

WHAT ARE MY CONTRACEPTIVE OPTIONS?

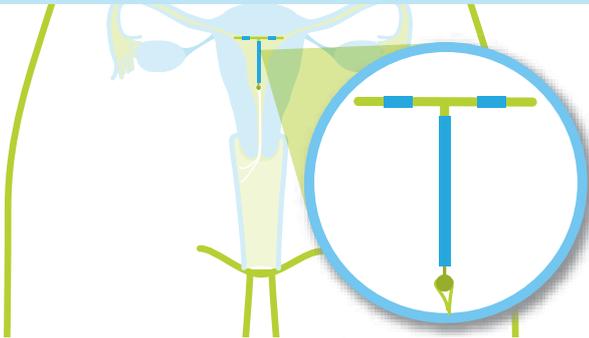
Contraceptive methods suitability will depend on your medical history. Please speak to your doctor or nurse if you want more information.

Don't want to think about contraception everyday/ every time you have sex?

Then why don't you consider Long Acting Reversible Contraceptive methods (LARC)

IUD or coil (intrauterine device)

Fitted into the womb – lasts for 5 or 10 years depending on the type
Does not contain hormones so does not interact with other medication



ADVANTAGES

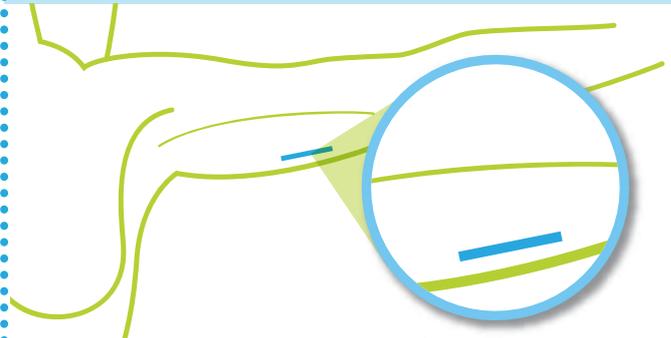
- ✓ Typical and perfect use effectiveness: over 99%*
- ✓ For women who want longer-term contraception but do not want to take hormones
- ✓ Fertility should return to levels expected for you after removal

DRAWBACKS

- ✗ Women may have changes in menstrual patterns (periods)
- ✗ Insertion and removal must be performed by trained healthcare professionals

Contraceptive implant

Fitted just under the skin in the upper arm – lasts for up to 3 years
Contains progestogen



ADVANTAGES

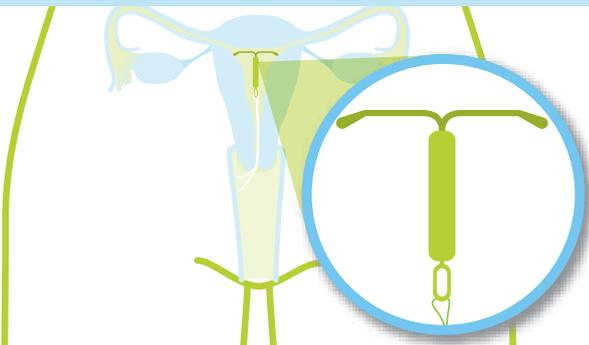
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DRAWBACKS

- ✗ Women may have changes in menstrual patterns (periods)
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IUS (intrauterine system)

Fitted into the womb – lasts for 3 or 5 years depending on the type
Contains progestogen



ADVANTAGES

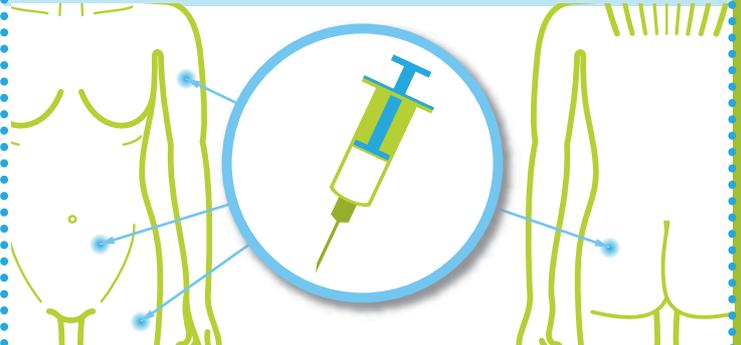
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DRAWBACKS

- ✗ Women may have changes in menstrual patterns (periods)
- ✗ Insertion and removal must be performed by trained healthcare professionals

Contraceptive injection

Injected into the buttocks, arm, leg or abdomen every 8 to 13 weeks, depending on the type
Contains progestogen



ADVANTAGES

- ✓ Typical effectiveness: around 94%; Perfect use effectiveness: over 99%*
- ✓ Short-term LARC for women and couples awaiting sterilisation or vasectomy

DRAWBACKS

- ✗ Women may have changes in menstrual patterns (periods)
- ✗ Can take some time for fertility to return to normal

To find out more about your contraceptive options speak to your doctor/nurse or visit...

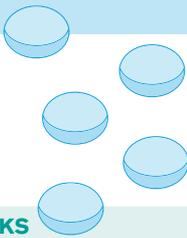
talkchoice.co.uk

Happy to think more often about your contraception?

Most methods below require consistent correct use to work effectively.

