

Fitting implants and coils takes less than half an hour and can be done during a special appointment at the surgery. But first you need to see a doctor to make a choice of method. Any of our doctors can do this during a normal surgery appointment.

They will then help you to arrange a convenient time to have the contraceptive fitted.

The practice nurses can give the contraceptive injections.

Useful numbers-

Fpa help lines 0345 122 8687

Useful website

www.fpa.org.uk
www.patient.co.uk



INFORMATION LEAFLET

LONG ACTING REVERSIBLE CONTRACEPTIVES (LARC)

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WHAT ARE LONG ACTING REVERSIBLE METHODS OF CONTRACEPTION?

These are highly effective contraceptive methods that differ from the traditional forms such as the pill, condom or diaphragm.

Once in place, the contraceptive effect lasts between 3 months and 5 years, depending on the method used. So there is no need to remember about contraception every day.

Most of them contain a hormone called progesterone. This can be used by women who are unable to take oestrogen for any reason.

It is important to talk to one of our doctors or nurses to help you make a choice.

If you don't want to get pregnant for some time, then one of these methods might suit you- unplanned pregnancies are very rare indeed with any of these methods of contraception:

CONTRACEPTIVE PROGESTERONE IMPLANT

An Implant is a small flexible rod that is placed just under your skin in your upper arm using a local anaesthetic. Once in place you may feel it with your fingers.

It releases a progestogen hormone similar to the natural progesterone that women produce in their ovaries, and works for up to three years.

Why choose Implanon?

- It can be used if breastfeeding
- It does not interrupt sex
- It may reduce heavy painful periods
- Better success rate than the contraceptive pill
- Very popular method

THE INTRAUTERINE SYSTEM (IUS)

An IUS is a small T- shaped plastic device which slowly releases the progesterone hormone into the body, also known as the coil. It is placed by a trained doctor or nurse into your womb. The IUS available in the UK is called Mirena, and works for up to 5 years.

Why choose the IUS?

- If you have just had a baby, this may be suitable and can be used if breast feeding
- It can also reduce heavy painful periods
- If you are aged 45 or older when it is fitted it can sometimes be left for longer than 5 years

THE INTRAUTERINE DEVICE (IUD)

An IUD is a small plastic and copper device that is put into your womb. They can stay in for three to ten years depending on the type. It is the only LARC that does not contain progesterone. It usually starts to work as soon as it is inserted.

Why choose the IUD?

- If you do not wish to take hormones this may be appropriate choice for you
- May be suitable if wanting to ensure good contraception during menopause

CONTRACEPTIVE INJECTIONS

They contain the hormone progesterone and are also effective methods of contraception, also known as Depo. They will need to be given every 12 weeks.

Why choose the injection?

- For as long as the injection lasts, you don't have to worry about contraception
- It may help to reduce heavy periods in some women and reduce premenstrual symptoms