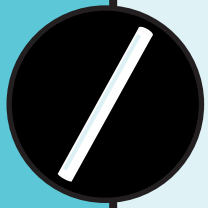


Methods of Contraception

If you're having sex, using contraception is the best way to reduce the chance of getting pregnant. There are many types of contraception to choose from and different methods suit different people. Some require a procedure to have them fitted and removed. See a quick summary below:



Implant

A small rod which releases the hormone progesterone is placed in the upper arm under the skin.

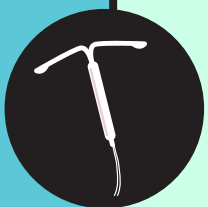
- Over 99% effective
- Lasts up to 3 years



Injection

Progesterone is injected into the muscle, normally your buttock.

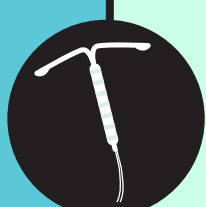
- Over 99% effective (if repeat injections are on-time, as advised)
- Lasts for 8-13 weeks



IUS (Intrauterine System)

A small T-shaped plastic and hormonal device is placed in the uterus.

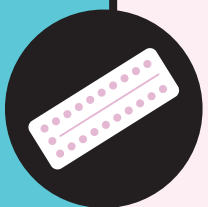
- Over 99% effective
- Lasts up to 8 years



IUD (Intrauterine Device)

A small T-shaped plastic and copper device is placed in the uterus.

- Over 99% effective
- Lasts for 5-10 years

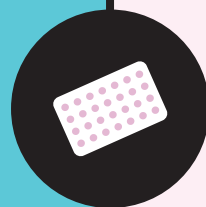


Combined Pill

The pill contains oestrogen and progesterone and is taken orally.

- 99% effective with perfect use
- 91% effective with typical use

You need to take it every day for 3 weeks, and have either a 4 or 7 day break.

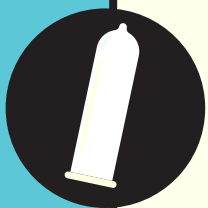


Progestogen-Only Pill (POP)

The pill contains progesterone and is taken orally.

- 99% effective with perfect use
- 91% effective with typical use

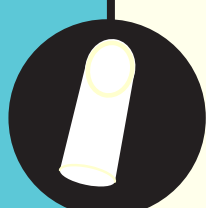
You need to take it every day at the same time, continuously.



Condoms (for the penis)

A thin latex or plastic sheath is put over the erect penis.

- 98% effective if used correctly
- Protects against STIs
- Need to remember before sex



Condoms (for the vagina)

A thin plastic sheath lines the vagina and covers the outer area.

- 95% effective if used correctly
- Protects against STIs
- Need to remember before sex

To find out which method of contraception might be best for you, speak to your GP or local sexual health service: www.leicestersexualhealth.nhs.uk.