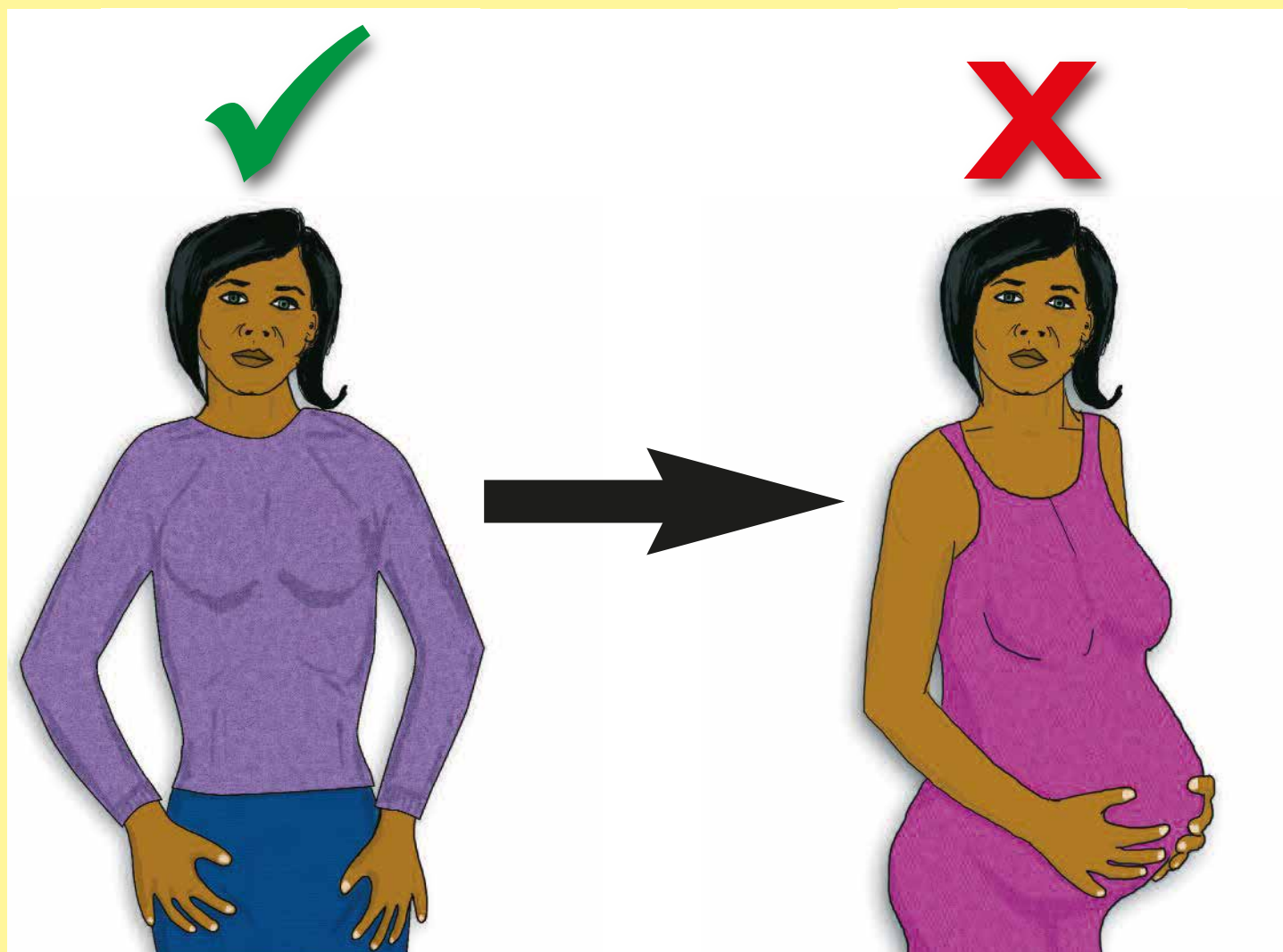


Contraception

Contraception helps to stop a woman from getting pregnant.



On the following pages are some types of contraception that people choose.

