

Your sexual  
health matters

**GET TO KNOW YOUR  
CONTRACEPTIVE OPTIONS.**

[kent.gov.uk/sexualhealth](https://kent.gov.uk/sexualhealth)

# CONTENTS

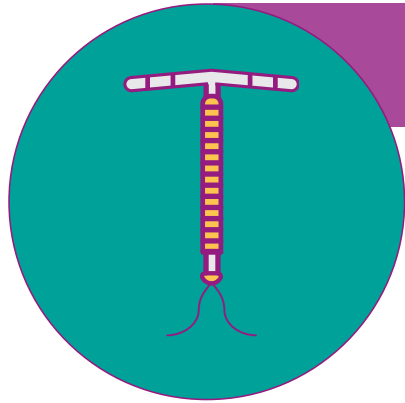
WHICH METHOD OF CONTRACEPTION IS RIGHT FOR ME? .....	3
COPPER INTRAUTERINE DEVICE.....	4
INTRAUTERINE SYSTEM .....	5
SUB DERMAL IMPLANT .....	6
INJECTION.....	7
VAGINAL RING .....	8
CONTRACEPTIVE PATCH.....	9
CONTRACEPTIVE PILL .....	10
CONTRACEPTIVE CAP.....	11
CONDOMS .....	12

# WHICH METHOD OF CONTRACEPTION IS RIGHT FOR ME?

Contraception helps prevent you from getting pregnant while some also protect you from sexually transmitted infections.

There are a variety of contraceptive options available to you. This information has been produced by Kent County Council to help you understand which option may be best for you.

# COPPER INTRAUTERINE DEVICE (IUD or Copper Coil)



Protects against sexually transmitted infections? **No**

Long Acting? **Yes (5-10 years)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **>99%**

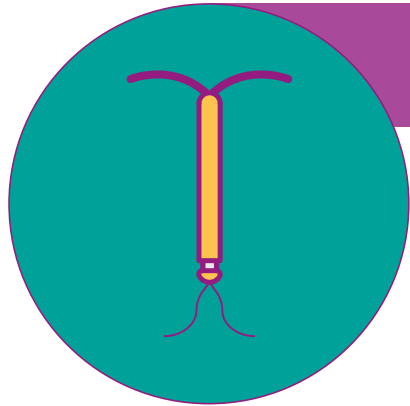
## BENEFITS

- Long lasting
- Non-hormonal
- No need to remember to take every day
- Can be removed any time by trained practitioner
- Discreet

## CONSIDERATIONS

- Must use barrier contraception with this method
- Invasive procedure
- Some experience discomfort
- Can cause heavier and/or more frequent menstrual bleeding in first 3-6 months

# INTRAUTERINE SYSTEM (IUS or Coil)



Protects against sexually transmitted infections? **No**

Long Acting? **Yes (3-5 years)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **>99%**

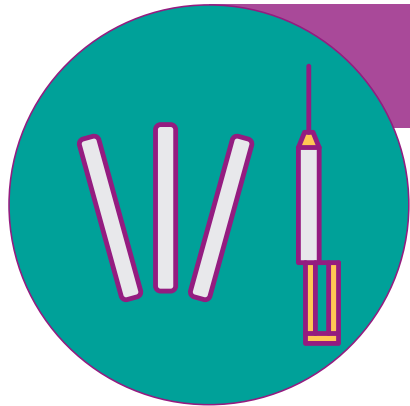
## BENEFITS

- Long lasting
- Can treat heavy periods
- No need to remember to take every day
- Can be removed any time by trained practitioner
- Discreet

## CONSIDERATIONS

- Must use barrier contraception with this method
- Invasive procedure
- Some experience discomfort
- Can cause heavier and/or more frequent menstrual bleeding in first 3-6 months

# SUB DERMAL IMPLANT (SDI or Implant)



Protects against sexually transmitted infections? **No**

Long Acting? **Yes (3 years)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **>99%**

## BENEFITS

- Long lasting
- No need to remember to take every day
- Can be removed any time by trained practitioner
- Discreet

## CONSIDERATIONS

- Must use barrier contraception with this method
- Can cause heavier and/or more frequent menstrual bleeding in first 3-6 months

