
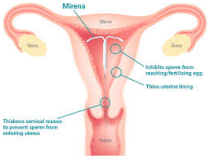
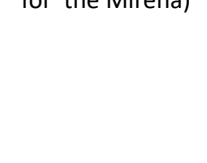




Reversible Contraception Choices	Implanon	Mirena IUD	Kyleena IUD (device as pictured for the Mirena)	Copper IUD	The Pill
					
What is it:	Small flexible rod placed under the skin releases progesterone into circulation	Small device placed into uterus cavity releasing progesterone locally	Small device placed into uterus cavity releasing progesterone locally	Small device placed into the uterus cavity releasing copper locally	Small tablet of oestrogen and progesterone taken every day
How does it work?	Progesterone prevents the ovaries from releasing an egg	Local progesterone thins the womb lining and makes cervix mucous thick to block sperm	Local progesterone thins the womb lining and makes cervix mucous thick to block sperm	Local copper makes womb lining and cervix mucous "toxic" to sperm	Hormones prevent release of an egg
How quickly does it work?	7 days after insertion	7 days after insertion	7 days after insertion	Straight away	7 days if first active pill taken with first day of period (any other time, after 4 weeks)
How effective is it?	99.90%	99.80%	99.80%	99%	92%
How long does it last?	Up to 3 years	Up to 5 years	Up to 5 years	5-10 years	daily
How quickly does my fertility return once stopped/removed?	Within 1 month	Within 1 month	Within 1 month	Within 1 month	1-6 months
Considerations	Needs to be removed through a small cut in the skin	Requires a procedure to insert, can be done with sedation and ultrasound at Nanyara Clinic	Requires a procedure to insert, can be done with sedation and ultrasound at Nanyara Clinic	Requires a procedure to insert, can be done with sedation and ultrasound at Nanyara Clinic	Need to remember a pill every day. May interact with medication/other health conditions
Possible Hormone side effects	Uncommon mood, weight or skin changes	Very rare	Very rare	Nil	Slight increased risk of DVT, possible mood changes, weight gain, acne
What change will there be to my periods	Irregular light bleeding common in first 3-4 months then mostly light periods or no periods	Irregular light bleeding/spotting common for up to 3 months then mostly no periods or very light periods	Irregular light bleeding/spotting common for up to 3 months then mostly very light periods	Period frequency and duration unchanged, but more severe cramps and heavier flow common	Periods may be lighter and less crampy. Timing of periods can be skipped or controlled
How long does it take for me to know if it is suitable	3-6 months	3-6 months	3-6 months	3-6 months	3 months