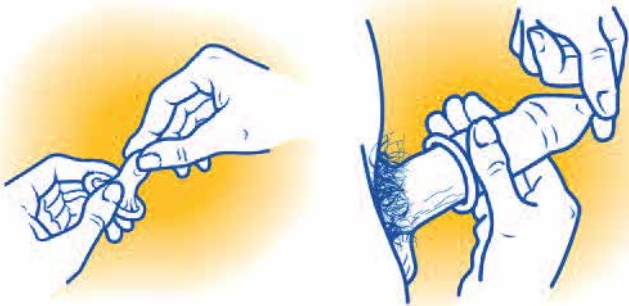
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Condom for men

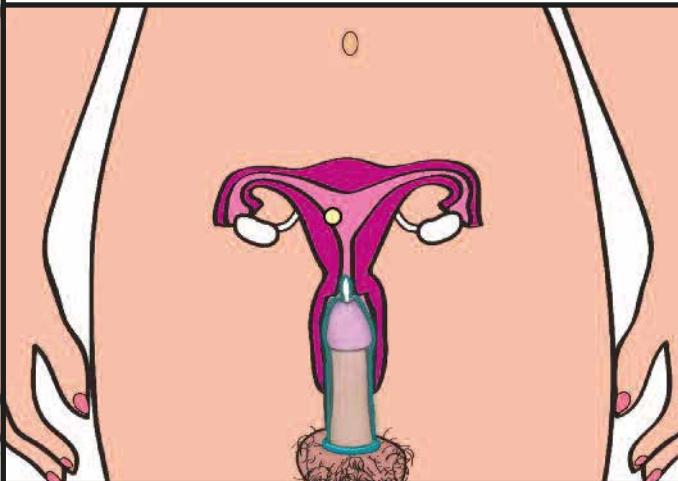


The condom is a very thin cover made of plastic.



You put the condom on your erect (hard) penis just before you are about to have sex.

It is important that you put the condom on properly so that it does not tear or slip off.



The condom helps stop your sperm from going into the woman's vagina and helps stop the woman from getting pregnant.



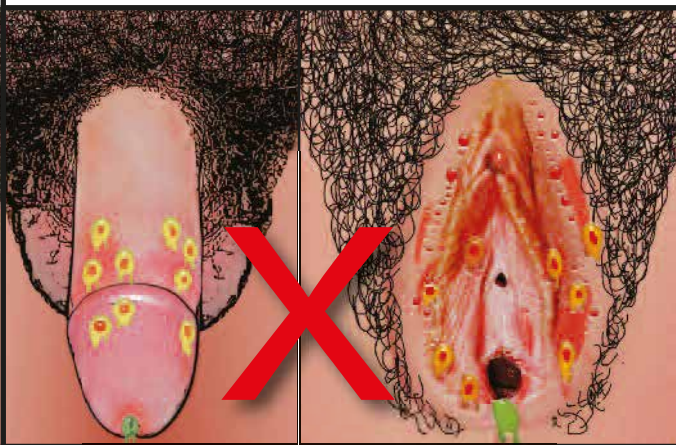
When you ejaculate (cum) you take your penis out of the woman's vagina.

You must hold on to the end of the condom so it does not slip off and to make sure no semen comes out. It is important to do this before your penis goes soft.

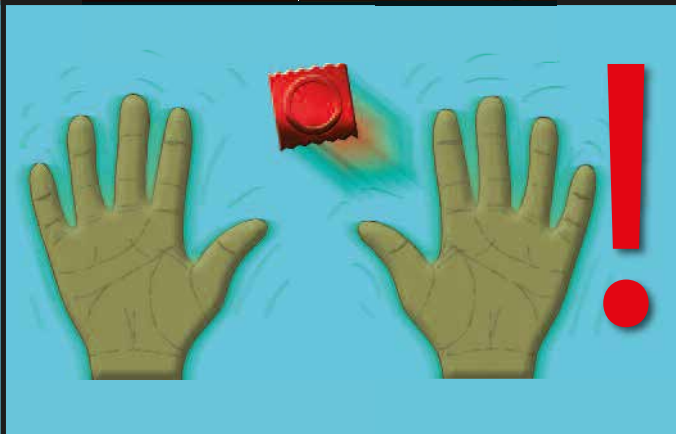
Condom for men (continued)



You should always use a new condom every time you have sex.



