

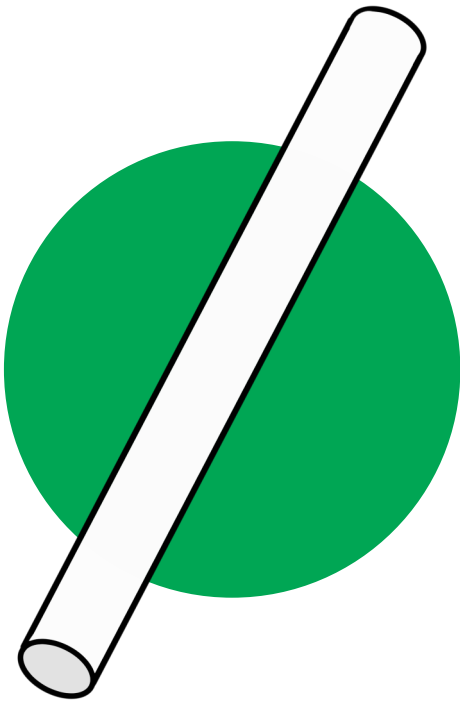
**LONG ACTING
AND REVERSIBLE**

SHORT ACTING

NON-REVERSIBLE

**EMERGENCY
CONTRACTPTION**

CONTRACEPTIVE IMPLANT



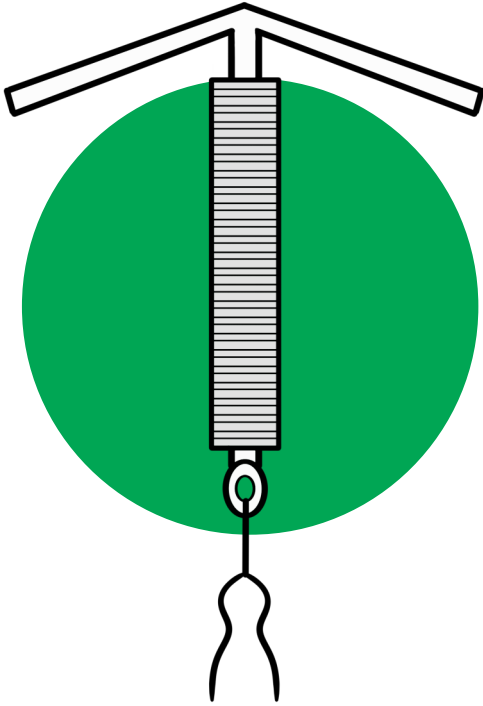
- This is a small flexible rod that is placed just under the skin in the upper arm. It contains the hormone progestogen which is slowly released into the body.
- Once fitted, it prevents pregnancy for up to 3 years.
- It has to be fitted by a doctor or nurse.
- It does not protect you from STIs.

CONTRACEPTIVE INJECTION



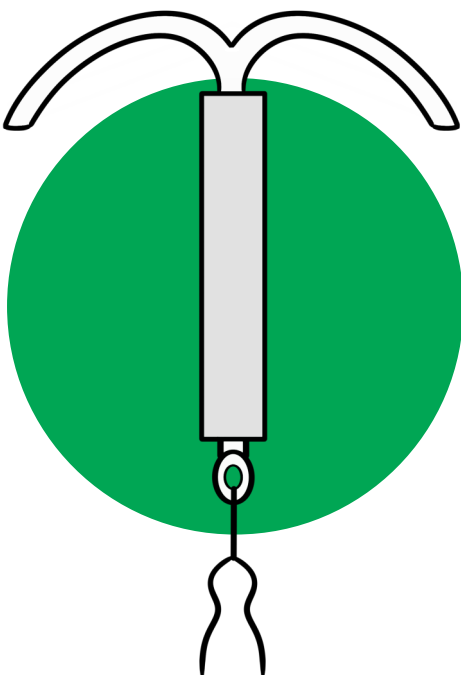
- An injection of the hormone progestogen which is similar to the progesterone naturally produced in the ovaries and controls your fertility.
- Once injected, it works for 8, 12 or 13 weeks (depending on which injection is used).
- It doesn't protect you from STIs.
- It increases appetite.
- It can cause side effects including headaches, mood swings, breast tenderness and irregular bleeding.

