## Local Services

All services are free and confidential Long-Lasting Contraception Services in Kingston:

- The Wolverton Centre, Kingston Hospital, Galsworthy Road, Kingston KT2 7QB.
   Tel: 020 8974 9331
   For information & appointments
   Tel: 0208 934 2002
   Fridays 9.00 to 12.00 midday
- The Point Sexual Health Clinic for 18s and under at the Wolverton Centre, as above.
   No appointment necessary.
   Tuesdays 4.00 – 6.00pm.
- Contraceptive Clinic at Hawks Road Clinic, Hawks Road, Kingston KT1 3EW
   Tel: 020 8546 1115.
   Mondays & Tuesdays 6.30 - 8.30pm.
   No appointment necessary
- There are GPs in Kingston who provide contraception – please call your local GP to find out more.

Please note services are subject to change. It is advisable to telephone in advance.

**Helpful Websites** 

for information and local services including Emergency Hormonal Contraception

www.kingstonpct.nhs.uk
www.sexualhealthkingston.co.uk
www.gettingiton.org.uk
www.fpa.org.uk

Please remember: Long Lasting contraception does not protect against the transmission of sexually transmitted infections.

Always use a condom to protect against infections such as Chlamydia & HIV

Table and images provided by NHS Camden.

Long Acting
Reversible
Contraception



## Worried about getting pregnant?



## Start long acting reversible contraception which you can rely on

Did you know you can get contraception that is long-lasting, effective, reliable, easily reversed AND you don't have to remember to take it every day.

All long-lasting methods are suitable for women of all ages including teenagers.



A healthier **Kingston** 

	Contraceptive injection	Implant	Intrauterine system (IUS)	Intrauterine device (IUD)
What is it?	An injection, usually in your bottom, containing progestogen	A small flexible rod, inserted under the skin of the upper arm, which slowly releases progestogen	A small plastic device, placed in the uterus, which slowly releases progestogen	A small copper and plastic device placed in the uterus
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantages	<ul><li>Lasts 12 weeks</li><li>May help with heavy periods</li></ul>	<ul> <li>Lasts 3 years, but can be removed earlier</li> <li>Fertility returns immediately after stopping use</li> </ul>	<ul> <li>Lasts 5 years, but can be removed earlier</li> <li>Periods usually become lighter, shorter and less painful</li> <li>Fertility returns immediately after stopping use</li> </ul>	<ul> <li>Can last up to 10 years</li> <li>Works as soon as it's put in</li> <li>Fertility returns immediately after stopping use</li> </ul>
Potential drawbacks	<ul> <li>May cause unpredictable spotting and bleeding</li> <li>Fertility may take some time to return after stopping use</li> <li>Once injected, it cannot be removed from the body</li> </ul>	<ul> <li>Irregular bleeding affects about 40% of users</li> <li>It must be put in and taken out by a doctor or nurse</li> </ul>	<ul> <li>Irregular spotting or bleeding common at first</li> <li>It must be put in and taken out by a doctor or nurse</li> </ul>	<ul> <li>Periods can last longer or be heavier or more painful</li> <li>It must be put in and taken out by a doctor or nurse</li> </ul>

These long-acting contraceptive methods all have the advantage that, once in place, you don't need to think about them until they need replacing. At 99%, they are more effective than any other form of contraception, and none of them interrupt sex. As with most other contraceptive methods, none of these provide any protection against sexually transmitted infections (STIs). Using condoms offers the best protection against STIs, including HIV.

Ask your doctor or nurse for more information.