

## Contraceptive injection



- It is called Depo-Provera.
- It lasts for 12 weeks.
- It releases the progestogen hormone.
- Your periods might stop or be irregular.
- Fertility (how easy it is for you to have a baby) and periods may take time to go back to normal after stopping injection.
- Some side effects can be:
  - Putting on weight
  - Headaches
  - Mood changes
  - Sore breasts
- It is very unlikely that other medications can stop the injection from working. Please check if in doubt.
- No protection against sexually transmitted infections (STIs).

## Contraceptive patch



- Small patch stuck on your skin.
- It releases the progestogen and oestrogen hormones.
- You wear a patch for 3 weeks (you need to put on a new patch every week). Then 1 week without any patches. Then start again.
- Your periods might be lighter, regular and less painful.
- Fertility will return to normal when you stop using it.
- Some side effects can be:
  - Headaches
  - Feeling sick
  - Mood changes
- Some medicines can stop it from working e.g. St. John's Wort. Always check when taking medication.
- No protection against STIs.

## Combined pill



- You take 1 pill a day for 3 weeks. Then 1 week without any pills. Then start again.
- It is called 'combined' as it contains 2 hormones: oestrogen and progestogen.
- Can help with heavy bleeding, period pain and premenstrual symptoms.
- Fertility will return to normal when you stop taking the pill.
- If you are late taking a pill, are sick or have diarrhoea or sickness it might not work.
- Some side effects can be:
  - Headaches
  - Sore breasts
  - Mood changes
  - Feeling sick
- Some medicines can stop it from working e.g. St. John's Wort. Always check when taking medication.
- No protection against STIs.

## Implant



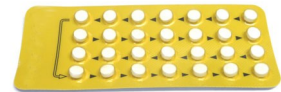
- It is a small flexible tube.
- It is placed just under skin of the upper arm.
- It can't be seen.
- It releases the progestogen hormone.
- It lasts three years. It can be taken out anytime.
- Your periods might be irregular.
- Fertility returns to normal when taken out.
- Some side effects can be:
  - Headaches
  - Mood changes
  - Sore breasts
- Some medicines can stop it from working e.g. St. John's Wort. Always check when taking medication.
- No protection against STIs.

## IUD & IUS



- Put into your womb. Can be taken out anytime.
- The IUD (intrauterine Device) is plastic and copper. It can stay in for 5-10 years.
- The IUS (Intrauterine System) is plastic. It releases progesterone hormone. It can stay in for 5 years.
- Your periods might change.
- Fertility will return to normal when removed.
- Some side effects of the IUS can be:
  - Headaches
  - Sore breasts
- The copper IUD can also be fitted as an emergency contraceptive.
- No protection against STIs.

## Progestogen-only pill



- 1 pill must be taken at the same time every day.
- There are no breaks in taking the pill.
- It contains the progestogen hormone.
- Your periods might change.
- Fertility will return to normal when you stop taking the pill.
- If you are late taking a pill, are sick or have diarrhoea or sickness it might not work.
- Some side effects can be:
  - Headaches
  - Sore breasts
- Some medicines can stop it from working e.g. St. John's Wort. Always check when taking medication.
- No protection against STIs.

## Condom



- Free at:
  - Some GP surgeries
  - Young people's services (the Hub)
  - Sexual Health Fife
- Helps protect you from pregnancy AND sexually transmitted infections (STIs).
- Check it has a CE mark or kite mark. Check it is in date and packaging is not burst and condom not damaged.
- Must be worn on the penis before it touches another person's genitals. Take away from genitals & throw away as soon as ejaculated.
- Condoms can be damaged by: oil-based lubricants, oily products, oil on hands (e.g. from chips) or heat (e.g. from pocket).
- Female condoms are also available.

## Emergency contraception



- Can help stop you getting pregnant if:
  - You have had unprotected sex
  - Contraception failed (e.g. condom broke, pill/patch/injection missed)
  - You have taken medication that stops your usual contraception working
- It is free from Sexual Health Fife, pharmacies, GPs and some hospital departments e.g. A&E.
- Usually taken up to 3 days (72 hrs) after unprotected sex. Other methods (e.g. the IUD) can be used up to 5 days (120 hrs) after. Check with Sexual Health Fife or your GP
- Most effective the earlier it is taken.
- If contraception failed, condoms should be used for up to 3 weeks.
- No serious side effects.
- No protection against STIs.

## If you would like to discuss your contraceptive options this is where you can get help....

### Sexual Health Fife

For appointments: 01592 647979

For advice: 01592 729260

[www.nhsfife.org/sexualhealth](http://www.nhsfife.org/sexualhealth)

[www.twitter.com/shfife](https://www.twitter.com/shfife)

[www.facebook.com/shfife](https://www.facebook.com/shfife)

Your doctors (GP) surgery



For more information about sexual health...

The Hub (young people's sexual health drop-ins) across Fife

[www.thehubfife.org.uk](http://www.thehubfife.org.uk)

Local services and info on the web:

[www.urhealthfife.co.uk](http://www.urhealthfife.co.uk)

Further information on the web:

[www.nhs.uk/livewell/contraception](http://www.nhs.uk/livewell/contraception)

[www.sexualhealthscotland.co.uk/better-sex/protection/contraception](http://www.sexualhealthscotland.co.uk/better-sex/protection/contraception)

[www.fpa.org.uk/helpandadvice/contraception](http://www.fpa.org.uk/helpandadvice/contraception)

[www.brook.org.uk/contraception](http://www.brook.org.uk/contraception)

[www.healthysrespect.co.uk/condomsandcontraception](http://www.healthysrespect.co.uk/condomsandcontraception)

[www.caledoniayouth.org](http://www.caledoniayouth.org)

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

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## Contraceptive Choices for Young People



**Most of the contraceptives in this leaflet are 99% effective in preventing pregnancy if used correctly. Condoms are 98% effective.**