





	Contraceptive injection	Implant	Intrauterine system (IUS)	Intrauterine device (IUD)
What is it?	<p>An injection, usually in your bottom, containing progestogen</p> 	<p>A small flexible rod inserted under the skin of the upper arm, which slowly releases progestogen</p> 	<p>A small plastic device, placed in the uterus, which slowly releases progestogen</p> 	<p>A small copper and plastic device placed in the uterus</p> 
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantages	<ul style="list-style-type: none"> • Lasts 12 weeks • Can help with heavy periods 	<ul style="list-style-type: none"> • Lasts 3 years, but can be removed earlier • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Lasts 5 years, but can be removed earlier • Periods usually become lighter, shorter and less painful • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Can last up to 10 years • Works as soon as it's put in • Fertility returns immediately after stopping use
Potential drawbacks	<ul style="list-style-type: none"> • May cause unpredictable spotting and bleeding • Fertility may take some time to return after stopping use • Once injected, it cannot be removed from the body 	<ul style="list-style-type: none"> • Irregular bleeding affects about 40% of users • It requires a small procedure to fit and remove it 	<ul style="list-style-type: none"> • Irregular spotting or bleeding common at first 	<ul style="list-style-type: none"> • Periods can last longer, be heavier or more painful

These long-acting contraceptive methods all have the advantage that, once in place, you don't need to think about them until they need replacing. At 99%, they are more effective than any other form of contraception, and none of them interfere with sexual spontaneity. As with all other contraceptive methods, these do not offer protection from STIs. Using condoms offers the best protection against STIs, including HIV.

Interested? Ask your doctor or nurse for more information.