IUD (INTRAUTERINE DEVICE)



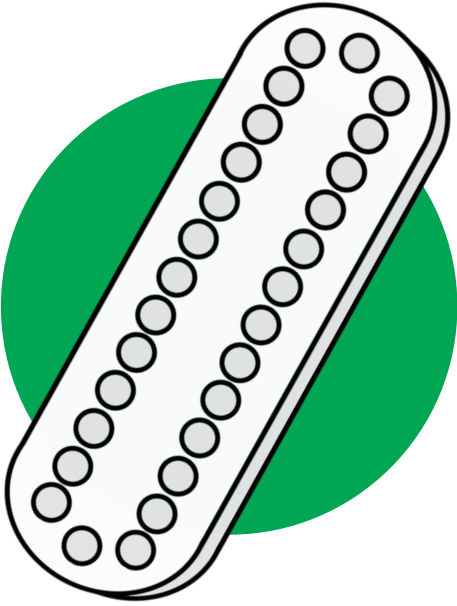
- This is a small, T-shaped plastic device which contains copper. It is put into the womb through the vagina by a doctor or nurse. The IUD does not contain hormones.
- Once fitted, it prevents pregnancy for between 5 and 10 years depending on type.
- It does not protect you from STIs.
- 1 in 10 women find their periods are heavier and/or more painful and/or last longer.

IUS (INTRAUTERINE SYSTEM)



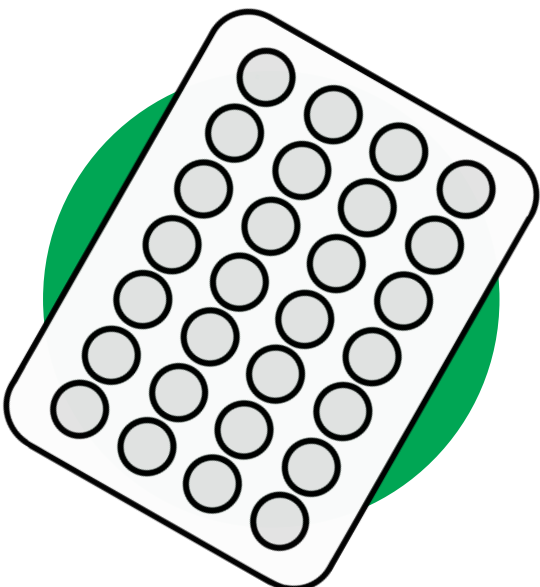
- This is a small, T-shaped plastic device, which contains the hormone progestogen. The device is put into the womb through the vagina by a doctor or nurse.
- Once fitted, it prevents pregnancy for between 3 and 5 years depending on type.
- It doesn't protect you from STIs.
- It can cause side effects which are temporary and include skin problems, headaches, and breast tenderness.

COMBINED CONTRACEPTIVE PILL



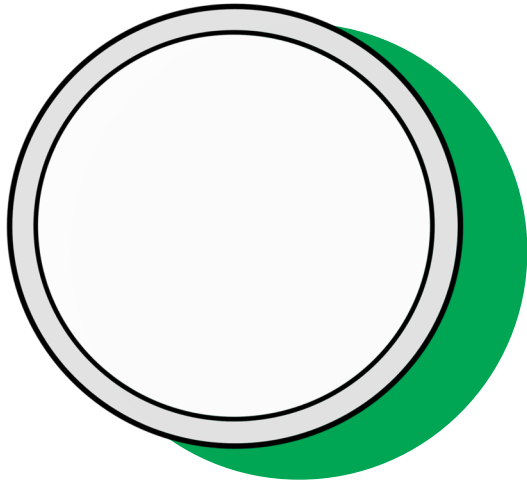
- The combined pill contains the hormones progestogen and oestrogen, and is taken orally to prevent pregnancy.
- Can help make periods lighter, more regular and also reduce period pains.
- It does not protect you from STIs.

