

# Contraception methods

If you're having sex, using contraception is the best way to reduce the chance of getting pregnant. There are many types of contraception to choose from and different methods suit different people. Some require a procedure to have them fitted and removed. See a quick summary below:



## Implant

A small rod which releases the hormone progestogen is placed in the upper arm under the skin  
Over 99% effective  
Lasts up to 3 years



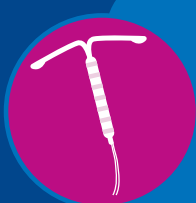
## Injection

Progestogen is injected into the muscle, normally your buttock  
Over 99% effective (*if you get your repeat injections on time, as advised*)  
Lasts for 8-13 weeks



## IUS (Intrauterine system)

A small T-shaped plastic and hormonal device is placed in the uterus  
Over 99% effective  
Lasts up to 5 years



## IUD (Intrauterine device)

A small T-shaped plastic and copper device is placed in the uterus  
Over 99% effective  
Lasts for 5-10 years



## Combined Pill

The pill contains oestrogen and progestogen and is taken orally  
99% effective with perfect use, 91% effective with typical use  
You need to take it every day for 3 weeks, and have either a 4 or 7 day break



## Progestogen-only pill (POP)

The pill contains progestogen and is taken orally  
99% effective with perfect use, 91% effective with typical use  
You need to take it every day at the same time, continuously



## Condoms (for penis)

A thin latex or plastic sheath is put over the erect penis  
98% effective if used correctly  
Protects against STIs  
Need to remember before sex



## Condoms (for vagina)

A thin plastic sheath lines the vagina and covers the outer area  
95% effective if used correctly  
Protects against STIs  
Need to remember before sex

To find out which method of contraception might be best for you, speak to your GP or local sexual health service: [www.openclinic.org.uk](http://www.openclinic.org.uk)