

**just about...**

# Contraceptives

**This booklet is just for you.**

You can ask someone to read it with you.



People you could ask:

- A family member
- Your care worker
- Your doctor
- Your nurse

## What is contraception?

Contraception will stop you having a baby.

Some contraceptives stop your period.

There are lots of different contraceptives.

The nurse or doctor will help you to choose one, just for you.

## Which one is just for me?

To help find the right one they need to know some things about you.

Here are the things they need to know.



## Health



IF:

YES

Your period hurts a lot

You bleed a lot

You take other medications

You have been very sick

You have had an operation

You smoke cigarettes

You get very bad headaches and  
have to go to sleep

You pick at your skin

## Other Questions



Tick Yes or No

YES

NO

I am OK with tablets

I can remember to take  
tablets every day

I am ok with needles

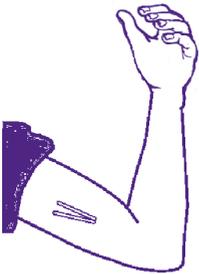
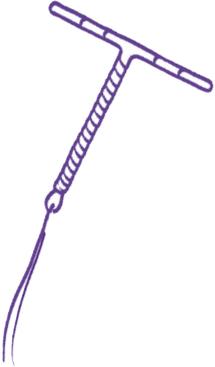
I have sex with a partner

I have sex with more than  
one partner

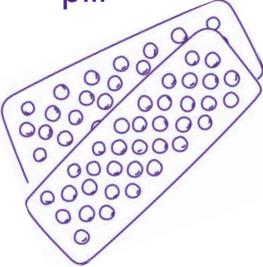
It is ok for a nurse or doctor  
to go inside my vagina

I would be ok with something  
under my skin

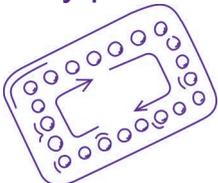
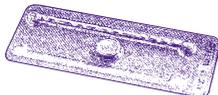
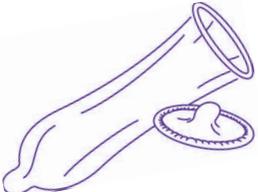
## Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p data-bbox="154 331 281 371">Implant</p> 	<p data-bbox="423 336 617 464">Good if you forget to take pills.</p> <p data-bbox="423 504 585 587">Lasts a long time.</p>	<p data-bbox="669 336 981 419">Needs to go under your skin.</p> <p data-bbox="669 443 944 526">Need to have an injection.</p> <p data-bbox="669 550 936 633">You pick at your skin.</p> <p data-bbox="669 657 981 740">Periods may come more often.</p>
<p data-bbox="154 818 217 858">IUD</p> 	<p data-bbox="423 818 585 901">Lasts a long time.</p> <p data-bbox="423 941 580 1069">You have had a baby.</p>	<p data-bbox="669 818 944 946">Nurse/doctor will need to put it in your vagina.</p> <p data-bbox="669 970 966 1010">Might bleed more.</p> <p data-bbox="669 1034 966 1161">You have sex with more than one partner.</p> <p data-bbox="669 1185 944 1313">Your partner has sex with other people.</p>

## Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>IUS</p> 	<p>May have no period.</p> <p>May bleed less.</p> <p>Lasts a long time.</p>	<p>Nurse/doctor will need to put it in your vagina.</p> <p>You have sex with more than one partner.</p> <p>Your partner has sex with other people.</p>
<p>Depo provera</p> 	<p>Lasts up to 14 weeks.</p> <p>No periods.</p>	<p>Have to have an injection.</p> <p>Might put on weight.</p>
<p>Combined pill</p> 	<p>Periods hurt less.</p> <p>May bleed less.</p> <p>Easy to take.</p>	<p>You smoke.</p> <p>Must remember to take it every day.</p> <p>Might not suit you.</p>

## Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>Progestogen only pill</p> 	<p>Easy to take.</p> <p>Can be used at any age.</p> <p>May have no periods.</p>	<p>Must remember to take it every day.</p>
<p>Emergency contraceptive pill</p> 	<p>Can be used if you had sex and did not use another contraceptive.</p>	<p>Have to take as soon as possible after having sex.</p>
<p>Condom</p> 	<p>Easy to use.</p> <p>Easy to buy.</p> <p>Stops you getting an infection.</p> <p>Good if you have sex with more than one partner.</p>	<p>Partner has to use it.</p> <p>Can come off.</p> <p>Can break.</p>

## **Family Planning Clinics**

For more information, to find a clinic or for an appointment go to:

[Family Planning website.](#)

ISBN: 978-1-99-115633-4

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