



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post [info@itk.ee](mailto:info@itk.ee)  
[www.itk.ee](http://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](http://www.terviseportaal.ee) (by choosing a midwife's appointment (contraception) as the service)
- by telephone [666 1900](tel:6661900) Mon-Fri **7.30-18.00**
- on site at the East Tallinn Central Hospital registration desk

**Patient information:** [Contraceptive methods](#)