# INJECTION (Depo)



Protects against sexually transmitted infections? **No**

Long Acting? **Yes (8-13 weeks)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **94%**

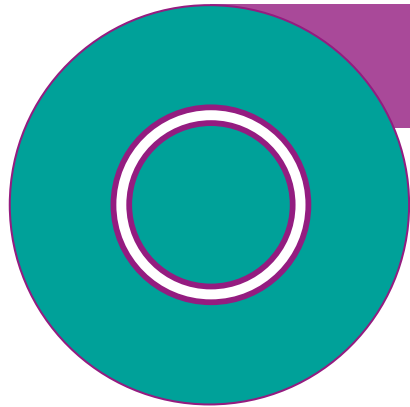
## BENEFITS

- No need to remember to take every day
- Discreet

## CONSIDERATIONS

- Must use barrier contraception with this method
- May cause change in bleeding pattern
- Must visit practitioner every 3 months

# VAGINAL RING



Protects against sexually transmitted infections? **No**

Long Acting? **No (4 weeks)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **91%**

## BENEFITS

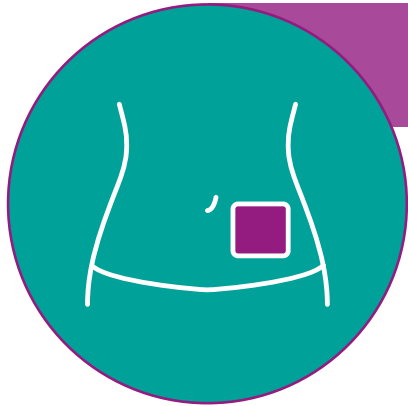
- Self administered
- Can stop at any time

## CONSIDERATIONS

- Must use barrier contraception with this method
- Can be uncomfortable



# CONTRACEPTIVE PATCH (Patch)



Protects against sexually transmitted infections? **No**

Long Acting? **No (1 week)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **91%**

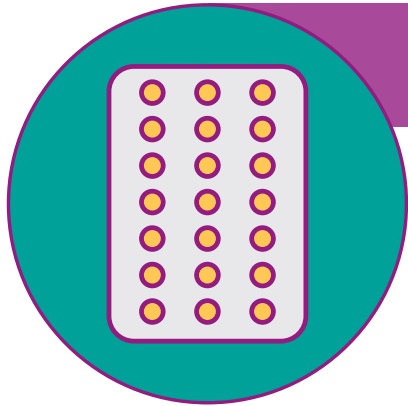
## BENEFITS

- Self administered
- Can stop at any time

## CONSIDERATIONS

- Must use barrier contraception with this method
- Visible
- Can become loose/fall off

# CONTRACEPTIVE PILL (The Pill, Combined Pill, Mini Pill)



Protects against sexually transmitted infections? **No**

Long Acting? **No (1 day)**

Effectiveness (Perfect use) **>99%**

Effectiveness (Typical use) **91%**

## BENEFITS

- Self administered
- Can stop at any time

## CONSIDERATIONS

- Must use barrier contraception with this method
- Must remember to take it every day

# CONTRACEPTIVE CAP (Diaphragm)



Protects against sexually transmitted infections? **No**

Long Acting? **No (single use)**

Effectiveness (Perfect use) **94%**

Effectiveness (Typical use) **88%**

## BENEFITS

- Self administered
- Can stop at any time

## CONSIDERATIONS

- Must be used with spermicide
- Must be kept in place for 6 hours after sex

# CONDOMS (including female condoms/femidoms)



Protects against sexually transmitted infections? **Yes**

Long Acting? **No (single use)**

Effectiveness (Perfect use) **97%**

Effectiveness (Typical use) **81%**

## BENEFITS

- Protects against sexually transmitted infections
- Hormone free

## CONSIDERATIONS

- Can interrupt sex
- Risk of splitting during intercourse

Your — sexual

health — matters

**FOR MORE INFORMATION INCLUDING  
HOW TO ACCESS CONTRACEPTION  
PLEASE VISIT:**

[kent.gov.uk/sexualhealth](https://kent.gov.uk/sexualhealth)

