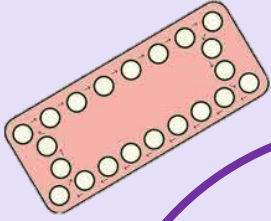


CONTRACEPTION



COMBINED PILL

What is it?

A pill that contains female hormones oestrogen and progesterone to prevent pregnancy. You can take it at the same time every day for 21 days, or 3 packets back-to-back, and then have a break for 7 days where you will have a bleed.

How effective is it?

With perfect use it is 99% effective. However, with typical use it is 91% effective, so 9 in 100 women will get pregnant in one year.

What are the advantages?

Makes bleeds regular, lighter, and less painful, and reduce pre-menstrual symptoms. It can sometimes reduce acne.

What are the disadvantages?

Side effects include headaches, nausea, breast tenderness and mood swings - but these should subside after the first few months. It doesn't protect you against sexually transmitted diseases.

PROGESTERONE-ONLY PILL

What is it?

A pill taken at the same time every day containing the hormone progesterone to prevent pregnancy.

How effective is it?

With perfect use it is 99% effective. However, with typical use it is 91% effective, so 9 in 100 women will get pregnant in one year.

What are the advantages?

It's useful if you can't take the hormone oestrogen.

What are the disadvantages?

Your periods may become irregular or stop, and you may get spotting between your periods. You need to remember to take it roughly at the same time every day. It doesn't protect you against sexually transmitted diseases.



INJECTION

What is it?

An injection that releases the female hormone progesterone into your bloodstream to prevent pregnancy. It lasts 13 weeks so a repeat injection is needed every 13 weeks.

How effective is it?

With perfect use it is 99% effective. However, with typical use it is 97% effective, so 3 in 100 women will get pregnant in one year.

What are the advantages?

It may reduce heavy, painful periods.

You don't have to remember to take a pill every day.

What are the disadvantages?

Your periods may become irregular, stop, or last longer.

Fertility can be delayed by up to 1 year after stopping it.

Side effects include headache, hair loss, decreased sex drive, mood swings, weight gain.

It doesn't protect you against sexually transmitted diseases.



IMPLANT

What is it?

A small flexible plastic rod that is placed under the skin in your upper arm. It releases the hormone progesterone into your bloodstream to prevent pregnancy and lasts for 3 years.

How effective is it?

It is 99% effective, typically fewer than 1 in 100 women will get pregnancy in one year.

What are the advantages?

It's effective for 3 years

It may reduce heavy and/or painful periods.

Fertility returns as soon as it's removed.

What are the disadvantages?

Your periods may be irregular or stop.

It doesn't protect you against sexually transmitted diseases.

Side effects include headaches, nausea, breast tenderness and mood swing but these should subside after the first few months.



INTERUTERINE DEVICE - COPPER COIL

What is it?

A small T-shaped plastic and copper device that's put into your womb and lasts 5-10 years. It contains no hormones.

How effective is it?

It is 99% effective, typically fewer than 1 in 100 women will get pregnancy in one year.

What are the advantages?

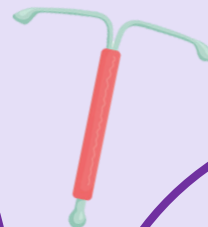
It lasts 5-10 years.

No hormonal side effects.

What are the disadvantages?

Your periods may become heavier, longer, and more painful - this may improve after a few months.

It doesn't protect you against sexually transmitted diseases.



INTERUTERINE SYSTEM - MIRENA COIL

What is it?

A small T-shaped plastic device that's put into your womb and releases the hormone progesterone to prevent pregnancy. It lasts 3-5 years.

How effective is it?

It is 99% effective, typically fewer than 1 in 100 women will get pregnancy in one year.

What are the advantages?

It lasts 3-5 years.

Your periods can become lighter, shorter, and less painful, or stop altogether.

Localised hormones to the womb commonly result in fewer side effects.

What are the disadvantages?

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

It doesn't protect you against sexually transmitted diseases.

Side effects include headaches, nausea, breast tenderness and mood swings - but these should subside after the first few months.

For more information visit...

www.fpa.org.uk or

www.nhs.uk/conditions/contraception

or speak to your GP