
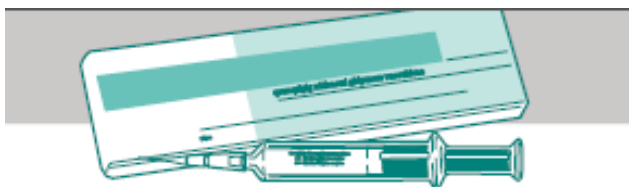


There are many different contraceptive methods available in the UK and you should choose one that suits you. This leaflet provides information about four methods that do not depend on you remembering to take or use them to be effective.

	 <p>40mm</p>
	<b>Contraceptive implant</b>
Effectiveness	Over 99 per cent effective. Less than one woman in 1,000 will get pregnant over three years.
How it works	A small flexible rod is put under the skin of the upper arm. It releases the hormone progestogen. It stops ovulation, thickens cervical mucus to stop sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilised egg implanting.
How long it lasts	Works for three years but can be taken out sooner.
How it affects periods	Your periods may stop, be irregular or longer.
How it affects fertility	When the implant is removed your fertility will return to normal.
How it is inserted/removed	A doctor or nurse numbs your skin in the inner area of your upper arm with a local anaesthetic and inserts the implant. It takes a few minutes and feels similar to having an injection. To remove it, the doctor or nurse uses a local anaesthetic, makes a tiny cut and gently pulls the implant out.



## Contraceptive injection

Over 99 per cent effective. Less than four women in 1,000 will get pregnant over two years.

It releases the hormone progestogen which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg and thins the lining of the uterus to prevent a fertilised egg implanting.

Lasts for 12 weeks (Depo-Provera) or eight weeks (Noristerat).

Your periods may stop, be irregular or longer.

Your periods and fertility may take time to return after you stop using the injection.

The hormone is injected into a muscle, usually in your buttocks. Depo-Provera can also be injected into the arm. Noristerat is a thicker solution so may be more painful to receive. The injection cannot be removed from the body so any side effects may continue for as long as it works and for some time afterwards.



## Intrauterine device (IUD)

Over 99 per cent effective. Less than two women in 100 will get pregnant over five years. Older IUDs have less copper and are less effective.

A small plastic and copper device is put into the uterus. It stops sperm reaching an egg, and may also stop a fertilised egg implanting in the uterus.

Can stay in 5–10 years depending on type but can be taken out sooner.

Your periods may be heavier or longer or more painful.

When the IUD is removed your fertility will return to normal.

A doctor or nurse will insert the IUD. This takes 15–20 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUD has two threads which hang through the opening of the uterus. A doctor or nurse can remove the IUD by pulling gently on the threads.



## Intrauterine system (IUS)

Over 99 per cent effective. Less than one woman in 100 will get pregnant over five years.

A small, T-shaped plastic device, which releases the hormone progesterone, is put into the uterus. This thins the lining of the uterus to prevent a fertilised egg implanting, thickens cervical mucus to prevent sperm reaching an egg, and may stop ovulation.

Works for five years but can be taken out sooner.

Your periods usually become lighter, shorter and sometimes less painful. They may stop altogether.

When the IUS is removed your fertility will return to normal.

A doctor or nurse will insert the IUS. This takes 15–20 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUS has two threads which hang through the opening of the uterus. A doctor or nurse can remove the IUS by pulling gently on its threads.

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## Long-acting reversible contraception (LARC)



**The Valkyrie Surgery**