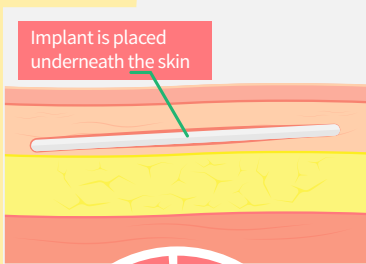


Contraceptive options available in NHS Grampian following the birth of your baby prior to discharge from maternity care

IMPLANT

A small flexible rod is put under the skin of the upper arm, which releases the hormone progesterone.

- ✓ Effective for 3 years but can be removed at any time
- ✓ Can be fitted in hospital any time after birth
- ✓ Safe to use when breastfeeding
- ✗ May have irregular or reduced bleeding
- ✗ Insertion and removal must be performed by trained healthcare professional



CONTRACEPTIVE INJECTION

Releases the hormone progesterone and lasts for 13 weeks.

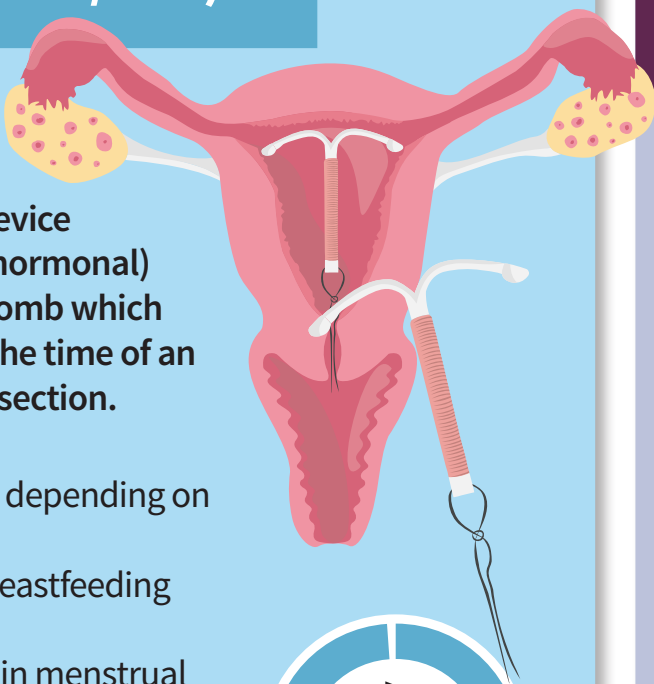
- ✓ Can start injections straight after birth
- ✓ Safe to use when breastfeeding
Can be short-term option for women or couples awaiting sterilisation or vasectomy
- ✗ May cause changes in menstrual pattern
- ✗ Can take some time for fertility to return to normal



INTRAUTERINE DEVICE OR SYSTEM (IUD/IUS)

A small T-shaped device (hormonal or non-hormonal) inserted into the womb which can be inserted at the time of an elective caesarean section.

- ✓ Lasts for 5-10 years, depending on type
- ✓ Safe to use when breastfeeding
- ✗ May cause changes in menstrual pattern
- ✗ Insertion must be performed by trained healthcare professional



PROGESTOGEN ONLY PILL

A daily pill that contains the hormone progesterone.

- ✓ Immediate effect if taken from day 21 after birth
- ✓ Safe to use when breastfeeding
- ✗ Must remember to take around the same time every day
- ✗ Can cause changes in menstrual cycle
- ✗ Effectiveness can be affected by vomiting, diarrhoea or by other medications



Barrier methods also available on request



Please speak to your midwife or healthcare professional for more information or find out more by scanning the QR code.

*Effectiveness with typical use taking into account possible errors, such as forgetting to take the pill or injection. Effectiveness is higher with perfect use, but this can vary.