

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



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

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# Your options

		Longer-lasting							Temporary				
		Permanent											
		Sterilisation	Copper IUD (intrauterine device)	Hormonal IUS (intrauterine system) 32 x 32 mm	Hormonal IUS (intrauterine system) 28 x 30 mm	Implant	Injection	Vaginal ring	Patch	Contraceptive pill	Contraceptive cap	Condoms (male and female)	Fertility awareness
													
Method of contraception		Permanent non-hormonal	Long-acting non-hormonal	Long-acting hormonal			Regular routine hormonal			Barrier		Timing	
How long does it last?		Permanent	5-10 years	4-5 years	3-5 years	Up to 3 years	8-13 weeks	4 weeks	1 week	1 day	Single use	Single use	Depends on your cycle
Effectiveness at preventing unplanned pregnancy	Perfect use	>99%					>99%				94%	97%	97%
	Typical use	>99%					94%	91%	91%	91%	88%	81%	76%
Contains oestrogen?		<b>X</b>						<b>✓</b>		Combined: <b>✓</b> 'Mini-Pill': <b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Benefits		Non-hormonal No need to take every day Discreet	Non-hormonal No need to take every day Can be removed any time by a trained doctor or nurse Discreet	Can treat heavy periods No need to take every day Can be removed any time by a trained doctor or nurse Discreet	Low daily dose hormone No need to take every day Can be removed any time by a trained doctor or nurse Discreet	No need to take every day Can be removed any time by a trained doctor or nurse Discreet	No need to take every day Discreet	Self administered Can stop at any time Monthly form of contraception	Self administered Can stop at any time Weekly form of contraception	Self administered Can stop at any time	Self administered Can stop at any time Hormone free	STI protection Hormone free	Hormone free
Considerations		Non-Reversible	May cause heavier bleeding or cramping	May cause a change in bleeding pattern	May cause a change in bleeding pattern	May cause a change in bleeding pattern	May cause a change in bleeding pattern	Can be uncomfortable or irritating	Is visible May become loose or fall off	Need to remember it every day	Has to be used with spermicide Must be kept in place for 6 hours after sex	Can interrupt sex Can split during use	Very low reliability
Does it require repeat doctor/nurse appointments?		<b>X</b>					<b>✓</b>				<b>X</b>		
After stopping will I return to my usual level of fertility without delay?		<b>X</b>	<b>✓</b>			<b>X</b> – can take up to a year		<b>✓</b>					
How do you get it?		Procedure under local/general anaesthetic	Placed by doctor/nurse				Prescribed by doctor/nurse – self-administered				From doctor/nurse, shop or pharmacy – self-administered	Self-administered	