



About contraception

An Easy Read guide



About contraception



Contraception helps stop pregnancy if you are having sex with a penis in a vagina.



There are different types of contraception.



It is a good idea to speak to your doctor or sexual health clinic if you want to use contraception.

Types of contraception are:

Contraceptive pill



The contraceptive pill is a small pill that you take every day to stop you from getting pregnant.



It should be taken at the same time every day.

Contraceptive injection



The contraceptive injection stops you from getting pregnant.

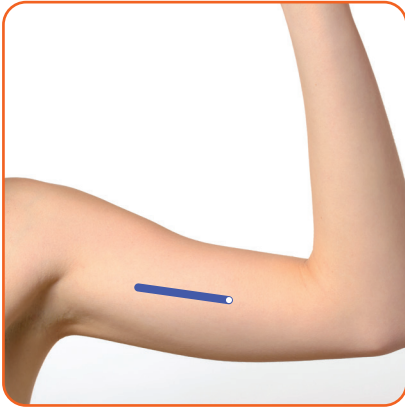


A nurse or doctor gives you the injection in your bottom or thigh.



You have the injection every 8 to 13 weeks.

Contraceptive implant



The contraceptive implant is a small plastic rod which goes in your arm.



A doctor or nurse puts it in for you.

If you don't want it anymore you can ask for it to be removed early.



The implant stops you getting pregnant for up to 3 years.

Talk to your doctor or nurse about this.



After 3 years, a nurse or doctor must take it out for you.

They can give you a new one if you want it.

Contraceptive patch

The contraceptive patch is a plaster that you wear:

- On your arm.



- Or above your bottom.



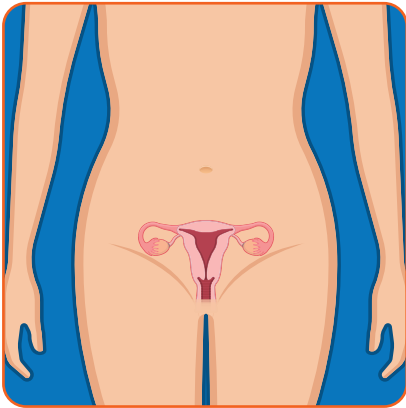
- Or on your thigh.



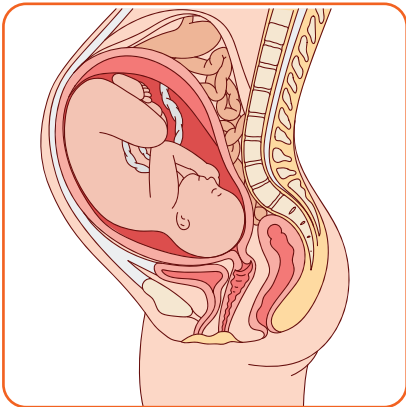
You must change it for a new one once a week.



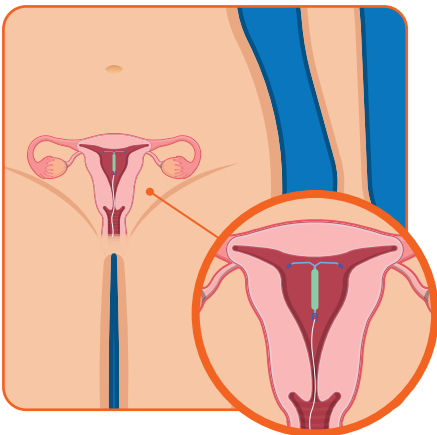
Contraceptive coil



At the top of a person's vagina is something called a womb.



This is the part of the body where a baby grows.

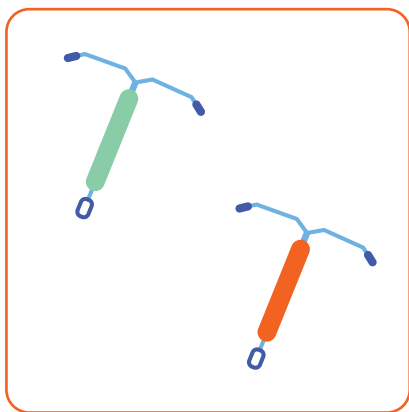


A doctor or nurse can put a small object called a coil into your womb.



