



# Long Acting Contraception Checklist

This checklist will help you prepare for your doctor's visit. Take it with you to your appointment and use it as a discussion guide about the topics that matter most to you.

## Topics important to you:

### Not getting pregnant

Contraceptives are designed to stop you getting pregnant, but some methods are more effective than others. Only 2 of 1000 women on the IUS, IUD or Implant get pregnant, making these some of the most reliable methods out there.

### Low hormones

You're interested in a low dose of hormones. The IUS has lower hormone levels than the Pill and is oestrogen-free. The IUD has no hormones at all but instead releases copper.

### My weight

Weight gain is something most women don't want to have to deal with. Long Acting Contraception and the Pill won't normally make you gain weight. Changing your contraception doesn't mean you have to change your lifestyle.

### No increased thrombosis risk

Thrombosis is a rare but serious condition that has been linked to some forms of contraception. With the IUS, IUD and the Implant, there's generally no increased risk of thrombosis.

### Affordable

You need a contraceptive that won't break the bank. It costs less per year to protect yourself with Long Acting Contraception than the Pill. It's also more effective.

### Less period pain

Period pain can be quite unpleasant. The IUS can make your periods less painful as well as being lighter, and shorter over time.

### No forgetting

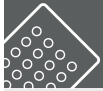







You're looking for something you don't need to think about everyday. With Long Acting Contraception you don't need a routine and you don't need to worry about forgetting it.

### Self-administered

You're interested in a self-administered method. With the Pill, you take it yourself. But remember, it's up to you keep yourself reliably protected. Long Acting Contraception is a convenient alternative to the Pill. You don't need to think about it everyday and it's really effective.

The following pages contain an overview of Long Acting Contraception and the Pill. Compare the facts with your doctor to find the contraception that is best for you.

# Long Acting Contraception & the Pill

 <b>The Pill</b>	 <b>The IUS</b> (hormonal coil)	 <b>The IUD</b> (copper coil)	 <b>The Implant</b>
<p>The pill is a small tablet containing hormones that should be swallowed by the woman at the same time every day.</p>	<p>The intrauterine system is a small T-shaped frame made from soft, flexible plastic and is placed in your womb by your doctor.</p>	<p>The intrauterine device is a small plastic T-shaped apparatus that contains a copper wire. It is placed in your womb by your doctor.</p>	<p>The contraceptive implant is a small flexible plastic rod that is placed under the skin of your upper arm by your doctor.</p>
<h2>When do I need to think about them?</h2>			
<p><b>Every day</b> Once a day, it should be swallowed always at the same time every day.</p>	<p><b>3-5 years</b> Lasts up to 3-5 years once placed. The duration of use depends on the product.</p>	<p><b>3-10 years</b> Lasts up to 3-10 years once placed. The duration of use depends on the product.</p>	<p><b>3 years</b> Lasts up to 3 years once placed by your doctor.</p>
<h2>How reliable are they?</h2>			
<p><b>90 of 1000</b> get pregnant with typical use</p> <p>90 of 1000 get pregnant with typical use but only 10 of 1000 when used correctly. Correct use means always remembering to take the pill at the same time. The effectiveness may also be reduced as a consequence of taking antibiotics, vomiting or diarrhoea.</p>	<p><b>2-3 of 1000</b> get pregnant with typical use</p>	<p><b>2-3 of 1000</b> get pregnant with typical use</p>	<p><b>2 of 1000</b> get pregnant with typical use</p>
<h2>What makes them work? And where?</h2>			
<p><b>Hormones</b> released in whole body. May contain oestrogen.</p>	<p><b>Low hormone dose</b> released in womb, acts mainly locally.</p>	<p><b>Copper ions</b> released in womb, act mainly locally.</p>	<p><b>Hormones</b> released in whole body.</p>
<h2>How can it affect my period?</h2>			
<p> Regular bleeding every month, may reduce bleeding and pain</p>	<p> Lighter, shorter bleeding and less pain likely over time  Initially irregular bleeding possible</p>	<p> Heavier, longer bleeding likely; no reduced pain  Initially irregular bleeding possible</p>	<p> Can cause irregular bleeding  Initially irregular bleeding possible</p>



## The Pill



## The IUS (hormonal coil)



## The IUD (copper coil)



## The Implant

### Will it make me gain weight?

No

Small, if any change to body weight

No

Small, if any change to body weight

No

Small, if any change to body weight

No

Small, if any change to body weight

### What about thrombosis risk?

Slightly

Slightly increased risk

Please check the Patient Information Leaflet of the individual products.

No

Generally no increased risk

Please check the Patient Information Leaflet of the individual products.

No

No increased risk

Please check the Patient Information Leaflet of the individual products.

No

Generally no increased risk

Please check the Patient Information Leaflet of the individual products.

### Can I get pregnant if I stop using it?

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

Yes

soon after stopping

It provides a rapid return to your previous level of fertility

### How much does it cost?

€€

Sometimes covered by your healthcare system. Please check costs in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

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Sometimes covered by your healthcare system. Please check costs for product and placement in your country.

### How do I use it?

You get it prescribed by your doctor, buy it at your pharmacy and take it orally at the same time every day.

Hormones are then constantly released into your bloodstream to protect you.

There are a few different types of pill. The combined pill contains oestrogen and a progestin, which stop the ovaries from releasing eggs. It also thickens the cervical mucus, which makes it harder for sperm to move freely and reach the egg. The so-called mini pill contains only 1 hormone, a progestin, which offers an alternative to those affected by the hormone oestrogen.

It is placed in your womb by your doctor during a standard office procedure. You can return home right away.

Hormones are then released locally in your womb to protect you.

The IUS has a reservoir containing the hormone progestin. It works by continuously releasing a low dose of progestin into the womb. It thickens the mucus of your cervix, which makes it harder for sperm to move freely and reach the egg. It also thins the lining of your womb.

It is placed in your womb by your doctor during a standard office procedure. You can return home right away.

The device contains a copper wire that releases copper into your system.

The IUD alters the makeup of fluids that creates an environment to keep sperm from surviving. It also prevents the womb from becoming thicker.

It is implanted into your upper arm by your doctor with a special needle under local anaesthetic.

Hormones are then constantly released into your bloodstream to protect you.

The contraceptive implant constantly releases the hormone progestin in small doses from a reservoir into your blood stream. The hormone stops your ovaries from releasing eggs but also thickens your cervical mucus, which makes it harder for sperm to move freely and reach the egg.