**Options for family planning**

**It’s your choice**

Speak to your Midwife/GP before baby is 6 weeks old

It could be free of charge. Ask now

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**IUCD (NO HORMONE)**

**DESCRIPTION:**
- Small plastic device containing copper
- Placed into the uterus (womb)
- Inserted six weeks or more after giving birth

**ADVANTAGES:**
- Lasts for 5 – 10 years but can be removed at any time
- No hormonal side effects

**DISADVANTAGES**
- Needs to be removed by a doctor or nurse

**OK WHEN BREASTFEEDING**

Typical user failure rate 0.8%*  

**MIRENA - INTRAUTERINE SYSTEM**

**DESCRIPTION:**
- Small plastic device containing a hormone which is released slowly
- It is placed into the uterus (womb)
- Inserted six weeks or more after giving birth

**ADVANTAGES:**
- Lasts for up to 5 years but can be removed at any time
- Lighter periods or no periods
- Provides treatment for women with heavy bleeding

**SIDE EFFECTS & DISADVANTAGES**
- Can cause irregular bleeding in first few months, usually settles
- Needs to be removed by a doctor or nurse

**OK WHEN BREASTFEEDING**

Typical user failure rate 0.2%*  

**JADELLE (IMPLANT)**

**DESCRIPTION:**
- Two rods thinner than a matchstick inserted under the skin of upper arm

**ADVANTAGES:**
- Lasts for up to 5 years but can be removed at any time
- May stop periods

**SIDE EFFECTS & DISADVANTAGES**
- Irregular bleeding which may require treatment
- Needs to be removed by a doctor or nurse

**OK WHEN BREASTFEEDING**

Typical user failure rate 0.05%*  

**DEPO PROVERA (INJECTION)**

**DESCRIPTION:**
- Injection every 12 weeks

**ADVANTAGES:**
- May stop periods

**SIDE EFFECTS & DISADVANTAGES**
- Can cause irregular bleeding

**OK WHEN BREASTFEEDING**

Typical user failure rate 6.0%*  

**PROGESTOGEN ONLY PILL (MINI PILL)**

**DESCRIPTION:**
- A daily pill that contains one hormone

**ADVANTAGES:**
- May stop periods

**SIDE EFFECTS & DISADVANTAGES**
- Have to remember to take every day at the same time (within three hours)
- Can have irregular bleeding or spotting

**OK WHEN BREASTFEEDING**

Typical user failure rate 9.0%*  

**COMBINED ORAL CONTRACEPTIVE PILL (COC)**

**DESCRIPTION:**
- A daily pill that contains two hormones

**ADVANTAGES:**
- Periods usually shorter, lighter and less painful
- Regular periods

**SIDE EFFECTS & DISADVANTAGES**
- Have to remember to take every day (within 24 hours)
- Cannot be used by some women who are overweight, smoke or have high blood pressure
- Cannot be used whilst breastfeeding

Typical user failure rate 9.0%*  

**CONDOMS**

**DESCRIPTION:**
- Thin rubber device that fits over the man’s erect penis
- Collects sperm

**ADVANTAGES:**
- Protects against some sexually transmitted infections

**SIDE EFFECTS & DISADVANTAGES**
- Have to remember to carry with you
- Unreliable unless used correctly

**OK WHEN BREASTFEEDING**

Typical user failure rate 18.0%*  

**TUBAL LIGATION (FEMALE STERILISATION) - TUBE TIE**

**DESCRIPTION:**
- Surgery which requires a general anaesthetic
- Usually a “keyhole” procedure where a clip is put on each of the woman’s tubes

**ADVANTAGES:**
- Permanent
- If you decide before birth of baby it can be done before you leave hospital after the birth

**SIDE EFFECTS & DISADVANTAGES**
- Only for women who are certain their family is complete

**OK WHEN BREASTFEEDING**

Typical user failure rate 0.5%*  

**VASECTOMY (MALE STERILISATION)**

**DESCRIPTION:**
- Minor surgery on a man’s scrotum (balls)
- Cut and tie vas deferens (tubes) that transport sperm
- Takes up to three months to be reliable

**ADVANTAGES:**
- Does not interfere with sexual performance
- A very effective method of contraception for men

**SIDE EFFECTS & DISADVANTAGES**
- Only for men who are certain their family is complete

**OK WHEN BREASTFEEDING**

Typical user failure rate 0.15%*  

* Risk of unintended pregnancy within the first year of typical use.