

## There are lots of contraceptive options, but which one is best for you?

Remember that condoms are the only contraceptives that protect you and your partner against sexually transmitted infections such as chlamydia or HIV.



For more information, please visit [www.contraception.co.uk](http://www.contraception.co.uk)

The information stated here does not replace the advice of your healthcare professional.

Side effects should be reported.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at <http://www.mhra.gov.uk/yellowcard>

# Life changes Perhaps your Contraception should too

For maximum protection, combine condoms with another form of contraception to protect against both STIs and unplanned pregnancy.

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