



The PAP TEST



Pap test can save your life

Pap Test is used to check for changes in the cells of the cervix, which is the lower part of the uterus. Pap Test can save your life by detecting the early stages of cervix cancer or infections.

The test is easy, fast and painless. The gynaecologist can do it during the pelvic examination.

The pap test must be done every 3 years.

Where the pap test can be done

This test can be done free of charge at the Family Consulting Offices. If done in Hospitals a payment is due.

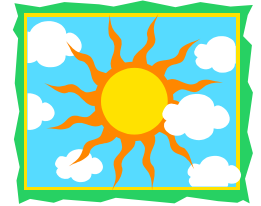
Useful Suggestions

Pap Test must be done at least 3 days before and 3 days after the menstruation.

48 hours before having your pap Test You should:

- avoid sexual intercourse;
- avoid using vaginal creams, suppositories, foams or any other local medications.

Medical check-ups at the Family Consulting Office are free of charge.



Law194/78

ABORTION PROCEDURES

In Italy, law 194/78 regulates abortion procedures. You can have an abortion up until the third month of pregnancy, and after this time only for very high risk pregnancies, or when life threatening birth defects have been diagnosed.

If you are thinking about having an abortion, you should get medical help as soon as possible. Remember: the sooner the better for your health. You can go to the Family Consulting Office where you will get help to make a better decision (information on medical, social, economic, and psychological supports) and talk about all your options.

If you decide to end your pregnancy, health officers will help you throughout the procedure.

The gynaecologist of the Family Consulting Office, almost always a woman, will visit you and prepare a certificate that allows the abortion procedure. All information about the surgical procedure will then be given to you.

When you go to the hospital, you will be asked to have an ecography, a blood test and an electrocardiogram.

After the abortion, you will be asked to go to the Family Consulting Office to have a check-up and also to decide future birth control for planned parenthood.

Medical check-ups at the Family Consulting Office are free of charge.



Az. USL RM/D

THE SERVICE GUIDE FOR FOREIGNERS

CHILDREN VACCINATION



What is vaccination

Vaccination is one of the most important health protection procedures your child should undergo.

Some vaccinations are compulsory. Those are:

- antipolio
- antidiphtheria
- antitetanus
- antihepatitis B

Some vaccinations are recommended. Those are:

- antipertussis
- antimeasles
- antirubella
- antiparotitis
- antimeningitis
- antipneumococcal

All vaccinations are given by the Local Sanitary Agency of Rome D and are free of charge. Only for the antipneumococcal vaccine a payment is required.

How to get your kids vaccinated

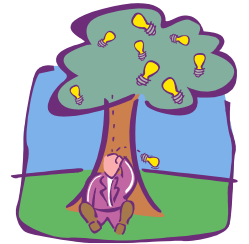
All children starting from age two months can have vaccination following a time table provided by the vaccination centre.



Az. USL RM/D

THE SERVICE GUIDE FOR FOREIGNERS

MENTAL HEALTH



- If you are undergoing through a period of serious mood changes or psychical discomfort, you can address the local **CSM** (Centro di Salute Mentale or Mental Health Centre) in the district where you live. There you can plan a medical visit. CSM is a centre where medical specialists, psychologists, social assistants and nurses work.

In the Centre you:

- will be visited by doctors.
- can ask for help from the social assistants.
- can get a medical prescription.
- can plan a medical visit.
- can get specific medical certificates (i.e. invalidity).

- In case of acute distress you can:

- call number **118** so that emergency health providers will come to your house, visit you and decide if it is necessary to go to the **SPDC** (Psychiatrical Service of Diagnosis and Cure) of the hospital.
- go directly SPDC of the local hospital, better if accompanied by a family member or someone who can provide personal information about the situation.



PREGNANCY AND MOTHERHOOD



If you are pregnant, you can join a group of mothers-to-be at the Family Consulting Office, in the same district where you live or where you work. The group meets regularly.

You can :

- Get regular medical visits and monthly check-ups throughout your pregnancy (doctors at the Family Consulting Office are usually women).
- Talk with other women and health care persons about physical and psychological changes during pregnancy, with absolute respect of your religious beliefs and cultural values.
- Learn some techniques which will help you during delivery.
- Get to know the hospital where you are going to deliver your baby.
- Get to know other public services that can help after delivery.
- Learn how and where to protect your rights as a mother as well as your child's rights.

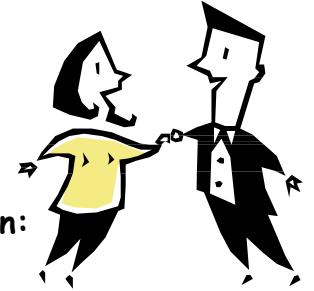
The father of the baby can join the group of mothers to be to share this experience with you.

