

# Welcome to the Monroe County Health Department Family Planning Program!

**MCHD Family Planning/STD Clinic**  
**2353 S. Custer Road**  
**Monroe, MI 48161**  
**734-240-7840**



The Family Planning program at the Monroe County Health Department (MCHD) is open to clients of all ages, genders, and income levels. The clinic provides confidential services for clients, including reproductive education, testing and treatment for sexually transmitted infections, reproductive health exams, and birth control methods.

**If you're not sure what to expect at your first visit,  
we've got some information to help!**

## When You Arrive

Our Family Planning/STD clinic is located inside of the MCHD building at the corner of S. Custer Road (M-50) and Herr Road, next to Monroe High School. You can park and enter on the S. Custer (M-50) side of the building. Your first step will be checking in at the front desk.

From there, you'll spend a few minutes with a member of our staff to complete consent forms and to answer a few questions about you, such as income and contact information. Because services are confidential, it's important that we know if and how we may contact you so your privacy is maintained.

Next, you'll spend 20-30 minutes with one of our health technicians and/or nurses. They will ask you questions about your health history, medications & allergies, family medical history, relationships, and social history (including questions about tobacco and alcohol use).

## During the Physical Exam

If you're UNDER age 21\*, your exam will include: If you're OVER age 21, your exam will include:

- Height
- Weight
- Blood pressure
- Urine test
- Counseling to determine which type of birth control is right for you
- Reproductive health counseling
- Birth control method/device
- Referrals as needed

- Height
- Weight
- Blood pressure
- Urine test
- Breast Exam
- Pelvic Exam
- Pap Smear (every 3 years, or as needed for abnormal results)
- Counseling to determine which type of birth control is right for you
- Reproductive health counseling
- Birth control method/device
- Referrals as needed

\*Individuals under age 21 may need additional examinations/testing depending on any symptoms, concerns, or health history

## After the Exam

After your examination, the nurse practitioner or physician will discuss any problems, concerns, or issues found during the history and physical exam. If any treatment or follow up are required, you will be provided information and instructions on next steps. Your reproductive health is important to us, so if you have any questions, please be sure to ask.

If lab tests such as a Pap smear, STD screening, or HIV test were done during your appointment, the results are usually available from the health department's nursing staff within a week. If you test positive, we will provide treatment, counseling, and/or referrals at no additional charge.

### Looking for more info? Check out these resources!

[American College of Obstetricians and Gynecologists  
Your First Gynecologic Visit](#)

[Centers for Disease Control and Prevention  
Contraceptives  
Sexual Health  
Sexually Transmitted Diseases \(STDs\)](#)

[Love is Respect  
Healthy Relationships](#)

[National Sexual Assault Hotline  
Call 800.656.4673 or chat online at \[online.rainn.org\]\(https://online.rainn.org\)](#)



**We're here for you!**

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Family Planning/STD Clinic  
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The Monroe County Health Department does not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, gender identity or expression, sexual orientation, handicapping condition, number of pregnancies, marital status, source of payment, or political belief.

Handout adapted from resources created by the Washtenaw County Health Department and the Western Upper Peninsula Health Department (2021)

## Tips for your appointment

It is your right to ask for a different health care provider if you do not feel comfortable with the one you have.

For those who menstruate: If you can, come prepared to this visit by knowing the date your last period started.

Please reschedule your exam if you are on your period unless you need to be seen because you are having an abnormal discharge, burning when you pee, lower belly pain or bleeding when it isn't your period time.

It is your right to bring someone into the exam room with you, family member or friend, if you choose.

None of this should hurt, but it might be uncomfortable. The best way to deal with this discomfort is to take some slow deep breaths. Breathe in through your nose and blow out through your mouth. If you feel any pain during the exam, tell your health care provider.

Know your body so you can tell when anything changes.

**Ask questions!** This is a great time to ask about your body, sex, STIs, and birth control.