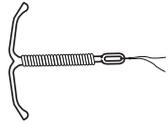


## Option 3: Intra-uterine System (IUS)



### What is it?

The IUS is a small, T-shaped plastic device containing the hormone progesterone, which is put into the womb through the vagina.

It works by thickening the mucus of the cervix (which makes it harder for sperm to get through) and making the lining of the womb thinner so that a fertilised egg cannot implant.

### How effective is it?

It is over 99% effective (source: FPA).

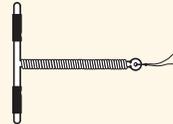
### What advantages does it have?

- It lasts for three to five years, but can be taken out sooner
- With the Mirena IUS, periods usually stop or become lighter, shorter and sometimes less painful
- Your periods and fertility will return to normal when the IUS is removed

### What disadvantages does it have?

- Irregular bleeding or spotting is common in the first six months
- Insertion can be uncomfortable

## Option 4: Intra-uterine Device (IUD)



### What is it?

The IUD is similar to an IUS, except that it contains copper rather than any hormones. It is also known as the coil.

The copper in the device disables the sperm, and stops the sperm reaching the egg, which prevents fertilisation. It may also stop a fertilised egg implanting in the womb.

### How effective is it?

It is over 99% effective (source: FPA).

### What advantages does it have?

- It can last for five to 10 years, but can be taken out sooner
- Your fertility will return to normal when the IUD is removed

### What disadvantages does it have?

- Periods may be heavier or longer and more painful
- Insertion can be uncomfortable

For more sexual health advice,  
follow us on:

  @UmbrellaHealth



I'm not ready  
for a baby

I need contraception that  
I can't forget to take

We can help

Free and confidential  
[umbrellahealth.co.uk](http://umbrellahealth.co.uk)

## Introduction

### How can we help?

Do you sometimes forget to take your pill?  
Does your boyfriend not like wearing condoms?  
Have you heard about long-acting reversible contraception methods (LARCs)?

You can get these administered or fitted at an Umbrella GP surgery or in an Umbrella clinic. Some Umbrella pharmacists can administer the injection.

### What do you need to know?

LARCs are contraceptives that are often inserted or injected and can remain effective for a long time. They include implants, injections and coils.

Our service locator can help you to find the Umbrella GP surgery, Umbrella clinic or Umbrella pharmacy nearest to you, so that you don't have to travel far.

Visit: [www.umbrellahealth.co.uk/servicelocator](http://www.umbrellahealth.co.uk/servicelocator)

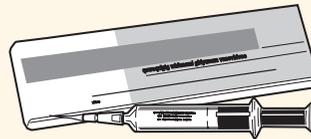
### What are the benefits?

What are the benefits of long-acting reversible contraception methods (LARCs)?

LARCs are methods of contraception that you do not have to think about every day or every time you have sex, as you would with methods such as the pill or condoms.

They are also not permanent solutions like sterilisation so if you decide that you want a baby in the future, then they are reversible.

## Option 1: Injection



### What is it?

The contraceptive injection contains the hormone progesterone.

It works by stopping ovulation, thickening the mucus of the cervix (which makes it harder for sperm to get through) and making the lining of the womb thinner so that a fertilised egg can't implant.

### How effective is it?

It is over 99% effective (source: FPA).

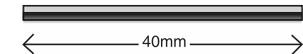
### What advantages does it have?

- It lasts for 13 weeks (Depo-Provera or Sayana Press). Sayana Press can be self-injected
- You don't have to think about contraception for as long as the injection lasts
- It may reduce heavy periods for some people

### What disadvantages does it have?

- Periods may stop, become irregular or last longer
- Periods and fertility may take time to re-turn after stopping the injection
- Some women can gain weight

## Option 2: Implant



### What is it?

The contraceptive implant is a small plastic rod, which is put under the skin in your upper arm. It contains the hormone progesterone, which is slowly released over a period of three years.

It works in the same way as the injection.

### How effective is it?

It is over 99% effective (source: FPA).

### What advantages does it have?

- Although it lasts for three years, it can be taken out sooner
- You don't have to think about contraception for as long as the implant is in place
- Your periods and fertility will return to normal when the implant is removed

### What disadvantages does it have?

- Periods may stop, be irregular or last longer
- It must be fitted and removed by a healthcare professional
- Tenderness, swelling and some bruising may occur at the insertion site