**THE CONTRACEPTION FACT SHEET**

**STAY SAFE, BE SAFE.**

**CONTRACEPTIVE PILLS**
There are two types of Contraception Pills. One is the combined pill that consists of estrogen and progestogen, and the other that contains only one hormone - progestogen. The contraceptive pill is over 99% effective if used according to instructions.

**MALE AND FEMALE CONDOMS**
Condoms if used correctly will help prevent unplanned pregnancy and reduce the risk of sexually transmitted infections (STIs). Males condoms are 98%, whilst female condoms are 95% effective when used correctly.

**THE VAGINAL RING**
A small plastic flexible ring which is placed in the vagina for 21 days (contains 2 hormones – oestrogen and progestogen). The vaginal ring is over 99% effective if used according to instructions.

**CERVICAL CAP / DIAPHRAGMS**
Diaphragms and caps are barrier methods of contraception that are inserted into the vagina to cover the cervix. They do not contain any hormones. The diaphragm/cap are 92-96% effective when used with spermicide.

**THE INJECTION**
The injection (Depo-Provera) contains only 1 hormone (progestogen) and is given every 12 weeks. The contraceptive injection is over 99% effective

**CONTRACEPTIVE PATCH**
The contraceptive patch is placed onto a woman’s body. It contains two hormones. Patches are worn for 3 weeks and then a week off. Patches need to be changed every 7 days! The contraception is over 99% effective if used according to instructions.

**LONG-ACTING REVERSIBLE CONTRACEPTIVES (LARCS)**

**THE IMPLANT**
The implant is a small, flexible rod (Contains only 1 hormone – progestogen). It is placed under the skin on the inner side of the upper arm after the arm is numbed with a local anaesthetic. It can last for 3 years.

**IUD – INTRAUTERINE DEVICE**
The IUD is a small plastic and copper device that does not contain any hormones. It is fitted into the womb by a doctor or nurse. It’s suitable for people of any age. The IUD can last for up to 10 years. The IUD is over 99% effective.

**IUS – INTRAUTERINE SYSTEM**
The IUS is a small T-shaped plastic device that is put into the uterus and releases progestogen hormone. It is fitted into your womb by a doctor or nurse. It’s suitable for people of any age. The IUS can last for up to 5 years.

**HAD UNPROTECTED SEX?**

**EMERGENCY CONTRACEPTIVE PILLS**
There are 2 types of emergency hormonal pills which can be taken up to 5 days (120hrs) after unprotected sex. It is more effective the sooner it is taken.