After the birth of the baby:

- You will get suggestions on how to take care of yourself and your baby (i.e. how to breast feed).
- You will meet paediatricians.
- You will receive all the information about compulsory and suggested vaccinations for your baby.



CONTRACEPTION



In the Family Consulting Office you can:

- Get information about contraceptive devices to protect you from unwanted pregnancies.
- Be visited by a gynaecologist (pelvic examination), almost always a woman, who will give you all the information you need.
- Learn about sexually transmitted diseases.
- Talk about any sexually related problem.

THIS SERVICE IS FREE OF CHARGE.



Family Consulting Offices

Distretto	Address	Tel.number	Opening Hours
1	via Margottini, 19 - Fiumicino	06.6522533	monday to friday. 8.30-14.00 tuesday. and thursday. 14.30-17.30
2	l.mare Toscanelli, 230 - Ostia	06.56483024	Mon., wed., thu. 8.00-17.30 Tues. and friday. 8.00-13.30
2	via del Poggio di Acilia, 69/79 - Acilia	06.52360379	monday, wednesday, friday 8.00-13.30 tuesday. 8.00-17.30 thursday. 8.00-12.30
3	via Brugnato, 2 (Trullo)	06.65743902 06.65743951	monday to friday 8.30-13.30 wednesday 14.30-17.00
3	l.go Quadrelli, 5 (Corviale)	06.6551681 06.6555078	monday to friday 8.30-13.30 thursday 14.30-17.00
3	via della Magliana, 256 (Magliana)	06.5500493	monday to friday. 8.30-13.30 thursday 14.30-17.00
4	via Avanzini, 39 (Pisana)	06.66156315	monday to friday. 8.30-13.30
4	via della Consolata, 52 (Bravetta)	06.66157291	monday to friday 8.00-13.00 thursday 15.00-17.00
4	via Ozanam, 126 (Monteverde)	06.58209266	monday. to friday 8.30-13.30 tuesday 15.00-17.00
4	via Belfanti 76/A (Massimina)	06.66180757	monday to saturday 8.00-13.00 tuesday 14.30-17.30

FAMILY CONSULTING OFFICES ARE FREE OF CHARGE SERVICES

Family Consulting Offices

Distretto	Address	Tel.number	Opening Hours
1	via Margottini, 19 - Fiumicino	06.6522533	Mon. to fri.. 8.30-14.00 Tues.. and thu. 14.30-17.30
2	l.mare Toscanelli, 230 - Ostia	06.56483024	Mon., wed., thu. 8.00-17.30 Tues. and friday. 8.00-13.30
2	via del Poggio di Acilia, 69/79 - Acilia	06.52360379	Mon., wed., fri. 8.00-13.30 tuesday. 8.00-17.30 thursday. 8.00-12.30
3	via Brugnato, 2 (Trullo)	06.65743902 06.65743951	monday to friday 8.30-13.30 wednesday 14.30-17.00
3	l.go Quadrelli, 5 (Corviale)	06.6551681 06.6555078	monday to friday 8.30-13.30 Thursday 14.30-17.00
3	via della Magliana, 256 (Magliana)	06.5500493	monday to friday. 8.30-13.30 Thursday 14.30-17.00
4	via Avanzini, 39 (Pisana)	06.66156315	monday to friday. 8.30-13.30
4	via della Consolata, 52 (Bravetta)	06.66157291	monday to friday 8.00-13.00 Thursday 15.00-17.00
4	via Ozanam, 126 (Monteverde)	06.58209266	monday. to friday 8.30-13.30 tuesday 15.00-17.00
4	via Belfanti 76/A (Massimina)	06.66180757	Mon. to saturday 8.00-13.00 Tuesday 14.30-17.30

Poliambulatori and Hospital

For reservation call:

- Local **CUP** (see table below)
- **Call Center:** 848783804, from monday to friday 9.00-19.00 - saturday 9.00-14.00
- **CUP regionale:** 800986868, from monday to friday 7.30-19.30 - saturday 8.00-13.00

