

Women's Health Services & Contraceptive Counseling

The Student Health Office provides a variety of gynecological services for all matriculated students at Upstate Medical University. Services provided are annual exam including Pap smear, routine gynecologic care, evaluation & management of sexually transmitted infections, sexual health counseling, pregnancy testing and referral and contraceptive counseling. Visits are covered by your student health fee, but lab work and diagnostic testing require submission to the student's health insurance carrier for payment. Please bring your insurance information with you to each visit.

Exams are performed by a female Nurse Practitioner. The usual length of a first gynecological visit is approximately 1 hour. You will be asked to complete a history form, have weight, and vital signs measured, urinalysis, and discussion with the Nurse Practitioner prior to the exam. Contraceptive prescriptions require a current annual gynecological exam with Pap result and acknowledgement of informed consent of treatment.

If this is your first visit to Student Health for gynecological services or contraceptive counseling, we request that a copy of the previous annual exam with Pap results be sent to us, prior to your appointment, for review. A variety of prescription contraceptive options are available. Prescription costs are the responsibility of the student or billable to their insurance. Condoms are available free of charge to all students.

Students requesting IUD/IUC, Implanon, diaphragm or cervical cap for contraception are referred to a consulting gynecologist for those services. Emergency contraception (Plan B) is available without prescription to women age 17 or older at any local pharmacy.

When the health needs of an individual require the services of a specialist, we will refer the patient to the appropriate provider in the community.

Counseling is available for pregnant women to discuss their options. Referrals to qualified specialists in the community who have the training, facilities, and technology to provide the best possible care for our patients are provided.