PROGESTOGEN ONLY PILL



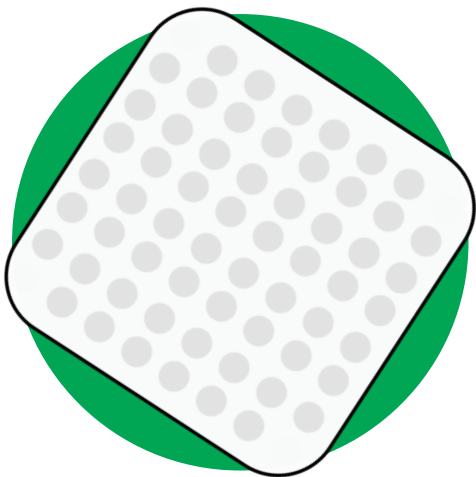
- Sometimes known as the mini pill or POP, and contains the hormone progestogen. This pill is taken orally to prevent pregnancy.
- It can be taken by those who cannot use contraception containing oestrogen.
- It doesn't protect you from STIs.
- It has to be taken daily and ideally at the same time each day.
- May be less effective when taking some other medicines and/or antibiotics.

CONTRACEPTIVE VAGINAL RING



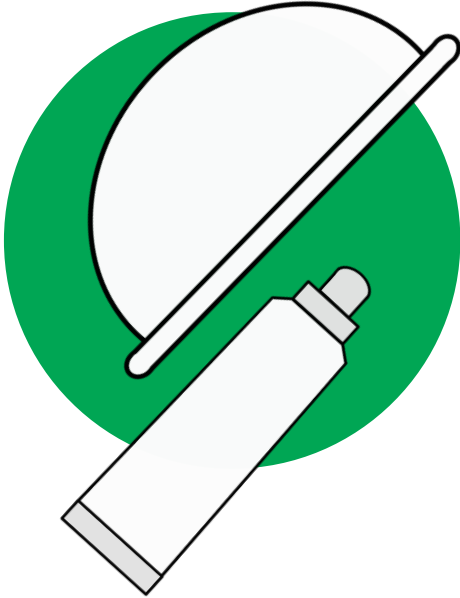
- This is a soft, flexible, plastic ring that is inserted into the vagina and sits around the cervix. It gradually releases the hormones oestrogen and progestogen to control fertility and prevent pregnancy.
- It can be inserted by yourself and stays in place for 3 weeks.
- It does not protect you from STIs.
- Some users may experience vaginal irritation and unusual discharge.

CONTRACEPTIVE PATCH



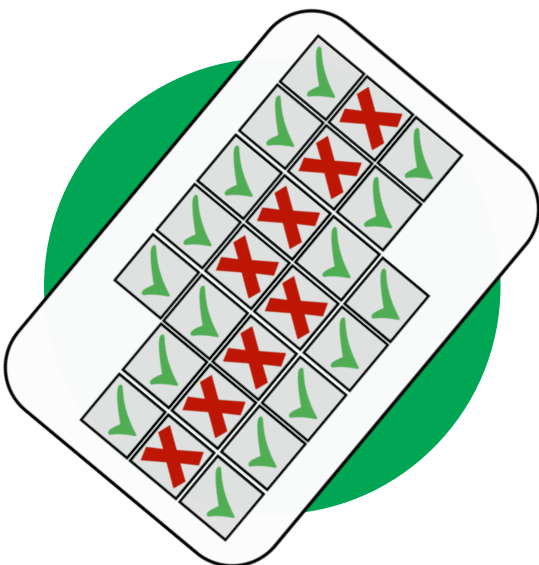
- This 5cmx5cm beige patch is applied to the skin and gradually releases the hormones oestrogen and progestogen to control fertility and prevent pregnancy.
- Once you have put a patch on, replace it once a week with a new one.
- It doesn't protect you from STIs.
- Common side effects in the first few months of using the patch include headaches, nausea, breast tenderness and mood swings.