Combined pills (COC)

Taken orally
 Contains oestrogen and progesterone
 (Many types available containing different combination of oestrogen and progesterone in different dosing schedules)



ADVANTAGES

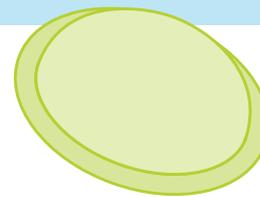
- ✓ Typical effectiveness: 91%; Perfect use effectiveness: 99%*
- ✓ For women who do not want a long term contraceptive method and are able to comply with the daily medicine schedule
- ✓ Often reduces bleeding and period pain, and may help with premenstrual symptoms

DRAWBACKS

- ✗ Oestrogen component may not be suitable for some women depending on medical history
- ✗ May not be suitable for women who could forget to take their pill
- ✗ Effectiveness can be affected by vomiting or diarrhoea

Diaphragms & Caps

Barrier method of contraception, that fits inside the vagina
 Does not contain hormones
 Use is not restricted due to your medical history



ADVANTAGES

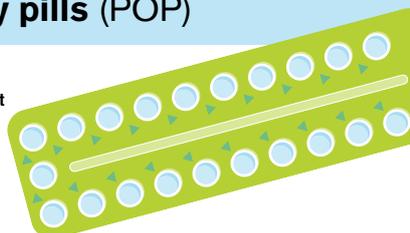
- ✓ Typical effectiveness: 71–88%*
- ✓ Effective in 92–96% of women when used perfectly and with spermicide
- ✓ For women who do not want a long term contraceptive method but who wish to avoid taking hormones

DRAWBACKS

- ✗ Can take time to learn how to use it
- ✗ Involves forward planning or interruption of intercourse
- ✗ Can be messy as you need to use spermicide as well

Progestogen-only pills (POP)

Taken orally
 Contains only progesterone (Many different types available)



ADVANTAGES

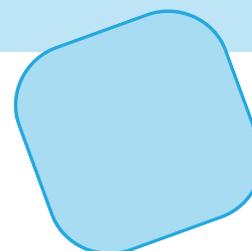
- ✓ Typical effectiveness: 91%; Perfect use effectiveness: 99%*
- ✓ May be suitable for women who do not want to or cannot take oestrogen e.g. due to medical history

DRAWBACKS

- ✗ Women may have changes in menstrual pattern (periods)
- ✗ Effectiveness can be affected by vomiting or diarrhoea
- ✗ May not consistently prevent egg release

Patch

A small patch stuck onto the skin, that releases hormones
 Contains oestrogen and progesterone



ADVANTAGES

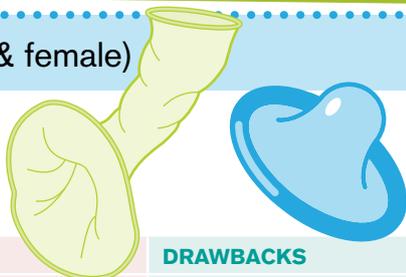
- ✓ Typical effectiveness: 91%; Perfect use effectiveness: 99%*
- ✓ Applied once a week for 3 weeks each month
- ✓ Not affected by vomiting and diarrhoea

DRAWBACKS

- ✗ May be seen on the skin
- ✗ Oestrogen component may not be suitable for some women depending on medical history

Condoms (male & female)

Barrier method that the man or woman can use
 Does not contain any hormones
 Use is not restricted due to your medical history



ADVANTAGES

- ✓ Typical effectiveness for male condom: around 82%; Perfect use effectiveness: around 98%*
- ✓ Typical effectiveness for female condom around 79%; Perfect use effectiveness: around 95%*
- ✓ May be useful for those who wish to avoid taking hormones or, as additional protection
- ✓ The only contraceptive that offers protection against many sexually transmitted infections

DRAWBACKS

- ✗ Putting them on can involve interruption of intercourse
- ✗ The male condom can split or rupture
- ✗ The female condom could be accidentally pushed aside

Vaginal ring

Flexible ring which is placed inside the vagina
 Contains oestrogen and progesterone



ADVANTAGES

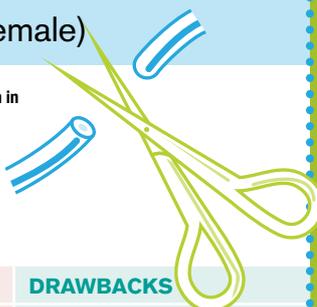
- ✓ Typical effectiveness: 91%; Perfect use effectiveness: 99%*
- ✓ Only needs to be replaced once a month (one week following removal)
- ✓ Not affected by vomiting and diarrhoea

DRAWBACKS

- ✗ Need to learn how to insert, a doctor or nurse can show you how to put it in
- ✗ Oestrogen component may not be suitable for some women depending on medical history

Sterilisation (male and female)

The fallopian tubes in women or the tubes carrying sperm in men (vasdeferens) are cut, sealed or blocked
 Does not involve any hormones



ADVANTAGES

- ✓ Failure rate is about 1 in 200 or 1 in 500 for females (depending on method) and 1 in 2,000 for males
- ✓ May be suitable for those who want a permanent method of contraception that involves no hormones

DRAWBACKS

- ✗ Cannot be easily reversed
- ✗ Involves an operation/procedure
- ✗ Sterilisation is not effective immediately

Natural methods

Recognising the fertile and infertile times of your cycle to plan when you should avoid intercourse
 Does not involve hormones

JANUARY						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
				23	24	25
				26	27	28
29	30	31				



ADVANTAGES

- ✓ Typical effectiveness: around 76%*
- ✓ May be useful for those who wish to avoid devices or hormones
- ✓ Can be used at all stages of reproductive life

DRAWBACKS

- ✗ Can take up to 6 months to learn effectively
- ✗ Stress or illness can make the method unreliable
- ✗ Need to avoid intercourse at certain times of the month and be highly motivated