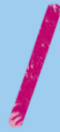


Contraception

Ask your nurse for more information on the right contraception for you

Most Effective

Implant
99% effective



The implant is a small plastic tube, approximately 4 cm long. It is inserted under the skin in your upper arm. The implant prevents pregnancy for up to 3 years.

Vasectomy & Sterilisation
99% effective



A vasectomy is a minimally invasive surgical procedure which is a permanent pregnancy prevention solution for men. A sterilisation is a surgical procedure which is a permanent pregnancy prevention solution for women.

IUS & IUD (Coils)
99% effective



A small T shaped plastic intrauterine system (IUS) that releases the hormone progesterone to prevent pregnancy and lasts 3 - 6 years. A small T shaped plastic intrauterine device (IUD) that releases copper to prevent pregnancy and lasts 5 – 10 years.

Injection
94% effective



A hormonal injection that releases progesterone to prevent pregnancy and last for 13 weeks. There is one type given by a clinician and one administered by yourself.

Combined Hormonal Contraceptives
91% effective



The contraceptive patch is a small sticky patch that releases hormones into your body through your skin to prevent pregnancy. The vaginal ring is a small soft, plastic ring that you place inside your vagina that releases a continuous dose of hormones.

Pill
91% effective



There are two types of pill. The combined pill (COC) and the progesterone only pill (POP). The COC releases progesterone and oestrogen to prevent pregnancy. The POP releases progesterone to prevent pregnancy.

Condoms
85% effective



There are two types of condoms, male and female which prevent pregnancy by creating a barrier. The male condom is worn externally on the penis. The female condom is worn internally in the vagina.

Least Effective



Scan the QR code to try "CHOICE" our new digital contraception counsellor!

Our "Choice" Contraception Counsellor helps you find the best contraceptive options for you. You can compare and view information on specific contraceptive methods or even fill out a questionnaire about your lifestyle, preferences, needs and medical history, and "Choice" will provide a list of the most appropriate contraception options for you. Open the camera on your phone and point it steadily for 2-3 seconds towards the QR Code. Our staff are here to help you and to answer your questions.