



## Types of Contraception available in the UK

It's important to remember that the UK is very lucky in the range of contraceptives available and if students plan on travelling abroad, then they should be prepared with contraception as it may not be readily available in other countries.

It is also important both genders are aware of what contraception is available to them and the other sex.



### The Pill (Combined and Progesterone only)

- Doesn't protect from STIs.
- Free from GP and some pharmacies – check up needed every 6 – 12 months to check blood pressure.
- Not associated with weight gain
- Side effects include higher risk of cervical cancer and blood clots, mood swings.
- There is a link between the pill and depression.
- A new pill should be taken if you've vomited or had

diarrhoea within 2 hours of taking it.

**Combined:** 99% effective when taken correctly.

Contains artificial versions of female hormones oestrogen and progesterone, which are produced naturally in the ovaries. This stops an egg being released. Take one every day for 21 days then have a 7 day break when your period will happen. Should be taken at the same time each day but within 12 hours of the time taken the day before.

It also:

Thickens the mucus in the neck of the womb, so it is harder for sperm to penetrate the womb and reach an egg.

And thins the lining of the womb, so there is less chance of a fertilised egg implanting into the womb and being able to grow.

**Prog-only:** 91% effective when taken correctly.

Works by thickening the mucus in the ovaries so a sperm can't reach the egg. Take one every day. There is no break between packs.

If you take it more than 3 hours late, it may not be effective.

Find NHS information on the combined pill on:

<https://www.nhs.uk/conditions/contraception/combined-contraceptive-pill/>

Find NHS information on the progesterone only on:

<https://www.nhs.uk/conditions/contraception/the-pill-progestogen-only/>



### Condoms (male)

- 98% effective when used correctly.
- Stops semen passing through the condom to fertilise an egg.
- It is possible for a condom to rip or come off during sex.
- There are alternatives to latex condoms if you or your partner have an allergy.
- Condoms have a use by date and are not effective if used after

the use by date.

- Protects against STIs when used correctly.
- Condoms can be bought from most supermarkets and pharmacies.



**Mousie**  
@DramaticEmily



If a boy ever tells you he's too big for a condom, please send him this

No one is ever 'too big' for a condom. If your partner doesn't want to wear one, then having unprotected sex shouldn't be an option.

IT IS A SEXUAL OFFENSE TO TAKE A CONDOM OFF DURING SEXUAL INTERCOURSE WITHOUT THE KNOWLEDGE OR PERMISSION OF YOUR PARTNER.

NHS information on condoms can be found on:

<https://www.nhs.uk/conditions/contraception/male-condoms/>



### The Implant

- More than 99% effective and free from your GP.
  - A small, flexible plastic rod that is fitted under the skin in a female's upper arm.
  - Gradually releases progesterone into your body to prevent pregnancy, lasting for 3 years. Stops an egg being released.
  - Periods may become irregular (more frequent or less frequent)
- Doesn't protect against STIs.
  - Some medicines can prevent the implant from working.

NHS information on the implant can be found on:

<https://www.nhs.uk/conditions/contraception/contraceptive-implant/>



### Contraceptive Injection

- More than 99% effective.
- Lasts between 8 – 13 weeks.
- Side effects can include weight gain, headaches, mood swings, breast tenderness and irregular bleeding.
- Does not protect against STIs.
- Steadily releases progesterone in the body to prevent an egg from being released.

- Free from your GP. Available to over 16s.

NHS information on the injection can be found on:

<https://www.nhs.uk/conditions/contraception/contraceptive-injection/>



### IUD (The Coil)

Intrauterine device that is a T shaped, plastic and copper device that is put into the womb by a doctor or nurse.

- More than 99% effective.
- Doesn't protect against STIs.
- It releases copper to stop you getting pregnant, and protects against pregnancy for between 5 and 10 years. It's sometimes called a "coil" or "copper coil".

- Small risk it may move or come out but nurses teach you how to check where it is.
- Works for 5 – 10 years.
- No hormonal side effects but increases chance of pelvic infections.

NHS information on the IUD can be found on:

<https://www.nhs.uk/conditions/contraception/iud-coil/>