

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 a progestogen hormone, is placed in the upper arm under the skin.

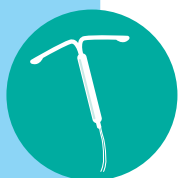
- Well over 99% effective
- Lasts up to 5 years



Injection

A progestogen hormone is injected into the muscle, normally your buttock.

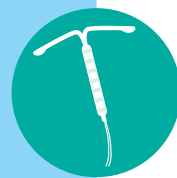
- Over 99% effective
(if you get your repeat injections on time, as advised)
- Lasts up to 14 weeks



IUS (also known as the hormone coil)

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

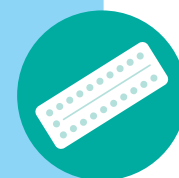
- Well over 99% effective
- Lasts up to 8 years, depending on type fitted



IUD (also known as the copper coil)

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

- Well over 99% effective
- Lasts for 5-10 years



Combined Pill

The pill contains oestrogen and a progestogen hormone and is taken by mouth.

- 91% effective with typical use
- Taken every day for at least 3 weeks, with or without a break



Progestogen-Only Pill (POP)

The pill contains a progestogen hormone and is taken by mouth.

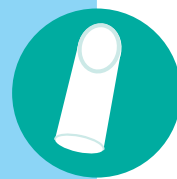
- 91% effective with typical use
- You need to take it every day, continuously



Condoms (for the penis)

Thin latex or plastic sheath is put over the erect penis.

- Around 82% effective with typical use
- Protects against some STIs
- Need to remember before sex



Condoms (for the vagina)

Thin plastic sheath that lines the vagina and covers the outer area of the vagina.

- Around 79% effective with typical use
- Protects against some STIs
- Need to remember before sex



Patch

Small, thin, beige coloured patch, which you stick on your skin and it releases oestrogen and a progestogen hormone.

- 91% effective with typical use
- Used every week for at least 3 weeks, with or without a break



Vaginal Ring

A soft plastic ring is put in, and removed from, the vagina by you. It releases oestrogen and a progestogen hormone.

- 91% effective with typical use
- Each ring lasts for 3 weeks, and can be used with or without a break

Read more about contraception: leicestersexualhealth.nhs.uk/contraception

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Leicester Sexual Health is provided by Inclusion, part of Midlands Partnership University Foundation NHS Trust (MPFT).
Commissioned by Leicester City Council. To find out more visit www.inclusion.org

