

# A QUICK LOOK AT CONTRACEPTION

Contraception helps prevent pregnancy. There are many methods available in your local sexual health clinic and a full guide is available at [www.getiton.org.uk](http://www.getiton.org.uk) or scan the QR code below. Remember, condoms are the only method to help protect against both pregnancy and Sexually Transmitted Infections (STI).

## THE 'PILL'

There are two types of pills; one that you take everyday and another that requires a 7 day break. Both need to be taken at the same time every day.

## INJECTION

An injection into the arm or buttock. This needs to be repeated every 13 weeks. You may be given a supply of injections to do yourself at home.

## VAGINAL RING

A small plastic ring inserted into the vagina. The ring needs to be kept in place and changed every 3 weeks.

## THE 'COILS'

There are two types of coils; IUD and IUS. They are inserted the same, into the uterus through the vagina but the IUS has hormones and the IUD doesn't.

## PATCH

A small patch stuck to the skin, usually in a discrete place like the stomach. The patch needs to be changed every 3 weeks.

## IMPLANT

A small, plastic implant inserted into the upper arm. The arm is numbed first before a small cut is made to insert the implant.

To book an appointment please call 01744  
646473 Monday to Friday between  
9:30am and 4:30pm

[WWW.SEXUALHEALTHSTHELENS.NHS.UK](http://WWW.SEXUALHEALTHSTHELENS.NHS.UK)