As well as stopping a woman from getting pregnant, a condom can help stop a woman or man from getting a sexually transmitted infection (STI).

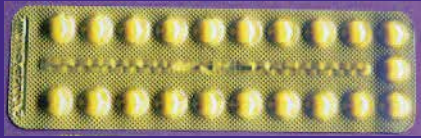


Condoms can be hard to put on if you have difficulty using your hands.



You can buy condoms at the pharmacy and other shops but they are free in sexual health clinics.

Contraceptive pill for women



Combined pill



Progestogen-only pill

There are 2 types of pill:

1. the combined pill
2. the progestogen-only pill.

Both kinds of pill come in a small packet. The doctor or nurse can help you choose which contraceptive pill is best for you

21 Days



7 Days



With some kinds of contraceptive pill you swallow a pill every day for 21 days and then you do not take a pill for the next 7 days, you must remember to start the new packet on the right day.

Every
day



With other kinds of contraceptive pill you take a pill **every** day.



Monday-Sunday

You need to take the pill at the same time every day. If you forget to take a pill 1 day you must take it when you remember.

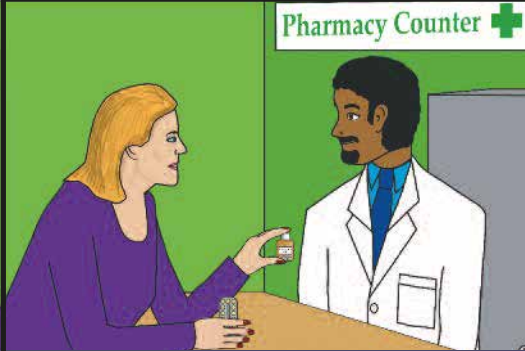


If you are very late, or forget more than 1 pill, you should ring your doctor or nurse and ask them what to do, as your pill might not work and you might get pregnant.

Contraceptive pill for women (continued)



Vomiting or diarrhoea can stop the pill from working. You should contact your doctor or nurse if this happens.



Some other medicines can stop the pill from working. You should always tell the doctor or pharmacist that you are taking the contraceptive pill if you are given other medicine.



The good things about the pill are:

1. it works very well
2. it is easy to use
3. it can help with heavy bleeding and pain when you have your period.

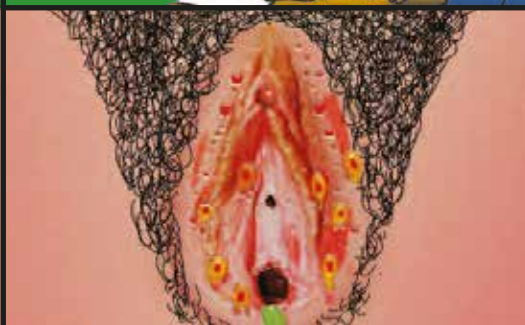


The pill may not be okay for you if:

1. you will not be good at remembering to take it every day
2. you are over 35 years old and smoke
3. you have certain illnesses.



You should always talk to your doctor or nurse to decide if the pill is right for you.



Taking the pill does not stop you from getting a sexually transmitted infection.

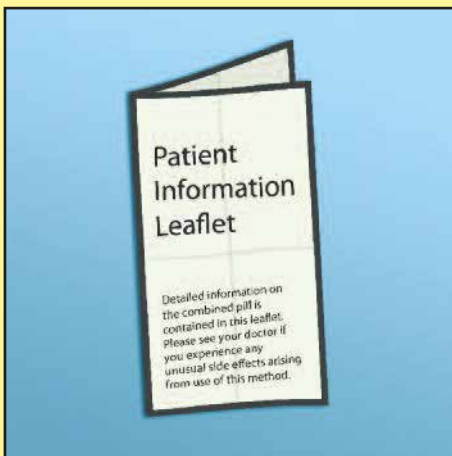


This booklet can only give you general information.



The information is based on evidence-guided research from:

1. The World Health Organization
2. The Faculty of Sexual and Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists.



All methods of contraception come with a Patient Information Leaflet which gives you more information. This is not in an accessible format at the moment. Your doctor/nurse/carer can help you understand it.



Remember – contact your doctor, practice nurse or a sexual health clinic if you are worried or unsure about anything.



talking sense about sex

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