



Want a reliable form of contraception that you can forget about?

(DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS)

Long-acting reversible contraceptives are:

- Ones you do not have to think about every day or every time you have sex!

They include:

- Contraceptive injections (work for up to 12 weeks)
- Devices that are fitted inside your womb (last between 5 & 10 years)
- Implants placed under your skin (last for 3 years)

They are:

- Able to be stopped if you decide you want to get pregnant
- Methods which can be used by all women

They can be 10 to 150 times more effective than the Pill!

For more information and advice contact your doctor, nurse or call Conifer House on 01482 336336 or visit www.luvhull.co.uk or www.luveyorks.co.uk for details of local contraception and sexual health clinics.



So Simple