

	Contraceptive injection	Implant	Intrauterine system (IUS)	Intrauterine device (IUD)
What is it?	<p>An injection, usually in your bottom, containing progestogen</p> 	<p>A small flexible rod, inserted under the skin of the upper arm, which slowly releases progestogen</p> 	<p>A small plastic device, placed in the uterus, which slowly releases progestogen</p> 	<p>A small copper and plastic device placed in the uterus</p> 
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantages	<ul style="list-style-type: none"> • Lasts 12 weeks • May help with heavy periods 	<ul style="list-style-type: none"> • Lasts 3 years, but can be removed earlier • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Lasts 5 years, but can be removed earlier • Periods usually become lighter, shorter and less painful • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Can last up to 10 years • Works as soon as it's put in • Fertility returns immediately after stopping use
Potential drawbacks	<ul style="list-style-type: none"> • May cause unpredictable spotting and bleeding • Fertility may take some time to return after stopping use • Once injected, it cannot be removed from the body 	<ul style="list-style-type: none"> • Irregular bleeding affects about 40% of users • It must be put in and taken out by a doctor or nurse 	<ul style="list-style-type: none"> • Irregular spotting or bleeding common at first • It must be put in and taken out by a doctor or nurse 	<ul style="list-style-type: none"> • Periods can last longer or be heavier or more painful • It must be put in and taken out by a doctor or nurse

These long-acting contraceptive methods all have the advantage that, once in place, you don't need to think about them until they need replacing. At 99%, they are more effective than any other form of contraception, and none of them interrupt sex. As with most other contraceptive methods, none of these provide any protection against sexually transmitted infections (STIs). Using condoms offers the best protection against STIs, including HIV.

Ask your doctor or nurse for more information.

Advice and information about contraception

The long-acting methods featured overleaf are just a few of the many contraception methods available. For more information, call or visit any of the following helplines or websites.

- **NHS CHOICES**
www.nhs.uk
- **FPA 0845 122 8690**
www.fpa.org.uk
- **BROOK 0808 802 1234**
For young people under 25. www.brook.org.uk
- **SEXUAL HEALTH LINE 0800 567 123**

How to find a contraceptive clinic

Contraceptives are provided **FREE** by the NHS. You don't have to use your local services – you can choose to attend any contraceptive clinic you like.

- **FPA**
The FPA website has a search facility for finding sexual health and contraception services. You can enter a postcode or a part of town, such as 'Camden', to find details of all services in that area.
www.fpa.org.uk/Findaclinic
- **NHS CHOICES**
This website has a similar search facility to the FPA website.
www.nhs.uk/Livewell/Contraception
- **LOCAL NHS**
Your local NHS health authority will also have details of contraception services in your area. Search online for 'NHS + your area', for example 'NHS Camden'.

Emergency contraception

If you have had sex without using any contraception, or you've forgotten to take your pill or think that your contraceptive may have failed, there are two emergency methods you can use:

- 1 You can take emergency hormonal contraception (the 'morning-after' pill) up to 72 hours (3 days) after the unprotected sex happened. The sooner it is taken, the better it works.
- 2 You can have an IUD fitted up to 5 days after the unprotected sex. This is the most effective method of emergency contraception (99% effective).

Where to get emergency contraception

You can get **FREE** emergency hormonal contraception from:

- contraceptive clinics (also called family planning, CASH and SRH clinics);
- any GP who provides contraceptive services;
- some specialist young people's services;
- most NHS walk-in centres (England only) and minor injuries units; and
- some chemists (there may be an age limit).

Any of the helplines in this leaflet can help you find the service you need. If you are 16 or over, you can buy emergency hormonal contraception from most chemists.