

CONTRACEPTION

DO YOU KNOW YOUR OPTIONS?



CONDOMS

Latex condoms, condoms with an inner lubricant, non-latex condoms, polyurethane condoms, sperm-free condoms, ribbed condoms, condoms for anal or dental use, condoms for oral use, flavored condoms, condoms with spermicide, condoms with extra lubricant, condoms with extra lubricant and spermicide, condoms with extra lubricant and spermicide, condoms with extra lubricant and spermicide.

FEMALE CONDOMS

Female condoms are used inside the vagina before sex, acting as a barrier to prevent sperm from getting into the womb. These condoms have a soft inner ring and an outer ring to hold them in place. They are made of polyurethane or nitrile and are available in different colors and textures.



THE PILL

The pill is a small, round tablet that you take every day. It works by preventing ovulation, thickening cervical mucus, and thinning the uterine lining. There are several types of pills, including combination pills (containing both estrogen and progestin) and progestin-only pills. The pill is available in various colors and shapes, and it is important to take it at the same time every day.



CONTRACEPTIVE IMPLANT

This is a small, flexible rod that is placed under the skin in the upper arm. It releases a hormone that prevents ovulation and thickens cervical mucus. The implant is effective for up to three years and does not need to be replaced until it is removed. The procedure is simple and can be done by a healthcare professional.



DIAPHRAGM OR CAP

This is a shallow, dome-shaped cup that is inserted into the vagina before sexual intercourse. It works by blocking sperm from entering the uterus. The diaphragm or cap is made of latex or silicone and is used with spermicide. It is effective for up to 48 hours and must be removed after use.

INJECTION

This is a small, clear liquid that is injected into the muscle. It works by preventing ovulation and thickening cervical mucus. The injection is effective for up to three months and does not need to be replaced until it is removed. The procedure is simple and can be done by a healthcare professional.



All forms of birth control are free to everyone through the NHS and a health professional can help you to choose the right method for you.

IUD COIL

The IUD coil is a small, T-shaped device that is inserted into the uterus. It works by preventing pregnancy and is effective for up to 10 years. There are two types of IUD coils: copper and hormonal. The copper IUD coil is made of plastic and copper, and the hormonal IUD coil is made of plastic and hormone. Both types are effective for up to 10 years and do not need to be replaced until they are removed.



PATCH

This is a small, square patch that is stuck to the skin. It releases a hormone that prevents ovulation and thickens cervical mucus. The patch is effective for up to one week and must be replaced every week. The procedure is simple and can be done by a healthcare professional.

Emergency contraception is also available at your local GP surgery, pharmacy or sexual health clinic.

Contraception Know Your Options

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Contraception Know Your Options:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Contraception Know Your Options**

In some sort of inundated with displays and the cacophony of instant interaction, the profound energy and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, situated within the musical pages of **Contraception Know Your Options**, a fascinating work of fictional splendor that pulses with raw feelings, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus manuals viewers on an emotional odyssey, lightly exposing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their captivating publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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