DIAPHRAGMS AND CAPS



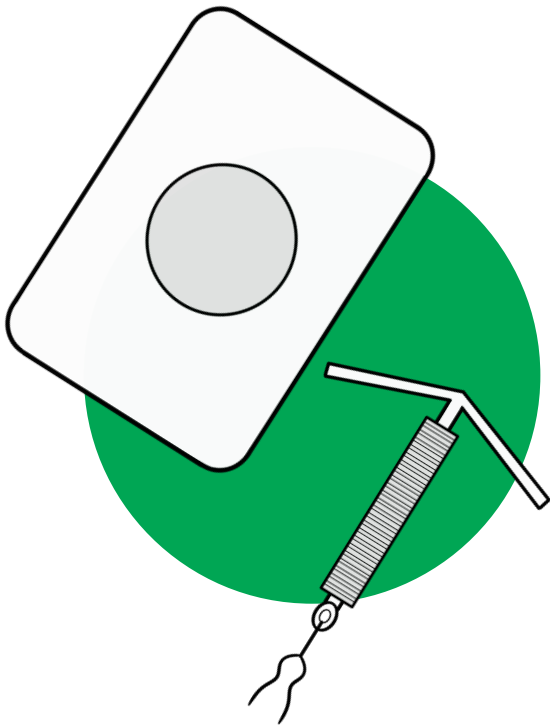
- This is a reusable, dome shaped device, of either latex or silicone, which is inserted into the vagina, over the cervix, before sex.
- The cap should be used with a contraceptive jelly which helps to kill the sperm.
- They need to be kept in place for at least 6 hours after sex before removing.
- They do not protect you from STIs.
- They are not as effective as other methods of contraception (only 92-96% effective).

FERTILITY AWARENESS



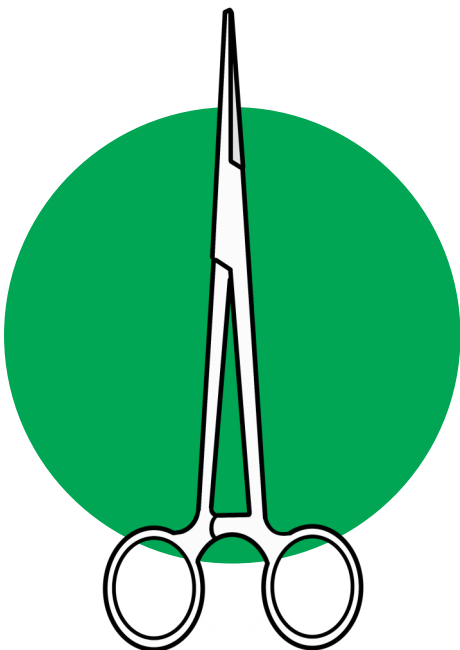
- This involves working out when someone is at the most fertile phase of their monthly cycle, and avoiding sex without contraception during this time.
- Does not involve taking any hormones, chemicals, or devices.
- It is not a reliable method of contraception as our bodies/fertility can be unpredictable.
- It doesn't protect you from STIs.
- Avoid sex or use contraception during fertile times.

EMERGENCY CONTRACEPTION



- There are two methods of emergency contraception that prevent pregnancy: the emergency contraception pill and the intrauterine device (IUD).
- Some pill brands (and the IUD) can be used up to 5 days after unprotected sex.
- It does not protect you from STIs.
- Certain medicines can reduce the effectiveness of some types of pill.

STERILISATION



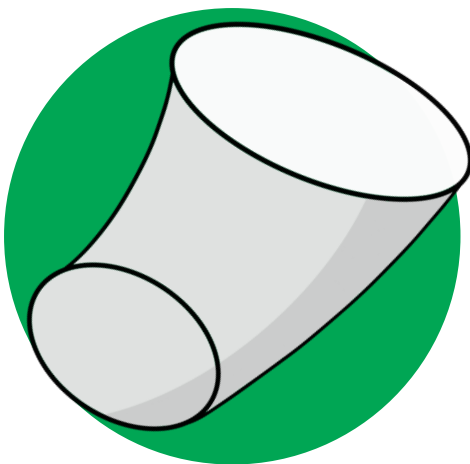
- This is a permanent method of contraception, which involves surgery to stop sperm from ever meeting an egg. It may be a suitable method of contraception for people who are sure they never want children, or do not want any more.
- Both women and men can be sterilised (male sterilisation is often known as a vasectomy).
- It doesn't protect you from STIs.
- Sterilisation cannot easily be reversed and are rarely funded on the NHS.

EXTERNAL CONDOM



- External condoms are available in a range of sizes and textures and while most are made of latex, non-latex varieties are also available.
- External condoms cover the penis during sex and prevent sperm from entering the vagina.
- External condoms offer protection against most STIs.
- Each external condom can only be used once.
- They are not mistake proof.

INTERNAL CONDOMS



- Internal condoms act as a barrier to prevent sperm from entering the vagina.
- Internal condoms have an internal ring that is placed over the cervix, while the condom lines the vagina and the opening lies just outside.
- Internal condoms offer protection against most STIs.
- Each external condom can only be used once.
- They are not mistake proof.