

CONTRACEPTION OPTIONS

Find what works for you



MOST EFFECTIVE (LONG-ACTING REVERSIBLE)

Set it & forget it



Implant (Arm)

- >99% effective
- Inserted under skin of upper arm
- Lasts up to 3 years



Hormonal Coil (IUS)

- >99% effective
- Inserted into womb
- Releases progestogen
- Lasts 3–8 years (depending on type)



Copper Coil (IUD)

- >99% effective
- Non-hormonal
- Copper prevents fertilisation
- Lasts 5–10 years



LARC methods are the most effective forms of reversible contraception.

HORMONAL METHODS

Work by preventing ovulation



Combined Pill

- ~91% effective
- Taken daily
- Contains oestrogen and progestogen



Progestogen-Only Pill

- ~91% effective
- Taken daily at the same time



Injection

- ~94% effective
- Injection by a clinician
- Every 8–13 weeks



Patch

- ~91% effective
- Worn on skin
- Change weekly (1 patch per week for 3 weeks, then 1 week break)



Vaginal Ring

- ~91% effective
- Inserted in vagina
- Changed monthly (3 weeks in, 1 week out)

BARRIER METHODS

Stop sperm from entering the body



External Condom

- ~82% effective
- Worn on the penis
- Single use
- ✓ Protects against STIs



Internal Condom

- ~79% effective
- Inserted in the vagina
- Single use
- ✓ Protects against STIs

PERMANENT OPTIONS

Long-term & not usually reversible



Female Sterilisation

- >99% effective
- Surgical procedure
- Permanent



Vasectomy

- >99% effective
- Minor procedure
- Permanent

EMERGENCY CONTRACEPTION

For unplanned sex



Emergency Pill

- Up to 3–5 days after unprotected sex (depending on the type)
- Sooner = more effective
- Not for regular use



Copper Coil (IUD)

- >99% effective
- Can be fitted within 5 days
- Provides ongoing contraception

IMPORTANT TO REMEMBER



Only condoms protect against STIs.



"Typical use" = how well methods work in real life.



Some methods may not be suitable for everyone.



Your choice depends on your body, lifestyle and preference.



NEED SUPPORT?

Speak to a GP, pharmacist or sexual health clinic. Free, confidential advice is available.

