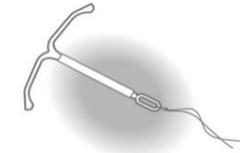
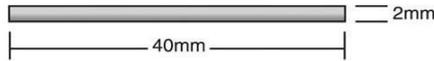


LONG ACTING REVERSIBLE CONTRACEPTION



Contraceptive Implant

Contraceptive Injection

Intrauterine device (IUD)

Intrauterine system (IUS)

Effectiveness	Over 99% effective. Less than one woman in 1,000 will get pregnant over three years.	Over 99% effective. Less than four women in 1,000 will get pregnant over two years.	Over 99% effective. Less than two women in 100 will get pregnant over five years. Older IUDs have less copper and are less effective.	Over 99% effective. Less than one woman in 100 will get pregnant over five 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.	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.	A small plastic copper device is put into the uterus. It stops sperm reaching an egg and may also stop a fertilised egg implanting in the uterus.	A small T-shaped plastic device, which releases the hormone Progestogen 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.
How long it lasts	Works for three years, but can be taken out sooner.	Lasts for twelve weeks (Depo-Provera) or eight weeks (Noristerat) or 13 weeks (Sayana Press).	Can stay in for 5-10 years depending on type but can be taken out sooner.	Works for five years but can be taken out sooner.
How it affects periods	Your periods may stop, be irregular or longer.	Your periods may stop, be irregular or longer.	Your periods may be heavier or longer or more painful.	Your periods usually become lighter, shorter and sometimes less painful. They may stop altogether.
How it affects fertility	When the implant is removed your fertility will return to normal.	Your periods and fertility may take time to return after you stop using the injection.	When the IUD is removed your fertility will return to normal.	When the IUS is removed your fertility will return to normal.
How is it 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.	Depo-Provera is injected into a muscle, usually your buttocks. It can also be injected into the arm. Noristerat is a thicker solution so may be more painful to receive. Sayana Press is injected into the front of the thigh or abdomen. 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.	A doctor or nurse will insert the IUD. This takes 10-15 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUD has one or two threads which hang through the opening of the uterus. A doctor or nurse can remove the IUD by pulling gently on the threads.	A doctor or nurse will insert the IUS. This takes 10-15 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUS has one or two threads which hang through the opening of the uterus. A doctor or nurse can remove the IUS by pulling gently on the threads.