

Contraception - Do you know your options?

Do you want a contraception that:

Is free of charge by the NHS?

You don't have to remember to take every day?

Is effective and discreet?

Has low risk factors?

Then why not consider Long Acting Reversible Contraception methods (LARCs)?

There are four different types of LARC and you can choose one that best suits you:

CONTRACEPTIVE IMPLANT:

- ◆ Fitted just under the skin in the upper arm
- ◆ Lasts for 3 years

IUS (Intrauterine system):

- ◆ Fitted in to the womb
- ◆ Lasts for 3 or 5 years depending on the type

IUD / COIL (Intrauterine device):

- ◆ Fitted in to the womb
- ◆ Lasts for 5 or 10 years depending on the type

CONTRACEPTIVE INJECTION:

- ◆ Injected in to the buttocks, arm, leg or abdomen
- ◆ Administered every 8 - 13 weeks depending on the type

To find out more about your contraceptive options, visit

www.fpa.org.uk/resources/leaflet-and-booklet-downloads

or, Book an initial appointment with your GP today!