

This leaflet provides some information about contraception.

You should speak to a person trained in sexual health advice before deciding which contraception is right for you.



## General Information on Contraception

### Remember

Most types of contraception do not protect you from getting a sexually transmitted infection.

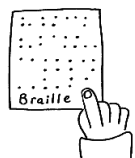
#### Male Condom



You need to wear a condom.



This leaflet is available in other languages or formats



This leaflet was developed by the sexual health service at Wirral PCT and Western Cheshire PCT. The information was made 'easy read' with the support of Cheshire and Wirral Partnership NHS Foundation Trust.

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The information in this leaflet was valid at the date of production **October 2010** and is due for review in **October 2012**.

#### Note for staff/carers:

The information in this leaflet should be discussed with the service user by a health professional trained in providing sexual health information

## What is Contraception?

Contraception can stop you getting pregnant and having a baby.

There are many different types of contraception.

We will tell you about them in this leaflet.



## Where can I get Contraception from?

You can get contraception from your doctor or sexual health clinic.

A sexual health clinic is sometimes called family planning clinic.



The doctor or nurse will ask you questions about your health.

This will help to find the right type of contraception for you.

The things you talk about are confidential.

This means that no one will know that you have been to get contraception unless you tell them.

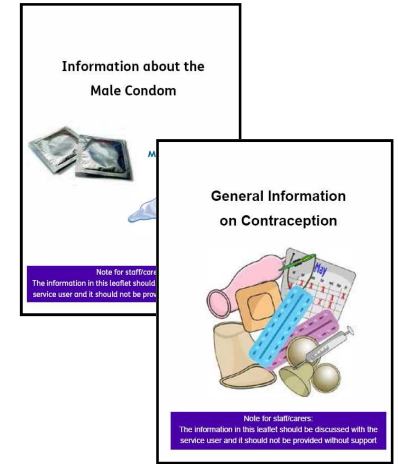


It does not cost you any money to get contraception.

## Different types of contraception

You can get easy read information on the different types of contraception.

You can ask the doctor or nurse for an easy read leaflet at your appointment.



## Questions

Write here any questions you want to ask the doctor or nurse.

Take this leaflet to your appointment.



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## Different types of contraception



### The mirena coil

The coil is put into your uterus through your vagina.  
The coil can be put in up to 7 days after your period has started.



### The implant

The implant is a small tube which is put under the skin in your arm.  
You have an injection to numb the top of your arm.  
The implant works for 3 years.



Male Condom

### The male condom

The condom is a thin rubber or plastic cover which you put over your penis before you have sex.

## What is good about Contraception?



There are many different types of contraception.

This means you can choose the contraception that is right for you.

Some contraception can help with period problems and how you feel at period time.

Contraception can stop you from getting pregnant.



If you forget to take your pill or have your injection when you have sex you can take an emergency contraception.

You can talk to the doctor or nurse about any worries you have about contraception.



## What is not good about Contraception?

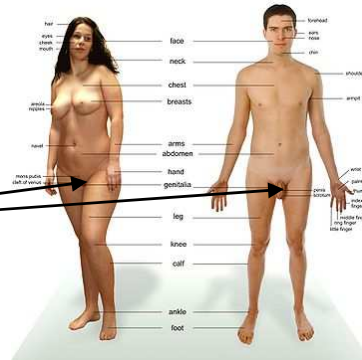


If you are sick or have diarrhoea  
contraception might not work.



If you forget to use contraception you can  
still get pregnant and have a baby.

Most types of contraception do not  
protect you from getting a  
sexually transmitted infection.



## Different types of contraception



### The depo-provera injection

The depo provera is an injection that you have every 12 weeks.

You have it in the first 7 days of your period.



### The progestogen -only pill

You take a pill at the same time every day.



### The combined pill

You take a pill at the same time every day for 21 days.

You have a break for 7 days then start a new pack of pills.