

INTEGRATED SEXUAL HEALTH SERVICE

WHAT YOU NEED TO KNOW ABOUT: CONTRACEPTIVES



<http://sexualhealth.cht.nhs/think-sexual-health>





Contraceptives can reduce the chance of a woman getting pregnant. There are lots of different types of contraceptives.



The implant is a small rod that a woman can have put under the skin of her arm. The implant lasts for up to three years and is put in by the nurse or doctor.



The injection or jag lasts for 12 weeks and is given by the nurse or doctor.



The pill is usually taken for 21 days in a row. The packets have the days of the weeks on them. The pill is prescribed by the doctor.



The patch looks like a plaster. It is square and cream coloured. The patch has to be placed on the skin. The patch is worn for 7 days and then a new one put on. The patch is prescribed by the doctor.



If you want to know more about contraception, speak to your doctor or nurse or ask at the sexual health clinic.



None of these contraceptives can not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



Calderdale and Huddersfield
Sexual Health Services

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing “Calderdale Sexual Health” in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>
Remember that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

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