

What is contraception?

Contraception lowers your chances of getting pregnant. There are different types and some are more effective than others. The most effective methods of contraception are called long-acting reversible contraception (LARC).

LARC is contraception that doesn't depend on you remembering to take or use it to be effective. They are highly effective at preventing pregnancy. They are either more effective or as effective as sterilisation at preventing a pregnancy. Unlike sterilisation, they can be reversed if you decide you would like more children in the future.

Types of LARC include:

- The contraceptive implant
- The copper intrauterine device (sometimes called the copper coil)
- Levonorgestrel intrauterine device

With all methods of contraception there is a small chance that you could get pregnant



Do you offer contraception?

We offer many types of free contraception at our clinics. You can get them at our main clinic and community locations. Scan the QR code and go straight to our website.

What are the different types of contraception?

Contraceptive implant

How does it work?

The contraceptive implant is a small, flexible rod. We put it just underneath the skin in your upper arm. It releases a hormone called progesterone. This works similar to the natural progesterone that your body makes. It stops your body from releasing an egg each month.

How long does it last?

It works for 3 years. It is very effective.



Contraceptive injection

How does it work?

These injections contain a hormone called progesterone. This works similar to the natural progesterone that your body makes. It stops your body from releasing an egg each month.

There are 2 types of injection: Depo Provera and Sayana Press

How long does it last?

It lasts for 8 to 13 weeks.



The Copper Intrauterine Device (Cu-IUD)

How does it work?

This is a small, plastic and copper T-shape device. We put it into your womb. It has 2 thin threads on the end.

How long does it last?

It lasts for 5 to 10 years, depending on the type. If you're 40 years or older when you get it, it will work until after the menopause. After menopause you will not need this to protect you from pregnancy. This can also work in certain situations for emergency contraception.



The Levonorgestrel Intrauterine Device (LNG-IUD)

How does it work?

This is a small, plastic T-shape device. We put it into your womb. It releases a hormone called progesterone. This works similar to the natural progesterone that your body makes. It stops your body from releasing an egg each month.

How long does it last?

It lasts for 3 to 8 years depending on the type. There are different types and sizes. These have different amounts of the progesterone hormone. If you're 45 years or older when you get the LNG-IUD 52mg, it will work until after the menopause. After menopause you will not need this to protect you from pregnancy.



What are the different types of contraception? *continued...*

The Combined Pill

How does it work?

This pill contains 2 hormones called synthetic oestrogen and progestogen. These work similar to the natural hormones that your body makes. It stops your body from releasing an egg each month.

How long does it last?

You must take the pill once every day



The Mini Pill

How does it work?

This pill contains a hormone called progestogen. This works similar to the natural progesterone that your body makes. It stops your body from releasing an egg each month.

How long does it last?

You must take the pill once every day



The Contraceptive Patch

How does it work?

This is a small thin, beige coloured patch. It is nearly 5cm x 5cm in size. You put it on your skin. It releases 2 hormones called synthetic oestrogen and progestogen. These are similar to the natural hormones that your body makes. They are like those used in the combined pill. It stops your body from releasing an egg each month.

How long does it last?

You wear the patch for 7 days. Then you replace it with a new one.



The Contraceptive Vaginal Ring

How does it work?

This is a flexible, clear plastic ring. You place it in your vagina. It releases 2 hormones called synthetic oestrogen and progestogen. These are similar to the natural hormones that your body makes. They are like those used in the combined pill. It stops your body from releasing an egg each month.

How long does it last?

You put the ring inside your vagina. You leave it there for 3 weeks.



Emergency Contraception

(Emergency contraceptive pills also available from pharmacies)



When should I use this?

If you have had sex without using contraception or if you think your contraception might not have worked, you can use emergency contraception.

You should not use emergency contraception as your usual method of contraception.

There are different types of emergency contraception. Some women will still become pregnant even after using emergency contraception.

- The emergency copper intrauterine device (Cu-IUD) - This is the most effective form. You can also use this as long term contraception.
- Emergency contraceptive pill with ulipristal acetate (UPA) - Ella One is currently the only brand available in the UK.
- Emergency contraceptive pill with a progestogen - This is called levonorgestrel.

Male and Female condoms

How does it work?

Condoms are barrier methods. They are worn during sex. They stop the sperm meeting an egg.

They also help protect you against sexually transmitted infections (STIs). They are the only type of contraception that protect you from STIs.



Scan the QR Code to link direct to the South Tyneside Sexual Health website or visit:

www.southtynesidesexualhealth.nhs.uk

