

The right to
sexual and
reproductive
health in the
Basque Country's
health system.



One of the guiding principles of the Basque Health System is the universality of its health care and full access under equal conditions to the services provided. In particular, **all foreign nationals whether their administrative status has been regularised or not, have the same health rights as everyone else.**

This principle is contained in the “Declaration on rights and obligations for those within the Basque health system”, which includes among other things:

SPECIFIC RIGHTS ON SEXUAL AND REPRODUCTIVE HEALTH

With regard to sexual and reproductive health, patients and users of the Basque health system have the following rights:

- **To receive assistance and sexual education** during the different phases of their life cycle which includes receiving information and advice regarding sexually transmitted diseases, family planning methods, reproduction (assisted or natural), voluntary interruption of pregnancy as well as the menopause and post menopause.
- **To receive health care** during pregnancy, birth and puerperium.
- **To support the mother’s active participation during pregnancy and birth** by facilitating communication with the health centre about preferences regarding the birth, including the possibility of rejecting certain interventions during birth without harming the health of the mother or baby such as: interventions exclusively leading to the acceleration or delay of the birth, administration of analgesics, enemas, shaving, episiotomy, position for dilation and at second stage of labour, etc.
- **To be accompanied** whenever possible by a partner or someone else of their choosing **while in hospital**, before, during and after the birth.
- **To have their child with them while in hospital**, and afterwards whenever they attend the health service.

- **To be informed and educated about breast-feeding** with the aim of encouraging its use when feeding the baby, however, while always respecting personal choice.
- **To exercise the right to breast-feed** their child in any public space.
- **To access assisted reproduction techniques** under equal conditions when it has been prescribed and if the requirements have been fulfilled.
- **To receive information and guidance on the voluntary termination of pregnancy** within the conditions and requirements legally stipulated, guaranteeing the maximum speed, safety and confidentiality of the process.

To exercise all these rights, the diverse cultural viewpoints of each person are respected with no discrimination on the grounds of age, racial, ethnic or national origin, sexuality, beliefs or ideologies, socio-economic status, functional ability, etc.

The different ways of living one’s sexuality are also respected and there is a right to receive support and guidance for reaching a fulfilling sexuality.

FOR FURTHER INFORMATION, EDUCATION AND/OR ASSISTANCE YOU CAN CONTACT:

-
- ➔ Your primary care doctor at your health centre.
-
- ➔ The midwife at the Woman’s Assistance Centres, no prior appointment necessary.
-