
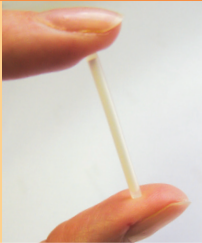
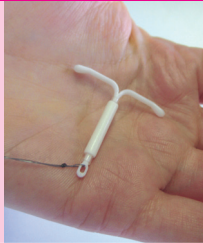
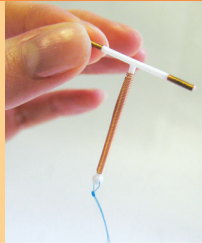


	Contraceptive injection	Implant	Intrauterine system (IUS)	Intrauterine device (IUD)
What is it?	<p>An injection, usually in your bottom, containing progestogen</p> 	<p>A small flexible rod inserted under the skin of the upper arm, which slowly releases progestogen</p> 	<p>A small plastic device, placed in the uterus, which slowly releases progestogen</p> 	<p>A small copper and plastic device placed in the uterus</p> 
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantages	<ul style="list-style-type: none"> • Lasts 12 weeks • Can help with heavy periods 	<ul style="list-style-type: none"> • Lasts 3 years, but can be removed earlier • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Lasts 5 years, but can be removed earlier • Periods usually become lighter, shorter and less painful • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Can last up to 10 years • Works as soon as it's put in • Fertility returns immediately after stopping use
Potential drawbacks	<ul style="list-style-type: none"> • May cause unpredictable spotting and bleeding • Fertility may take some time to return after stopping use • Once injected, it cannot be removed from the body 	<ul style="list-style-type: none"> • Irregular bleeding affects about 40% of users • It requires a small procedure to fit and remove it 	<ul style="list-style-type: none"> • Irregular spotting or bleeding common at first • It requires a small procedure to fit and remove it 	<ul style="list-style-type: none"> • Periods can last longer, be heavier or more painful • It requires a small procedure to fit and remove it

These long-acting contraceptive methods all have the advantage that, once in place, you don't need to think about them until they need replacing. At 99%, they are more effective than any other form of contraception, and none of them interfere with sexual spontaneity. As with all other contraceptive methods, these do not offer protection from STIs. Using condoms offers the best protection against STIs, including HIV.

Interested? Ask your doctor or nurse for more information.

Advice and information about contraception

- **FPA 0845 122 8690**
For information and advice on contraception, sexually transmitted infections, pregnancy and abortion.
www.fpa.org.uk
- **NHS DIRECT 0845 46 47**
Health advice and information.
www.nhsdirect.nhs.uk
- **BROOK 0808 802 1234**
Free and confidential sexual health advice and services for young people under 25.
www.brook.org.uk
- **SEXUAL HEALTH LINE 0800 567 123**

How to find a contraceptive clinic

You don't necessarily have to use your local services – you can choose to attend any contraceptive clinic you like.

- **FPA**
The FPA website (above) has a search facility for finding contraception and sexual health services. You can enter a postcode or a part of town, such as 'Camden', to find contact details of all services in that area, along with a map that shows you where they are.
- **NHS CHOICES**
This website has a similar search facility to the FPA website.
www.nhs.uk/Livewell/Contraception
- **LOCAL HEALTH AUTHORITY**
Your local health authority will also have details of contraception services in your area. Search for NHS plus 'your area', for example NHS Camden.

Emergency contraception

If you have had sex without using any contraception, or you've forgotten to take your pill or think that your contraceptive may have failed, there are two emergency methods you can use:

- You can take emergency hormonal contraception (the 'morning-after' pill) up to 72 hours (3 days) after the unprotected sex happened. The sooner it is taken, the better it works. It is available free from any family planning clinic, any GP who provides contraceptive services and some specialist young people's services. Call **SEXUAL HEALTH LINE** on **0800 567 123** if you need help to find emergency contraception in your area.
- You can have an IUD fitted up to five days after the unprotected sex. Any of the helplines listed can help you find the service you need.

Where to get emergency contraception

You can get free emergency hormonal contraception from:

- most NHS walk-in centres (England only) and minor injuries units
- some hospital accident and emergency departments (phone first to check)
- some pharmacies (there may be an age limit).

If you are 16 or over, you can buy emergency hormonal contraception from most chemists.