A coil stops you getting pregnant for 5 to 10 years. Some coils last longer than others.

Talk to your doctor or nurse about this.



There are different types of coil called IUD and IUS.



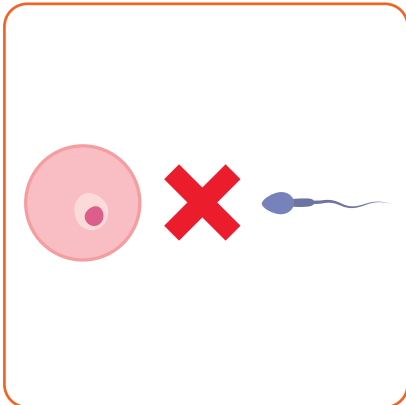
You can ask your doctor or nurse which coil is best for you.

If you don't want it anymore you can ask for it to be removed early.

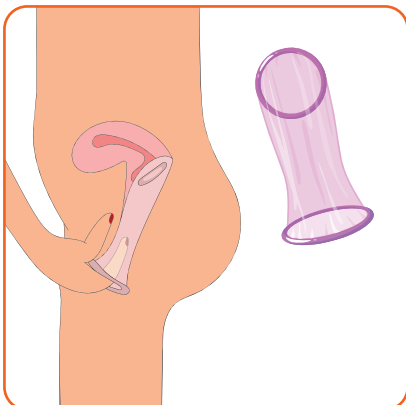
Condoms



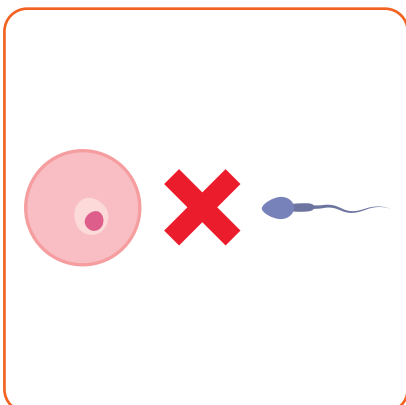
A condom covers the penis.



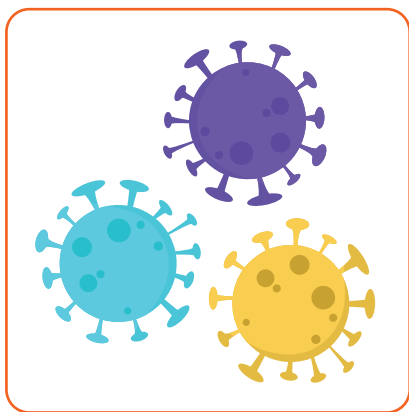
It stops sperm from getting into the vagina and getting to the egg.
This is how condoms stop pregnancy.



An internal condom goes inside the vagina.



It stops sperm from getting to the egg.
This is how condoms stop pregnancy.



If a condom has not been used or it breaks during sex, there is a chance of getting an infection.

These are called sexually transmitted infections or STIs



If a condom has not been used or it breaks during vaginal sex, there is a chance of pregnancy.



You can take some pills that can help to reduce chance of pregnancy happening. This is called Emergency Hormone Contraception or EHC.



You can get EHC pills from a pharmacy, a doctor or Essex Sexual Health Service.

There are some things that stop contraception from working:



- Being ill



- Some medicines



Your doctor or sexual health clinic can tell you more about it.



Both people who want to have sex must think about contraception.



Talk to your partner before having sex.

Vaginal ring



A vaginal ring is a small, soft ring that goes into the vagina to stop you getting pregnant.



The ring should be used for 21 days before a break of 4 to 7 days.

A new ring would then be used for the next 21 days.



Talk to your doctor or nurse about this.

This Easy Read guide was made by
Provide Community for people with
learning disabilities and/or autism.

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