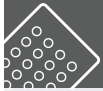









# Long Acting Contraception & the Pill

 <b>The Pill</b>	 <b>The IUS</b> (hormonal coil)	 <b>The IUD</b> (copper coil)	 <b>The Implant</b>
<p>The pill is a small tablet containing hormones that should be swallowed by the woman at the same time every day.</p>	<p>The intrauterine system is a small T-shaped frame made from soft, flexible plastic and is placed in your womb by your doctor.</p>	<p>The intrauterine device is a small plastic T-shaped apparatus that contains a copper wire. It is placed in your womb by your doctor.</p>	<p>The contraceptive implant is a small flexible plastic rod that is placed under the skin of your upper arm by your doctor.</p>
<h2>When do I need to think about them?</h2>			
<p><b>Every day</b> Once a day, it should be swallowed always at the same time every day.</p>	<p><b>3-5 years</b> Lasts up to 3-5 years once placed. The duration of use depends on the product.</p>	<p><b>3-10 years</b> Lasts up to 3-10 years once placed. The duration of use depends on the product.</p>	<p><b>3 years</b> Lasts up to 3 years once placed by your doctor.</p>
<h2>How reliable are they?</h2>			
<p><b>90 of 1000</b> get pregnant with typical use</p> <p>90 of 1000 get pregnant with typical use but only 10 of 1000 when used correctly. Correct use means always remembering to take the pill at the same time. The effectiveness may also be reduced as a consequence of taking antibiotics, vomiting or diarrhoea.</p>	<p><b>2 of 1000</b> get pregnant with typical use</p>	<p><b>2 of 1000</b> get pregnant with typical use</p>	<p><b>2 of 1000</b> get pregnant with typical use</p>
<h2>What makes them work? And where?</h2>			
<p><b>Hormones</b> released in whole body. May contain oestrogen.</p>	<p><b>Low hormone dose</b> released in womb, acts mainly locally.</p>	<p><b>Copper ions</b> released in womb, act mainly locally.</p>	<p><b>Hormones</b> released in whole body.</p>
<h2>How can it affect my period?</h2>			
<p> Regular bleeding every month, may reduce bleeding and pain</p>	<p> Lighter, shorter bleeding and less pain likely over time  Initially irregular bleeding possible</p>	<p> Heavier, longer bleeding likely; no reduced pain  Initially irregular bleeding possible</p>	<p> Can cause irregular bleeding  Initially irregular bleeding possible</p>

## The Pill

## The IUS (hormonal coil)

## The IUD (copper coil)

## The Implant

### Will it make me gain weight?

No

Small, if any change to body weight

No

Small, if any change to body weight

No

Small, if any change to body weight

No

Small, if any change to body weight

### What about thrombosis risk?

Slightly

Slightly increased risk

Please check the Patient Information Leaflet of the individual products.

No

Generally no increased risk

Please check the Patient Information Leaflet of the individual products.

No

No increased risk

Please check the Patient Information Leaflet of the individual products.

No

Generally no increased risk

Please check the Patient Information Leaflet of the individual products.

### Can I get pregnant if I stop using it?

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

### How much does it cost?

€€

Sometimes covered by your healthcare system. Please check costs in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

### How do I use it?

You get it prescribed by your doctor, buy it at your pharmacy and take it orally at the same time every day.

Hormones are then constantly released into your bloodstream to protect you.

There are a few different types of pill. The combined pill contains oestrogen and a progestin, which stop the ovaries from releasing eggs. It also thickens the cervical mucus, which makes it harder for sperm to move freely and reach the egg. The so-called mini pill contains only 1 hormone, a progestin, which offers an alternative to those affected by the hormone oestrogen.

It is placed in your womb by your doctor during a standard office procedure. You can return home right away.

Hormones are then released locally in your womb to protect you.

The IUS has a reservoir containing the hormone progestin. It works by continuously releasing a low dose of progestin into the womb. It thickens the mucus of your cervix, which makes it harder for sperm to move freely and reach the egg. It also thins the lining of your womb.

It is placed in your womb by your doctor during a standard office procedure. You can return home right away.

The device contains a copper wire that releases copper into your system.

The IUD alters the makeup of fluids that creates an environment to keep sperm from surviving. It also prevents the womb from becoming thicker.

It is implanted into your upper arm by your doctor with a special needle under local anaesthetic.

Hormones are then constantly released into your bloodstream to protect you.

The contraceptive implant constantly releases the hormone progestin in small doses from a reservoir into your blood stream. The hormone stops your ovaries from releasing eggs but also thickens your cervical mucus, which makes it harder for sperm to move freely and reach the egg.