

There are lots of different methods of contraception to choose from. You can choose a method that suits your preferences and lifestyle.

This leaflet has information about 3 very effective methods – the implant, IUD and IUS – that work for 3 years or more and don't depend on you remembering to take or use them. It also has information about the contraceptive injection, which is usually given every 13 weeks. It's not quite as effective as the other 3 methods but is very effective as long as you get every injection on time.

Visit www.sexwise.org.uk for information about all contraceptive methods.

Is contraception free and where can I get it?

You can get **free** contraception, including emergency contraception, from most general practices, a contraception clinic or sexual health clinic, a young people's service (these have an upper age limit) and some online services.

You can also get free emergency contraceptive pills from some pharmacies and some genitourinary medicine (GUM) clinics.

How can I find a service?

The National Sexual Health Helpline provides confidential advice and information on all aspects of sexual health.

The number is **0300 123 7123**. It's open Monday to Friday from 9am-8pm and at weekends from 11am-4pm.

For more information on sexual health visit www.sexwise.org.uk

Information for young people can be found at www.brook.org.uk

You can find details of sexual health clinics and services and details of general practices and pharmacies on the following websites.

- England, www.nhs.uk
- Wales, 111.wales.nhs.uk
- Scotland, www.nhsinform.scot
- Northern Ireland, www.sexualhealthni.info and online.hscni.net

Emergency contraception

If you've had sex without contraception, or think your method might've failed, you can use emergency contraception. An intrauterine device (IUD) is the most effective option. Some people will get pregnant even when they take emergency pills correctly.

- An emergency IUD (copper coil) can be fitted up to 5 days after sex, or up to 5 days after the earliest time you could've ovulated (released an egg).
- An emergency contraceptive pill with the active ingredient ulipristal acetate (UPA) can be taken up to 5 days (120 hours) after sex. It's available with a prescription or to buy from a pharmacy.
- An emergency contraceptive pill with the hormone levonorgestrel can be taken up to 3 days (72 hours) after sex. It's available with a prescription or to buy from a pharmacy.

Try and get emergency contraception as soon as possible after unprotected sex.

Sexually transmitted infections

Most methods of contraception don't protect you from sexually transmitted infections (STIs).

Condoms and internal condoms (also known as female condoms), used correctly and consistently, can help protect against STIs. If you can, avoid using spermicidally lubricated condoms. The spermicide commonly contains a chemical called nonoxinol-9, which may increase the risk of HIV and other infections.

A final word

This leaflet can only give you general information. The information is based on evidence-guided research from The Faculty of Sexual and Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists, and the World Health Organization.

All methods of contraception come with a Patient Information Leaflet which provides detailed information about the method. Contact your doctor, practice nurse or a sexual health clinic if you're worried or unsure about anything.

Scan below to visit the FPA shop



the sexual health company



sexwise.org.uk

www.fpa.org.uk

To order more copies of this booklet go to fpa.org.uk/shop

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If you'd like information on the evidence used to produce this booklet or would like to give feedback, email fpadirect@fpa.org.uk

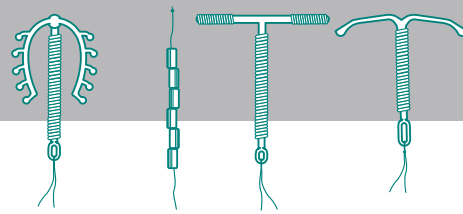
your guide to long-acting reversible contraception (LARC)

Helping you choose the method of contraception that's best for you

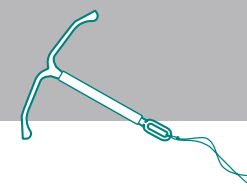




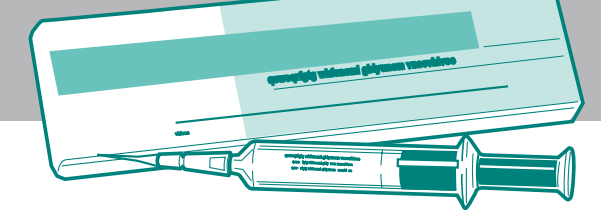
Contraceptive implant



Intrauterine device (IUD)



Intrauterine system (IUS)



Contraceptive injection