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| Contraception methods |
| Long-acting reversible contraception (LARC) methods |

You do not need to remember to use these each time you have sex

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| Method | Intrauterine device (IUD) – copper IUD Cu-IUD  | Intrauterine device (IUD) – hormonal IUD Mirena™  | Contraceptive implant Implanon NXT™  |
| **What is it?** | * A small plastic and copper contraceptive device that is placed in your uterus by a doctor or a specially trained midwife
* Stops sperm from reaching and fertilising an egg
 | * A small hormone-releasing contraceptive device that is placed in your uterus by a doctor or specially trained nurse
* Hormones are slowly released and prevent a pregnancy by causing changes to the lining of your uterus, which stops a fertilised egg implanting
 | * A small plastic rod is placed under the skin of your upper arm by a doctor or nurse (who will also remove it when required)
* Releases a low dose of the hormone progestogen, which stops your ovaries releasing an egg each month
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| **How long does it last?** | At least 10 years | 5 years | 3 years |
| **Effectiveness** | 99% | 99% | 99% |
| **Benefits** | * Not affected by other medications
* Can be easily removed by a trained health professional
* Won’t stop you from getting pregnant later on
* Once inserted, the IUD is the most cost-effective method compared to other methods
* Once removed, you are able to quickly return to fertility
* As effective as sterilisation, but reversible
 | * Often makes your periods lighter or stops them, although many women experience irregular bleeding in the first few months of use
* Once inserted, the IUD is the most cost-effective method compared to other methods
* Once removed, you are able to quickly return to fertility
* As effective as sterilisation, but reversible
 | * Your period may become lighter or it may stop
* Can easily be removed
* Won’t stop you from getting pregnant later on
 |
| **Other considerations** | * May make your periods heavier
 | * Reduces the risk of endometrial cancer
 | * May cause irregular and troublesome bleeding
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| **Who is it suitable for?** | * Safe for most women, including young women and those who have never had children
* Women who are breastfeeding
* Women who prefer a non-hormonal method of contraception
 | * Safe for most women, including young women and those who have never had children
* Women who are breastfeeding
* Women with endometriosis or excessive bleeding
 | * Women who are breastfeeding
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 Only condoms protect against sexually transmissible infections (STIs).

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