

# CONTRACEPTION

## KNOW YOUR OPTIONS

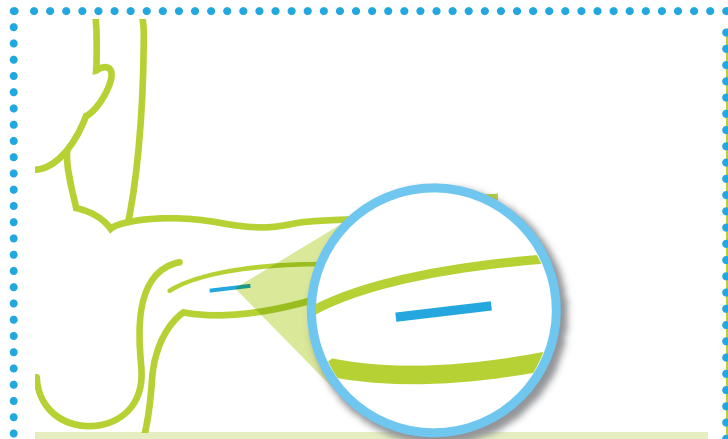
Long Acting Reversible Contraceptives (LARC) are not suitable for some women.

Please speak to your doctor or nurse if you want more information.

Don't want to think about contraception everyday or every time you have sex?

Then why don't you consider Long Acting Reversible Contraceptive methods (LARC)

### THERE ARE FOUR DIFFERENT TYPES OF LARC...

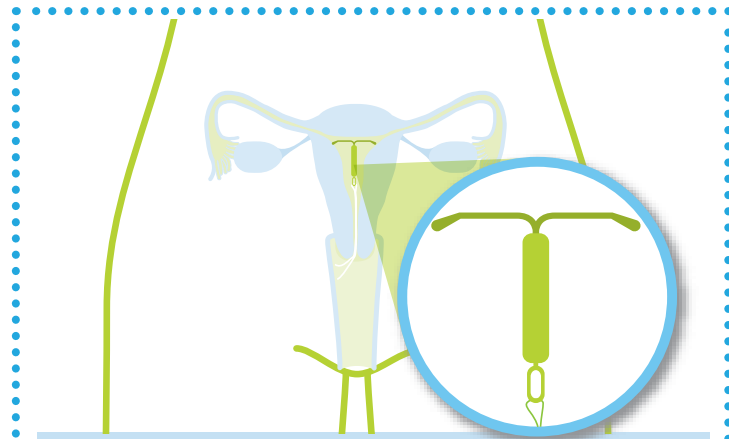


#### CONTRACEPTIVE IMPLANT

Fitted just under the skin in the upper arm - lasts for up to 3 years

- Contains a hormone called progestogen

over **99%\*** effective

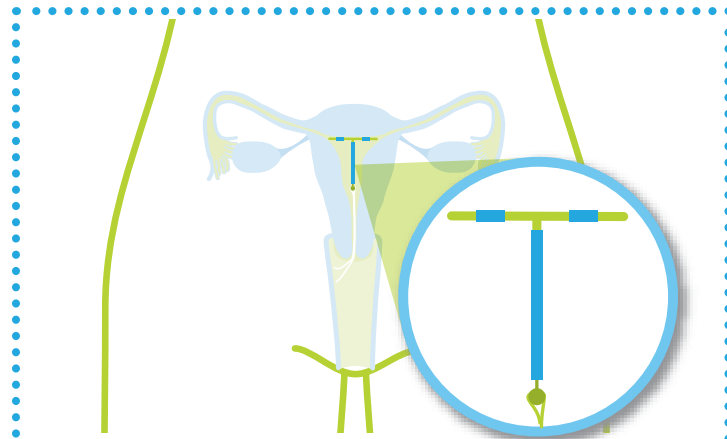


#### IUS (Intrauterine system)

Fitted into the womb - lasts for 3 or 5 years depending on the type

- Contains a hormone called progestogen

over **99%\*** effective

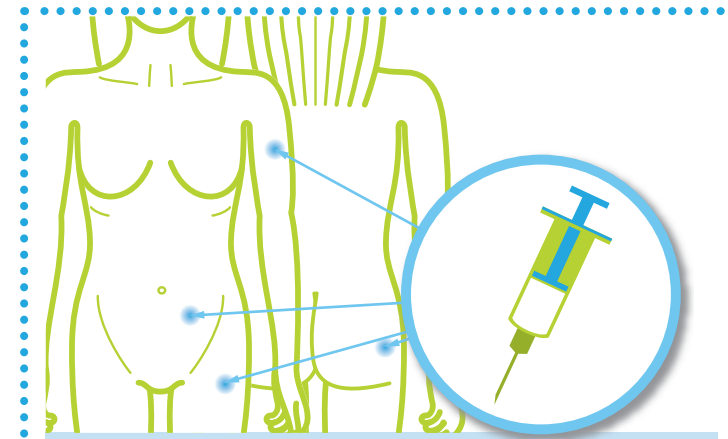


#### IUD OR COIL (Intrauterine device)

Fitted into the womb - lasts for 5 or 10 years depending on the type

- Does not contain any hormones

over **99%\*** effective



#### CONTRACEPTIVE INJECTION

Injected into the buttocks, arm, leg or abdomen every 8 to 13 weeks, depending on the type

- Contains a hormone called progestogen

**94%\*** effective

These methods (implant, IUS, IUD or Coil) have to be fitted by a trained healthcare professional

LARCs do not protect against sexually transmitted infections. Condoms when used correctly and consistently can help protect against many of these infections. Your doctor or nurse can give you more information about this.

To find out more about your contraceptive options speak to your doctor/nurse or visit...

[talkchoice.co.uk](http://talkchoice.co.uk)



talkchoice has been developed and funded by MSD and endorsed by Sexual health charity FPA.

\*These are "typical" effectiveness rates which is how effective the method is with an average person. Typical rates tend to reflect real life usage (including inconsistent and incorrect use). Faculty of Sexual and Reproductive Health



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