

Contraception Options Your Choice

**Take control of your
reproductive health**

Contraception is free and there are many forms available to suit your needs. Whether you're considering contraception for the first time or exploring different methods, it's important to make an informed choice that works best for you.

**Contraception is free and confidential, including
for young people.**



Here are some of the options provided by the NHS

- **IUD** (Intrauterine Device) known as the coil is a small device placed in the womb that prevents pregnancy.
- **IUS** (Intrauterine System) also known as the coil like the IUD but releases hormones.
- **Condoms** help prevent pregnancy and reduce the risk of sexually transmitted infections (STIs). There are male or female condoms.
- **The Pill** is taken daily and contains both oestrogen and progestogen.
- **The Patch** is a small patch that sticks to your skin and releases hormones.
- **An implant** is a small rod placed under the skin that releases hormones over time.
- **The Injection** hormones are injected in the arm every few months.
- **Emergency Contraception** emergency contraception can be used within 3-5 days of having unprotected sex. The sooner you use it, the more effective it is. There are two types: an IUD and a pill.

It's important to choose a method that aligns with your lifestyle and health needs. Visit the contraceptionchoices.org website to help make an informed decision. Or you can discuss these options with your GP or visit a local sexual health clinic for more personalised advice.

Where you can get contraception

Online – [Sexual Health London \(shl.uk\)](https://shl.uk) provides contraception, including the pill to Londoners except in Bromley and Greenwich.

In person – Your GP, pharmacies, sexual health clinics, termination of pregnancy providers and LARC (Long-Acting Reversible Contraception) hubs.

Where you can find more information

FindSexualHealth.org.uk is an online tool that connects you with free online and local services in **Lambeth, Southwark, Lewisham and Bromley**. Scan the QR code to visit website.

Bexley residents can visit Sexualhealthbexley.co.uk

Greenwich residents can visit Greenwichsexualhealth.org

