

Supplementary Table 1: Additional Quotes

Contrasts between Family Planning in the UK and China

P10: I like [family planning services in the UK] very much because there is more freedom of choice and I feel more relaxed and I am not forced to make any decisions and I am able to make decisions based on my needs and requirements. In the UK there are a lot more options for people to choose. In China, people can only choose between the coil or getting sterilised.

P10: If I were in China I would obviously be sterilised since I have 3 children. If you had two children you would also be sterilised. If they were two girls you would also be sterilised

P3: Yes it's better here in the UK because in China, after you have 2 girls you will be made to have your tubes tied. That is the tradition of China. However, in the UK you can have as many children as you would like

The Knowledge Gap

P8: In China, my parents were strict and I was sheltered and unknowledgeable regarding sexual matters. After coming to the UK and having a sexual relationship with my boyfriend, my understanding at the time when I was 21 about intercourse was very limited, so immediately after intercourse, I would go for a pee and thought that that would prevent pregnancy. I now understand that this concept is laughable, but at the time it is all I knew.

P5: In China, the government would order me to be fitted with a coil because the government has regulations, and there would be no place to get information on contraception due to lack of choice

P8: In secondary school we had health education classes but sexual topics were never discussed. However, the boys would openly discuss amongst themselves and the girls would remain embarrassed about such topics

Acquisition of Knowledge in the UK

P2: In the UK after having each child the doctor will give you information regarding the different types of contraception so that we can choose and consider.

P8: Even if we don't approach the topic our GPs will initiate discussion over it, which gives us more confidence to speak about such topics. Now that I've had some experience with family planning, I am more open to asking friends of the same age about it. So through these two routes I have gradually built up my knowledge about family planning

P8: When my daughter gets older towards her adolescent period, I will have more knowledge to advise her and I would like her to be more knowledgeable in this area when she comes to relationships with boys so that if she has sexual relationships there won't be any unexpected outcomes. Having such knowledge would be good for her relationship development

Influences on Method Used

P3: I still would rather trust my friends' advice on the best method of contraception. If none of my friends can give me an ideal answer, it worries me.

P8: I chose the 10 year coil because all my friends use the 10 year coil

Misunderstandings and Inadequate Information

P9: [The implant] causes me to gain weight because my periods are not coming

P9: The doctors have also told me that I should regularly check my breasts so I asked if there is a particular danger to me because of having the implant but the doctor told me that even if I didn't have it I would still have to regularly check my breasts. Whether the implants increase my chances of getting breast cancer, I am still unsure about this information

P3: The doctor explains to us about issues with contraception failing and we don't entirely understand so it makes us worry.... I have received leaflets from doctors but they do not describe adverse reactions. Also, the long-term effects have not been explained to me so I get worried

P2: In the past, in China, I was put on the coil. Then I came to the UK. That time after being fitted with the coil, I had an adverse reaction. Perhaps it was the coil's problem, or a problem with my body, I'm not sure. This was a major problem, particularly during ovulation I would bleed significantly. For a period of time I thought I had developed cancer and at the time I was not registered with a GP so had no means of seeing a doctor so I thought before dying I should make some more money to send home

Menstruation, Balance, and Contraception

P9: My understanding is that the coil still allows for normal menstruation. The implant in the arm stops menstruation

P7: Currently, I am considering other methods of contraception... My concern is not that contraception prevents me from having children, but that it is an unnatural method... because it reduces the volume of menstruation from normal which makes it unnatural

P5: I would ask the GP which is better and which affects the amount of menstruation more. He would tell me some methods cause more menstruation, others less, so I chose this one

P8: I have also considered implants, but because my family advised that it was unnatural because it stopped menstruation that it would affect my internal balance.

P6: OCP disrupts the body's balance

P4: I choose to use condoms because this way my periods are regular and it does not cause any harm to the body.

P4: When I was on the coil, people would tell me that it wasn't good because the periods were not regular so I had it removed and now I'm afraid of these contraceptive methods so I now use condoms

Barriers to Accessing Contraceptive Services and Information

P9: For people like us, who have a language barrier and are attending a GP to get contraception fitted, the most that I am able to understand, is probably the effectiveness of the contraceptive and how safe it is, but I would like to know more about the side-effects of the implant and the implications of its stopping menstruation.... I'd like to be provided, not only with information on its efficacy, but also its side-effects and the most recent research findings on the contraception.

P1: What I need most is information because after obtaining the information I will know how to use the method effectively

P1: In the UK, I can't speak English, so regarding [family planning] information I know much less. But at least I know if I don't want any more children I can go to my GP to get it.

P8: At the time when I was 8 months pregnant with my daughter, I was quite worried because I was bleeding, so I went to a doctor in London. I was shocked to discover that the doctor was male and from Hong Kong, so I requested that the doctor be changed to a female doctor. The doctor told me that I had pointed to a nurse, and was told that there was no difference between male and female doctors, but I feel that we Chinese are more sensitive to being seen by doctors of the opposite sex. In China, I would not be as bold to approach a doctor regarding such issues.