

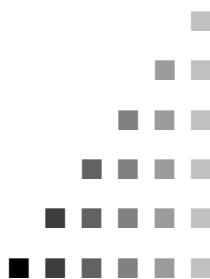
Patient Information Leaflet

Alma Partnership

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www.almapartnership.co.uk for practice news and information



Long Acting Reversible Contraception

For further information visit

www.nhs.uk or www.patient.co.uk

- ⇒ A long acting, reversible method of contraception (LARC) might be right for you if you are certain you do not want to fall pregnant for a year or more.
- ⇒ Depending on which type you choose, you can be protected against falling pregnant for between 3 months to 10 years!
- ⇒ Because they are long acting, you no longer need to remember to take a pill on a daily basis.
- ⇒ All of these can normally be arranged with the Family Planning Clinic here at The Alma Medical Centre

The Intrauterine System (MIRENA)

- A small device that sits inside your womb and releases a small amount of hormone.
- It is inserted by a Doctor (here at The Alma Medical Centre—Family Planning Clinic)
- It can last for up to 5 years
- It can be removed easily by your Doctor
- Your ability to become pregnant returns quickly after it has been removed by a Doctor.

Who can use a MIRENA? Women of any age can have a MIRENA

How well does it work? A MIRENA is more than 99% effective

What side effects can it have? You may have irregular bleeding (generally light) for up to the first six months. This normally settles down. Most women find their periods are a lot lighter, and some have none at all with a MIRENA.

The Intrauterine Copper Device

- A small copper device that sits in your womb but releases NO hormones
- These can last for up to 10 years depending on the type of device
- They prevent sperm from surviving inside your womb and reaching an egg (ovum)
- It is inserted by a Doctor (here at The Alma Medical Centre—Family Planning Clinic)
- Your ability to become pregnant returns quickly after it has been removed by a Doctor.

Who can use it? Women of any age can have an intrauterine copper device

How well does it work? Most types of intrauterine copper device are more than 99% effective

What side effects can it have? Some women will have heavier and more painful periods, but this often eases after the first 3 months.

The Implant

- Is a matchstick sized white rod containing progestogen
- It is inserted by a Doctor (here at The Alma Medical Centre—Family Planning Clinic) under the skin in your upper arm
- It lasts for up to 3 years
- Your fertility (ability to become pregnant) returns quickly after it has been removed.

Who can use it? Women of any age can use an implant

How well does it work? The implant is more than 99% effective

What side effects can it have? Some women experience irregular bleeding for the first 3 to 6 months. This often settles, and it can reduce heavy periods.

The Injection

- Contains progesterone
- It is given by injection by a Nurse into the muscle of your bottom
- It needs to be given every 8-12 weeks
- It can take up to a year before your fertility returns after stopping the injection.

Who can use it? Most women can use the injection BUT it needs to be discussed with your Doctor because there are worries about its effect on bones if used under 18 years and over 45 years

How well does it work The injection is more than 99% effective

What side effects can it have? Some women have irregular bleeding with the first 1 or 2 injections. More than half women find their periods stop. Some women find they put on weight because of an increased appetite.

We have more detailed leaflets on each of these contraceptive methods available, please ask at Reception or when you see your Doctor