can read the page at your own pace, without registering.”

https://gynecosansdouleur.ca/apres-relation-sexuelle.html

Information can change

The site's links provide topic-specific references. Appointment arrangements and service availability may change. Check the requirements with the service you choose. This toolkit does not replace a clinical assessment.

This toolkit may be freely distributed with credit to Gynéco sans douleur. Keep each QR code intact, including its white margin. Print pages 7 to 10 at 100% and test the codes with a phone before displaying them.

After sex: the first questions

A plan to adapt with the person, without judgment. Urgent time limits must not wait until a testing appointment.

Could there be an unwanted pregnancy?

Check what contraception was used and whether there were any missed doses or incidents. Contact a pharmacy promptly to assess emergency contraception options. Some remain possible several days after sex; do not wait. They do not protect against STBBIs.

Is an HIV assessment needed?

After vaginal or anal sex without a condom (or a condom break), if the partner's HIV status is unknown, or if they are known to have HIV without a confirmed undetectable viral load, seek an assessment promptly. This does not mean that PEP is automatically needed: a health professional assesses the situation. If indicated, it must start as soon as possible, no later than 72 hours afterward. Do not wait for a test. A sustained undetectable viral load prevents sexual transmission of HIV.

Plan testing without waiting on your own

Contact a testing service now. Testing too early can miss an infection: this is the window period. For chlamydia and gonorrhea, a sample may be collected at the consultation; if the result is negative and the test was early, repeat testing may be needed from 14 days after exposure. The timing for other STBBIs varies.

What comes next

Have condoms available and use them from start to finish during sex. They reduce risk but do not cover all areas of skin. Symptoms, significant pain, fever or feeling unwell: seek care without waiting for testing. Non-consensual sex: you have a right to care and support. Help finding services: Info-Santé 811; in an emergency, do not delay seeking care.

Sources: Québec.ca - unplanned pregnancy; Public Health Agency of Canada - PEP; INSPQ - chlamydia and gonorrhea sampling. Guidance consulted November 13, 2026. Document-based verification, with no attested professional clinical review.

Finding testing: several ways in

A supplement to the existing toolkit. The previous pages, posters and cards are retained. When directing someone to STBBI testing, also present community-based and paid private options, without assuming the person wants or can afford to pay.

Dépistapp - Club Sexu
Public, community-based and private - All regions
Search by postal code and filter by needs; check arrangements with each clinic.

Portail VIH/sida du Québec map
Public, community-based and private - All regions
A map distinguishing community resources, public services and private clinics. The Portail notes that its map is not exhaustive.

Clic Santé - appointments
With and without fees - Depending on available locations
Search for “Dépistage ITSS,” enter your postal code and include both paid and free options. Check accepted ages and symptoms.

Québec.ca - service locations
Public / RAMQ - Depending on the institution
CLSCs/SIDEP services, family medicine groups (GMFs), youth clinics, sexual health and family planning clinics. School or campus services are also available in some settings.

Site directory: public, community-based and private options

For young people: from age 14, it is generally possible to consent independently to testing and treatment. Ask about confidentiality arrangements for messages, results and bills. A family insurance plan may leave a record of a claim.

Source: Québec.ca - STBBI testing

Private options and fees

Prelib
RAMQ with fees / private laboratory option - Several cities; choose a clinic
Advertised choices: public laboratory, transport fee of $5-$15; private laboratory, $150-$375 depending on the tests. Confirm eligibility and coverage.

Biron
Paid private service - Network of locations in Québec
Testing without a prior prescription for eligible people without symptoms. For people with symptoms, a prescription is required according to its FAQ. Confirm the total cost before booking; check private insurance reimbursement.

Cliniques médicales Lacroix
Paid private service - Network of clinics in Québec
Private STBBI sample collection and testing: ask about laboratory fees, any consultation fees, prescription requirements and follow-up.

Clinique de Soins Infirmiers de Lévis
Paid private service - Lévis / Chaudière-Appalaches
Testing and online appointments. Advertised prices: $114 or $133 depending on the panel; confirm the total and eligibility criteria. With symptoms, an assessment and prescription may be needed.

Before booking: ask about the total cost, included tests, prescription requirements, accepted ages, symptoms the service can assess, and follow-up for a positive result. RAMQ and private insurance: confirm coverage. Advertised prices may change; a quick appointment is not guaranteed.

Possible HIV exposure: seek an immediate assessment for post-exposure prophylaxis without waiting for testing. Symptoms, fever, significant pain or feeling unwell: ask for an appropriate clinical assessment.

Abortion: FQPN - resources and support for freedom of choice. Miscarriage and intimacy: a new topic guide on the site.

Non-exhaustive selection, with no commercial partnership. Sources: provider websites and directories linked above, consulted November 12, 2026. To search across all regions: Dépistapp, Portail VIH/sida du Québec and Clic Santé.

MY BODY. MY CARE. MY VOICE.

Questions? Guidance, at your own pace.

Contraception · Testing · Sexual health

Information to help you know where to start,
prepare your questions and find resources in Québec.

Scan. Explore. Keep the link.

No registration is needed to read the page.

gynecosansdouleur.ca

No camera? On the site, choose “Ma santé sexuelle et reproductive,” then “Après une relation sexuelle.”

Need help finding services? Info-Santé 811.
In an urgent situation, do not delay seeking care.

GYNÉCO SANS DOULEUR

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Sexual health

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and resources in Québec.

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contact@gynecosansdouleur.ca

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Printable poster

Your care deserves answers. Your experience deserves to be heard.

Pain, recovery, consent, intimacy, sexuality and reproductive health.

Scan to explore Gynéco sans douleur's free resources.

https://gynecosansdouleur.ca

Card to cut out or adapt

A resource for your questions about gynecological and sexual health

Pain • Recovery • Consent • Sexuality

gynecosansdouleur.ca

A free supplementary resource - does not replace a professional consultation.

For teams

You may reproduce this card for information purposes and place it somewhere it can be picked up discreetly.

contact@gynecosansdouleur.ca