

## Contraceptive Injection

Over 99 per cent effective. Less than four women in 1000 will get pregnant over two years.

It releases the hormone progestogen which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg and thins the lining of the uterus to prevent a fertilised egg implanting.

Lasts for 12 weeks (Depo-Provera) or eight weeks (Noristerat).

Your periods may stop, be irregular or longer.

Your periods and fertility may take time to return after you stop using the injection.

The hormone is injected into a muscle, usually in your buttocks. Depo-Provera can also be injected into the arm. Noristerat is a thicker solution so may be more painful to receive. The injection cannot be removed from the body so any side effects may continue for as long as it works and for some time afterwards.

## Your Guide to Long-Acting Reversible Contraception (LARC)

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### Capelfield Surgery



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Elm Road  
Claygate

Phone: 01372 462 501

Fax: 01372 470 258

[www.capelfieldsurgery.co.uk](http://www.capelfieldsurgery.co.uk)

## Long-Acting Reversible Contraception (LARC)

A lot of women take the pill as a form of contraception. For a lot of women this is the best choice. However there are other options available.

Longer acting contraception (LARC) options may over time reduce the amount of hormone you are taking and therefore reduce your risk of long term side effects. Research has shown that LARC options are more effective in preventing pregnancy than other forms of contraception.

Please find enclosed information about long – acting contraception options. If you need contraception for more than two years a ‘LARC’ is worth considering. Make an appointment with your GP if you would like to discuss changing.

## Intrauterine Device (IUD)

Over 99 per cent effective. Less than two women in 100 will get pregnant over five years. Older IUDs have less copper and are less effective

A small plastic and copper device is put into the uterus. It stops sperm reaching an egg, and may also stop a fertilised egg implanting in the uterus.

Can stay in 5-10 years depending in type but can be taken out sooner

Your periods may be heavier or longer or more painful.

When the IUD is removed your fertility will return to normal.

A doctor or nurse will insert the IUD. This takes 15-20 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUD has two soft threads which hang through the opening of the uterus. A doctor or nurse can remove the IUD by pulling gently on its threads.

## Intrauterine System (IUS)

Over 99 per cent effective. Less than one woman in 100 will get pregnant over five years.

A small, T-shaped plastic device, which releases the hormone progesterone, is put into the uterus. This thickens cervical mucus to prevent sperm reaching an egg, thins the lining of the uterus to prevent a fertilised egg implanting, and may stop ovulation.

Works for five years but can be taken out sooner.

Your periods usually become lighter, shorter and sometimes less painful. They may stop altogether.

When the IUD is removed your fertility will return to normal.

A doctor or nurse will insert the IUS. This takes 15-20 minutes. It can be uncomfortable or painful and you may want to use a local anaesthetic. The IUS has two soft threads which hang through the opening of the uterus. A doctor or nurse can remove the IUS by pulling gently on its threads.