



CONTRACEPTION: YOUR OPTIONS

With all forms of oral contraception, we request that you have an annual check to ensure you are using the best and safest method for you. The alternative is a LARC (long acting reversible contraception) which are 'fit and forget'. Once you've had your fit appointment, you won't need to take anything daily. Some can last as long as **10 years!**

I feel very passionately about ensuring everyone can make informed decisions to make the best choice for them as an individual. Your decision is very personal, but it is important you know the options out there to make the right decision for you.

Here at Teign Estuary Medical Group, we can fit and prescribe all forms of contraception. I fit implants and coils, Dr Barrett also fits coils. All other GP's can prescribe the pill (combined and mini), patches or the depo (injection).

Sexwise is a great easy website to read www.sexwise.org.uk or scan this code



If you are unsure the right method for you or find yourself unexpectedly pregnant, please book a telephone consult with myself or one of my colleagues and we can chat through your options. Some options will not be suitable due to your personal circumstances (family history or other medications, but we can talk about this at your appointment).

It is also useful to know that you can get pregnant as soon as 21 days following childbirth. Contraception is also recommended for 24 months following your last period if you are entering the menopause under 50 and 12 months if over 50.

Dr Rachel Dixon

Implant: a small rod fitted in the inner of your upper arm. Lasts for 3 years (can be removed sooner if required). Progesterone hormone only. This is the most effective form of contraception (less than one in a hundred ladies will get pregnant in the first year of use).

Depo: a 3 monthly injection into the buttocks containing progesterone. Fewer than 1 in 100 users will get pregnant each year with use. This can cause a delay to fertility when stopping. This is the only contraception with a true link to weight gain.

Intra-uterine device (copper coil): small T shaped device fitted into the womb (uterus). This is the only hormone free contraception. Can make periods heavier and longer. Fewer than 1 in 100 users will get pregnant each year with use.

Intra-uterine system (hormone coil or mirena): small T shaped device fitted into the womb which releases progesterone hormone. Likely to make periods shorter, lighter or stop them completely. Fewer than 1 in 100 users will get pregnant each year with use.

Contraceptive patches: a beige coloured patch containing oestrogen and progesterone that you change once weekly. 91% effective with typical use meaning that approximately 8-9 ladies per 100 get pregnant on the pill every year.

Progesterone only pill (POP or mini pill): a daily tablet that contains progesterone only. 91% effective with typical use meaning that approximately 8-9 ladies per 100 get pregnant on the pill every year.

The combined pill (COCP): take a pill containing progesterone and oestrogen daily for 21 days then have a short break for a bleed, recommence next packet of pills. 91% effective with typical use meaning that approximately 8-9 ladies per 100 get pregnant on the pill every year.

