

## **PATIENT INFORMATION ON LONG TERM REVERSIBLE CONTRACEPTION**

Long term contraception methods can be a really good choice, especially if you do not think you will want to be pregnant for a few years. They may be ideal if you are not very good at remembering to take a pill every day or if you want to use a concealed method of contraception. They are long-lasting, reliable and easily reversed.

**These methods provide protection against pregnancy only. For protection against sexually transmitted infections as well, use in conjunction with condoms.**

### **The Contraceptive Injection**

The injection contains one hormone, progesterone, and is given into your bottom or arm. It prevents you getting pregnant for 12 weeks. The injection can have side-effects such as making your periods irregular and sometimes causing weight gain. It is important to talk this over with the doctor or nurse before choosing this method.

### **The Contraception Implant**

The implant is a flexible tube about the size of a match. It contains the hormone progesterone. It works for 3 years. The doctor or nurse places this under the skin in your arm. The arm is first numbed and then the implant is injected into the arm.

### **The Coil**

The correct name for these methods is intra-uterine device (IUD) or intra-uterine system (IUS). These are small plastic devices placed by a doctor or nurse through the vagina into the womb. The IUD has a copper wire and the IUS contains a hormone, progesterone. These methods last several years.

The coil is more popular with women after they have had a baby, but can also be used by women who have never been pregnant.

The IUD can also sometimes be used as emergency contraception to prevent a pregnancy after unprotected sex.

If you require any further information then please arrange an appointment with one of our family planning trained nurses.