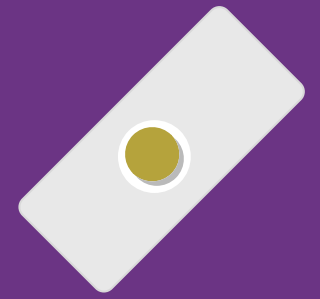




CONTRACEPTION
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KNOW YOUR OPTIONS

EMERGENCY CONTRACEPTION



- Previously called the ‘morning after pill’
- Can be taken up to five days after unprotected sex

Side effects

- No serious side effects

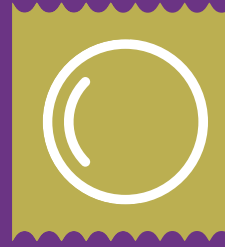
Effectiveness

- Most effective within 24 hours
- Effectiveness decreases with time after sex
- Ineffective if taken after ovulation

Menstrual cycle

- Using the emergency contraceptive pill repeatedly can disrupt your menstrual cycle

CONDOMS



- Easy-to-use
- Available in different sizes, shapes, and flavours
- Easy to carry around

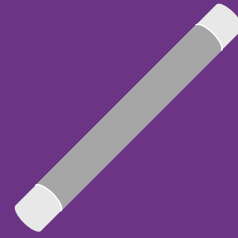
Side effects

- No side effects
- Latex-free options are available for those with a latex allergy

Effectiveness

- Typical use 88% effective, perfect use 98% effective
- For condoms to be an effective contraceptive, they must be used during any contact between the penis and vagina during sex

IMPLANT



- A small, flexible plastic tube that sits under the skin of your upper arm and releases the progestogen hormone

Side effects

- Spotty skin, breast tenderness, nausea, headaches, loss of sex drive, changes in mood
- Skin infection where implant is fitted (rare)

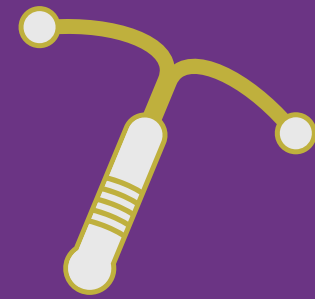
Effectiveness

- 99% effective, works for three years

Menstrual cycle

- Can cause irregular bleeding
- Fertility returns to normal when removed

HORMONAL COIL (PREVIOUSLY IUS)



- A small, t-shaped plastic device that sits in your womb and releases progesterone

Side effects (all of these are rare)

- Headaches, ache, breast tenderness after fitting
- Pelvic infections may occur in first 10 days
- Minor changes in mood and libido
- Small fluid-filled cysts on ovaries, which usually disappear without treatment

Effectiveness

- 99% effective, works for six years

Menstrual cycle

- Can cause irregular bleeding in first six months, returns to normal when removed

NON-HORMONAL COIL (IUD)



- A small, t-shaped copper coil that sits in your womb

Side effects

- Cramps and spotting/bleeding for a few days after fitting
- Heavier or more painful periods, though this should settle
- Small risk of infection

Effectiveness

- 99% effective, works for five to ten years

Menstrual cycle

- Can cause irregular bleeding in first six months, returns to normal when removed

INJECTION



- A progestogen injection

Side effects

- Weight gain, headaches, mood swings, breast tenderness
- Allergic reaction to the injection is possible
- Low risk of small infection at site of injection
- Affects oestrogen levels, can cause thinning of the bones if used for a long time (rare)

Effectiveness

- 94% effective, 99% effective for perfect use
- Works for up to 13 weeks

Menstrual cycle

- Periods may become irregular or longer, or stop altogether. This may continue for months after stopping injections

PATCH



- A small sticky patch that releases artificial copies of oestrogen and progesterone
- Replace once a week

Side effects

- A small increased risk of some serious health conditions, such as breast cancer, which reduces with time after stopping the patch
- A very small number of users may develop thrombosis, arterial thrombosis, heart attack or stroke

Effectiveness

- 91% for typical use, 99% for perfect use

Menstrual cycle

- Usually makes periods regular, lighter, and less painful

RING

- A small, soft plastic ring that you place inside your vagina. It releases the hormones oestrogen and progestogen
- Does not protect against STIs
- Lasts for a month

Side effects

- Very rare risk of venous thrombosis, arterial thrombosis, heart attack or stroke
- Some users of the ring appear to have a small increased risk of being diagnosed with breast or cervical cancer, compared to non-users

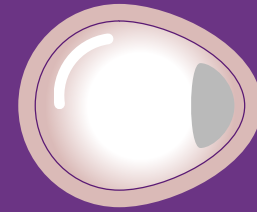
Effectiveness

- 91% for typical use, 99% for perfect use

Menstrual cycle

- Usually makes periods regular, lighter, and less painful

DIAPHRAGM



- Domes made of soft silicone, you can insert them into your vagina before sex to cover the cervix, so sperm cannot get into the womb
- Does not protect against STIs
- You need to use spermicide with it, as it kills the sperm

Side effects

- Rare, but some users find they get a bladder infection or some irritation from using a diaphragm, or from the spermicide

Effectiveness

- 82% for typical use, 86-96% for perfect use
- Can be less effective if, for instance, is damaged or isn't the right size

COMBINED PILL



- Hormones in the combined pill prevent pregnancy
- You can take pills that are all the same dose over 21 days, or change dose within 21 days, or you can take a pill every day for 28 days

Side effects

- Can cause headaches, nausea, breast tenderness, mood swings, loss of libido, skin issues
- Small increased risk of higher blood pressure, thrombosis, breast cancer or cervical cancer
- Rare chance of hair loss

Effectiveness

- 91% effective for typical use, 99% for perfect use

Menstrual cycle

- Can make bleeding regular, lighter, less painful.
- You can plan to have no bleeding

PROGESTOGEN ONLY PILL (POP)



- Hormones in POP prevent pregnancy
- You will need to take one pill every day

Side effects

- Temporary spotty skin, breast tenderness, nausea, weight changes, changes to libido
- Some users may develop small fluid-filled cysts on their ovaries, though this is rare

Effectiveness

- 91% effective for typical use, 99% for perfect use

Menstrual cycle

- Periods may be irregular: more or less frequent, or stop, or become lighter or heavier



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