

SO SIMPLE

its reliable, its reversible, its accessible!
 And you have a variety to choose from!!
 Lucky You!

It's the LONG-ACTING REVERSIBLE CONTRACEPTION

Safe and Effective Contraception that you don't have to worry about remembering to take everyday.
 And can be stopped if you wish to get pregnant.

	Injections	Implants	Mirena	Copper Coil
What is it?	Hormone Injection in your buttock.	Match stick size soft rod placed under the skin in your arm and releases hormone.	Small T shaped device made of plastic and hormone placed in the womb.	Small T shaped device made of plastic and copper placed in the womb. It has no hormone.
How does it work?	Stops you from releasing eggs.	Stops you from releasing eggs.	Stops sperm from meeting the egg and egg from fixing in the womb.	Stops sperm from meeting the egg and egg from fixing in the womb.
How long does it last?	12 weeks	3 years	5 years	5 – 10 years
Periods	Often stop. But may be irregular for first few months. Period pains may improve.	May stop or may not be regular. Period pains may improve.	Not regular at first, then lighter, then may stop after about a year. Period pains may improve.	May become heavier and painful, but usually settle in few months.
Other possible considerations	May cause weight gain. Delay in return of fertility (ability to get pregnant) by up to 12 months.	Need to numb the skin by local anaesthetic to place or remove the implant. Quick return of fertility (ability to get pregnant).	Good treatment for period problems. Quick return of fertility (ability to get pregnant).	Does not prevent pregnancies outside the womb (ectopic pregnancy). Quick return of fertility (ability to get pregnant).

Chat with your doctor or nurse to see which one is right for you!
 Important: These methods offer no protection from sexually transmitted infections.
 Always use condoms.