

# Contraception

We are launching a new implant fitting / removal clinic to improve access to contraceptives.

Day/Time: **9am-4pm on Saturdays**  
Where: **Goodmans Field Health Hub**  
(E1 8ZF)

Get an appointment via your  
GP Practice.



## What is the implant?

- The contraceptive implant (Nexplanon) is a small flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse.
- The implant is more than 99% effective at preventing pregnancy.
- Once the implant is in place, you don't have to think about it again for three years.
- It releases the hormone progesterone into your bloodstream to prevent pregnancy and lasts for three years.
- You can have it removed at any time, and your natural fertility will return to normal very quickly.
- It's safe to use while you're breastfeeding.
- It may reduce heavy periods or painful periods.
- It can be useful for women who can't use contraception that contains oestrogen.
- It's very useful for women who find it difficult to remember to take a pill at the same time every day.

**Book an appointment to speak with your GP, Nurse, Health Care Assistant, Health Visitor or Midwife who can refer you today.**

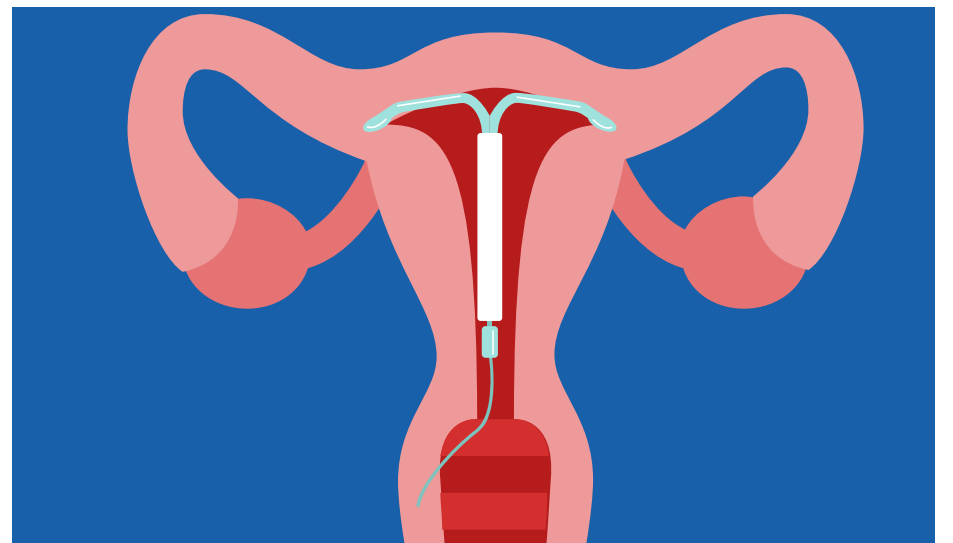
For more information please go to: [www.nhs.uk/conditions/contraception/contraceptive-implant](http://www.nhs.uk/conditions/contraception/contraceptive-implant)

# Contraception

We are running a new clinic to improve access to the contraceptive coil (IUD/IUS) which is a long acting reversible form of contraception.

Day/Time: **9am-4pm on Saturdays**  
Where: **Goodmans Field Health Hub (E1 8ZF)**

Get an appointment via your  
GP Practice.



## What is a contraceptive IUD / IUS?

An IUS is a small T-shaped copper device and the IUD is a small, T-shaped plastic device that's put into your womb (uterus) by a doctor or nurse.

An IUS releases the hormone progesterone and the IUD releases copper to stop you getting pregnant for three to 10 years depending on which device you wish to have.

- When inserted correctly, it's more than 99% effective.
- It can be taken out at any time by a specially trained doctor or nurse.
- It's possible to get pregnant straight after it's removed.
- The IUS can make your periods lighter, shorter or stop altogether, so it may help women who have heavy or painful periods.
- It can be used by women who can't use combined contraception (such as the combined pill) – for example, those who have migraines.
- Once the IUS or IUD is in place, you don't have to think about it.
- The IUS or IUD can be fitted at any time during your monthly menstrual cycle, as long as you're not pregnant.

**Book an appointment to speak with your GP, Nurse, Health Care Assistant, Health Visitor or Midwife who can refer you today.**

For more information please go to:

[www.nhs.uk/conditions/contraception/iud-coil](http://www.nhs.uk/conditions/contraception/iud-coil)

[www.nhs.uk/conditions/contraception/ius-intrauterine-system](http://www.nhs.uk/conditions/contraception/ius-intrauterine-system)

Visit: [www.gpcaregroup.org](http://www.gpcaregroup.org)