



None of these contraceptives can not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

www.centalsexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

What you need to know about

Contraceptives





Contraceptives can reduce the chance of a woman getting pregnant. There are lots of different types of contraceptives.



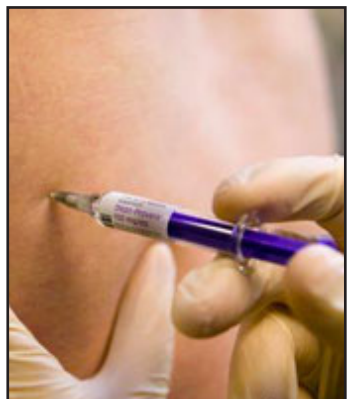
The pill is usually taken for 21 days in a row. The packets have the days of the weeks on them. The pill is prescribed by the doctor.



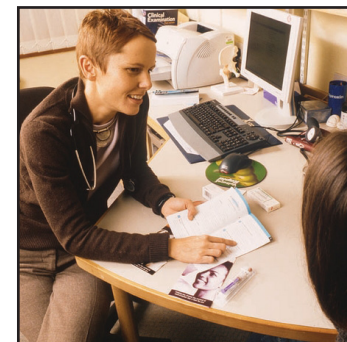
The implant is a small rod that a woman can have put under the skin of her arm. The implant lasts for up to three years and is put in by the nurse or doctor.



The patch looks like a plaster. It is square and cream coloured. The patch has to be placed on the skin. The patch is worn for 7 days and then a new one put on. The patch is prescribed by the doctor.



The injection or jag lasts for 12 weeks and is given by the nurse or doctor.



If you want to know more about contraception, speak to your doctor or nurse or ask at the sexual health clinic.