

To find out more, and where to go for local contraceptive and sexual health services, call the **Check it Out Helpline** on **020 8407 3636** or visit **WWW.GETTINGITON.ORG.UK**

**Plan your night right**

**ALWAYS USE A  
CONDOM**



**NHS**

*Sutton and Merton*

**HAPPY AS YOU ARE?**

The implant, injection & IUD are all hassle free methods of contraception.

They all are: **Safe, Reliable and Long Lasting**

**All are over 99% effective.**

**Remember these methods will only protect against pregnancy.**

**Always use a condom.**

**CONTRACEPTION. SORTED.**

## LARC (Long-Acting Reversible Contraception)

### The Implant



- Works for 3 Years
- Small & discreet
- Less than 1 in 1000 will become pregnant over 3 years

### Injection



- Depo Provera
- Works for 12 weeks
- Less than 1 in 100 will become pregnant in a year

### IUD/IUS



- **IUD** works for 5 - 10 years
- **IUS** works for 5 years
- Less than 1 in 100 will become pregnant in a year