

Preparing for Your Visit

The Florida Department of Health in Lee County strives to create a comfortable and convenient atmosphere for accessing family planning services.

We have provided a brief overview of what to expect when you arrive at our health departments and tips on how to prepare for your visit.

Preparing for Your Visit

- Bring a photo ID, insurance card, proof of income and payment, if required.
- Call us as soon as possible if you need to change or cancel an appointment.
- *Please refrain from inserting anything in the vagina, including vaginal creams and abstain from insertive vaginal/anal sexual intercourse for at least 24 hours before your appointment.
- Additionally, feel free to ask about other programs and services offered at The Florida Department of Health in Lee County.

During Your Visit

- You will be asked to share information about your financial eligibility (ability to pay based on your family size and income) and whether you have a primary care provider.
- Someone will check your height, weight, blood pressure, and collect urine and/or blood samples.
- The nurse or clinician will ask you questions regarding your medical history, such if you have or had any medical conditions, surgeries or medical procedures, allergies, family medical history, the first day of your last menstrual period, how many times you've been pregnant, and history of your current issue, as applicable.
- Your provider will perform a medical assessment, including reproductive life plan, contraceptive history, health goals and sexual health assessment.
- You will receive education and counseling to support your family planning goals.
- You may have a physical exam, as determined by both you and your family planning provider.
- You may have lab tests performed. Your results will return within 1-2 weeks. Generally, you will only be notified of your results if they are abnormal. Your results will be available through the patient portal, however, you may schedule a separate appointment with one of our family planning health care providers if you would like to discuss your lab results.
- You may receive a medical referral or schedule a follow-up appointment depending on your personal health care needs.

Family Planning Fees

The Florida Department of Health in Lee County offers family planning services subject to a sliding fee scale. Based on your income and family size, you may be able to receive services for a reduced cost. Services will not be withheld based on inability to pay.