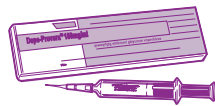


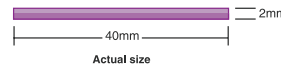
LARC

A guide to Long Acting Reversible Contraception methods

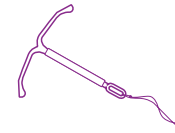
There are many forms of contraception, some of which you don't have to take everyday. Here are some examples of reversible contraception methods that are currently available, with some information to help you decide which is the most suitable for you...



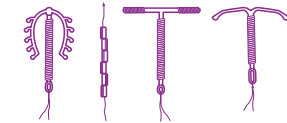
Contraceptive injection



Implant



Intrauterine system (IUS)



Intrauterine device (IUD)

What is it?	An injection of progestogen.	A small, flexible rod put under the skin of the upper arm that releases progestogen.	A small, T-shaped progestogen releasing plastic device that is put into the uterus.	A small, plastic copper device that is put into the uterus.
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantage	Lasts for eight or 12 weeks - you don't have to think about contraception this time.	Works for three years but can be taken out sooner	Works for five years but can be taken out sooner. Periods usually become lighter, shorter and less painful.	Can stay in 5-10 years depending on type but can be taken out sooner.
Disadvantage	Can't be removed from the body so side effects may continue while it works and for some time afterwards.	It requires a small procedure to fit and remove it.	Irregular bleeding or spotting is common in the first six months.	Periods may be heavier, longer and more painful.

For more information visit www.ruthinking.co.uk or www.condomessentialwear.co.uk. Alternatively you can call NHS Direct on 0845 4647