

Contraception

Intrauterine Device (IUD)



The IUD is a small T-shaped plastic and copper device that is put into your womb

The copper stops the sperm and egg from surviving



It is very good at stopping pregnancy

It is over 99% effective at stopping pregnancy



It works for 5 or 10 years depending on the type used



What are the side effects?

Periods can sometimes get heavier, longer and more painful.



It requires a small procedure done by a nurse to put in and take out of your womb

Intrauterine System (IUS)



The IUS is a small T-shaped piece of plastic which is put into your womb

It releases hormones that stop pregnancy



It is very good at stopping pregnancy

It is over 99% effective at stopping pregnancy



It works for 5 years



What are the side effects?

Irregular bleeding or spotting is common in the first 6 months. Periods may stop.

Some women may get spots

Some women report having headaches and breast tenderness



It requires a small procedure done by a nurse to put in and take out of your womb

Contraceptive Implant



The contraceptive implant is a small flexible rod put under the skin of the upper arm

It releases a hormone to stop pregnancy



It is very good at stopping pregnancy

It is over 99% effective at stopping pregnancy



It works for 3 years



What are the side effects?

Periods may become irregular



Some report having mood changes and breast tenderness



It requires a small procedure done by a nurse to put in and take out the implant from your upper arm

Contraceptive Injection



The contraceptive injection releases a hormone to stop pregnancy



It is very good at stopping pregnancy

It is over 99% effective at stopping pregnancy



It works for 3 months



What are the side effects?

Periods may become irregular

It may make you gain some weight

Some report having mood changes



Once you have the injection, it cannot be removed.

If you have any side effects you will need to wait for the injection to run out

Contraceptive Pills



The contraceptive pills release hormones to stop pregnancy

There are 2 different types of pills



It is good at stopping pregnancy

Typically, it is around 91% effective at stopping pregnancy



You need to change the patch every week



What are the side effects?

Periods may be irregular or get longer



Some women report having mood changes



Some people can experience have sore breasts



Some things can affect how well the pill works like if you are sick or some other medications

Contraceptive Patch

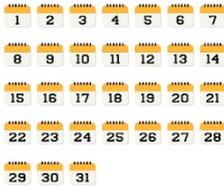


The contraceptive patch releases hormones to stop pregnancy



It is good at stopping pregnancy

Typically, they are around 91% effective at stopping pregnancy



You have to remember to take the pill everyday around the same time



sick feeling



What are the side effects?

It can cause bleeding between periods

At first, it may make you feel a bit sick

Some people can experience have sore breasts

Condoms



Condoms are worn on the penis

There are many different types of condoms

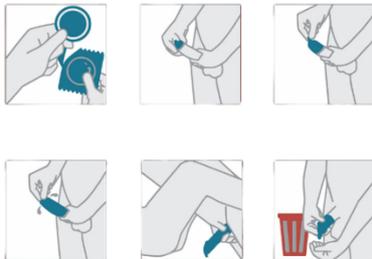


They are good at stopping pregnancy

Typically, they are around 85% effective at stopping pregnancy



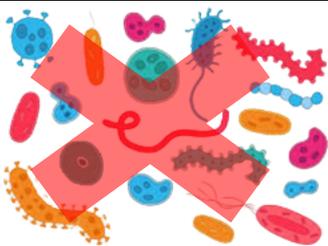
You need to use a new condom each time you have sex



What are the side effects?

They can interrupt sex whilst you put the condom on

You need to know how to properly use a condom



They are the only form of contraception to prevent sexual transmitted infections

Vaginal Ring



A soft plastic ring put in the vagina

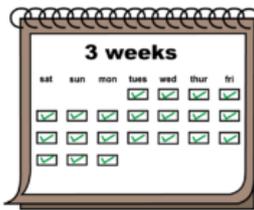
Releases hormone to stop pregnancy



It is good at stopping pregnancy

Typically, it is around 91% effective at stopping pregnancy

3 weeks



The ring stays inside of the vagina for 3 weeks



What are the side effects?

It can cause bleeding between periods

sick feeling



At first, it may make you feel a bit sick



Some people can experience have sore breasts