

WEeping CROSS AND BEACONSIDE HEALTH CENTRES

Long – Acting Reversible Contraception – Patient Information Leaflet

This leaflet gives a brief summary of the methods of long-acting reversible contraception (LARC). A more detailed leaflet is available for each of the methods detailed below – please ask our practice nurse or visit the Family Planning Association website www.fpa.org.uk.
FPA helpline no: 0845 310 1334

Contraceptive Injections (eg., Depo-provera & Noristerat)

(Offered at the health centres and administered by trained practice nurses)

These injections contain a progestogen hormone which slowly releases into the body. More than 99% effective and works by preventing ovulation, having similar actions as the Progesterone Only Pill. An injection is needed every 8-12 weeks.

Some advantages

- Very effective
- You do not have to remember to take pills

Some disadvantages

- Periods may become irregular (but often lighter or stop all together)
- Some women have side effects
- Normal fertility after stopping may be delayed by several months
- Cannot undo the injection, so if side effects occur they may persist for longer than 8-12 weeks

Contraception Implants (eg., Implanon)

(Offered at the health centres and inserted by Dr Newell, female GP)

This is a small implant that is introduced under the skin. The contraceptive implant contains a progestogen hormone which slowly releases into the body. It is more than 99% effective and works in a similar way to the contraceptive injection outlined above. The procedure involves a simple technique and a local anaesthetic is offered for your comfort. Each implant lasts three years.

Some advantages

- Very effective
- You do not have to remember to take pills

Some disadvantages

- Periods may become irregular (but often lighter or stop all together)
- Some women develop side effects but these tend to settle after the first few months

Intra-Uterine Device (IUD)

(Offered at the health centres, fitted at Weeping Cross, being fitted by Dr Newell – female GP)

A plastic and copper device is inserted into the uterus. This device lasts for 5 – 10 years and works mainly by stopping the egg and sperm from meeting. It may prevent the fertilised egg from attaching to the lining of the uterus. An IUD does not cause an abortion. The copper also has a spermicidal effect (kills sperm).

Some advantages

- Very effective
- You do not have to remember to take pills

Some disadvantages

- Periods may get heavier and more painful
- Small risk of infection

Intra-Uterine System (IUS)

(Offered at the health centres, fitted at Weeping Cross, being fitted by Dr Newell – female GP)

A plastic device containing a progestogen hormone inserted into the uterus. The progesterone is released at a slow but constant rate. More than 99% effective and works by making the lining of your uterus thinner so it is less likely to accept a fertilised egg. Also thickens the mucus from your cervix and can also be used to treat heavy periods (menorrhagia).

Some advantages

- Very effective
- You do not have to remember to take pills
- Periods become light or stop altogether

Some disadvantages

- Periods may become irregular initially, usually settles in the first 3 months