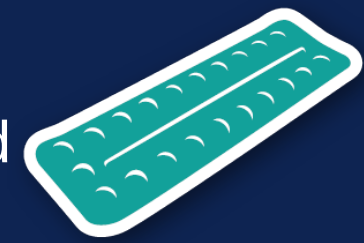


THE CONTRACEPTION FACT SHEET

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



THE COMBINED PILL



THE PROGESTOGEN ONLY PILL

MALE AND FEMALE CONDOMS

Condoms if used correctly will help prevent unplanned pregnancy and reduce the risk of sexually transmitted infections (STIs).

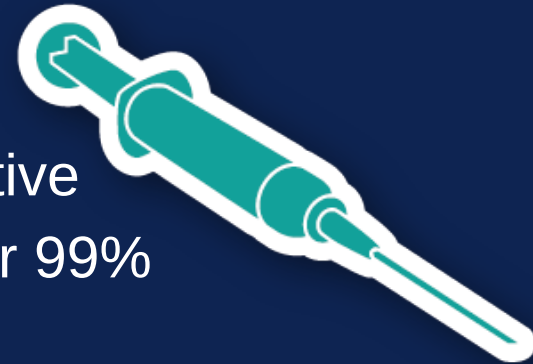
Males condoms are 98%, whilst female condoms are 95% effective when used correctly



THE INJECTION

The injection (Depo-Provera) contains only 1 hormone (progestogen) and is given every 12 weeks.

The contraceptive injection is over 99% effective



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.

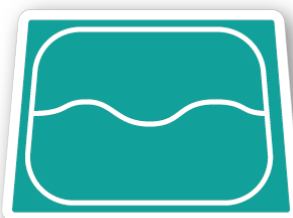
The diaphragm/cap are 92-96% effective when used with spermicide.



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.