Distretto	Address	Tel. number	Local CUP
1	via Coni Zugna, 173 - Fiumicino	848.783.804	Mon. to friday 8.00-17.30 saturday 8.00-12.30
2	via Paolini, 34 Ostia	848.783.804	Mon. to friday 8.00-17.30 saturday 8.00-12.30
2	Via Casalbernocchi, 61 Acilia	848.783.804	Mon. to friday 8.00-17.30 saturday 8.00-13.00
3	Pres. Osp. Integr. Portuense Via dei Badoer 5	06. 6550020 848783804	Mon. to friday 9.00-13.00 15.00-17.00
3	Via Vaiano 53	848.783.804	Mon. to thurs. 8.00-17.30 Fri. and satur. 8.00-13.00
4	Via Revoltella, 151	848.783.804	Mon. to friday 8.00-17.30 saturday 8.00-13.00
	Ospedale G. B. Grassi via Passeroni, 21	848.783.804	Mon. to friday 8.00-17.30 saturday 8.00-13.00

Family Consulting Offices and Vaccination Centres

Distr.	Address	Tel. number	Opening Hours	Remarks
1	Via della Pineta, Fregene	06.66565035	Monday and wednesday 8.30 - 12.00	only paediatrician (reser. required)
1	Via Coni Zugna 171 - Fiumicino	06.6584245	monday 8.30-12.00 tues. 9.30-12.30/14.30-17. thursday 9 -12.00 (adults) wed. 9.30-12.00 e 14.30-17.	reservation by phone call
1	Via Aurelia Km 30.600 - Palidoro	06.61697271	monday 10.00-12.30 thursday 8.30 - 12.30	only paediatrician (reser. required)
2	L.gomare Toscanelli 230 - Ostia (piano terra) vaccinazioni pediatriche	06.56483037 06.56483060	monday to friday 9.00 - 12 tues. and wed.. 14.30 - 17.00	reservation by phone call
2	L.gomare Toscanelli 230 - Ostia (piano terra) vaccinazioni adulti	06.56483040	Mon., thur. and fri. 8,30-10,45 tues. and wed. 8.30-12.00	reservation by phone call
2	Via del Poggio di Acilia 69/79 - Acilia	06.52360240	monday to friday 8.30 -11.45 tues. and wed. 14.30 - 17.00	reservation by phone call
3	Consultorio Corviale L.go Quadrelli 5	06.6555078 06.6551681	tuesday and wednesday 8.30- 12.30	0 - 6 years reser. required
3	Consultorio Trullo Via Brugnato 2	06.65743890	monday, thursday and friday 8.30 -12.30	0 - 6 years reser. required
3	Via Portuense 1397-Ponte Galeria	06.65001179	tuesday and friday 8.30 - 12,30	0 - 18 years reser. required
3	Consultorio Magliana Via della Magliana 256	06.5500493	monday, tuesday, thursday, wednesday 8.30 - 12,00 wednesday 14.30 - 17.00	0 - 6 years reservation required
3	Via Portuense 571	06.5548408	0-6 years: by appointment tel. mon.- fri. 12 - 13.30; 7-18 years: wedn.-sat. 8.30 -12.00; wed. 14.30-17: appointment.	children vaccinations
4	Via Portuense 571	06.5548438 (paediatrician)	monday to friday 8.00-12.30 sab. 8.00-11.30 mart. 14.00-16.30	Children vaccinations reser. required
4	Via Portuense 571	06.5548406 (adults)	monday to friday, 8.00-12.30 saturday 8.00-11.30	Adult vaccinations free access
4	Consultorio Massimina Via Belfanti 76/A	06.66180757	thursday and friday 8.30 - 12.30	0 - 18 years, reser. required
4	Via della Consolata 52	06.66152954	monday, thursday and friday. 9.00 - 12.00	0 - 18 years, reservation required



Centres for Mental Health (CSM)

address	Tel. number	Opening Hours
I.go dello Spinarello, 12 Fiumicino	06.6505072 06.6507175	monday to wednesday 8.00-20.00 friday and saturday 8.00-14.00
via delle Sirene Ostia	06.56483700	monday to friday 8.00-20.00 saturday 8.00-14.00
via dell'Imbrecciato, 129 Roma (Municipio XV)	06.522872804	monday to friday 8.00-20.00 saturday 8.00-14.00
via del Casaletto, 400 Roma (Municipio XVI)	06.6538821 06.65742172	monday to friday 8.00-20.00 saturday 8.00-14.00
via del Poggio di Acilia, 78 (Acilia)	06.52358264	monday, wednesday, friday. 8.00-14.00 tuesday and thursday 8.00-20.00

SPDC (psychiatric departments)

via Portuense, 332 Roma (ospedale Forlanini)	06.55552471 06.55552474	24 hours a day (check in procedures at the Emergency Rooms of S.Camillo)
via Passeroni, 28 Ostia (ospedale G. B. Grassi)	06.56482020	24 hours a day