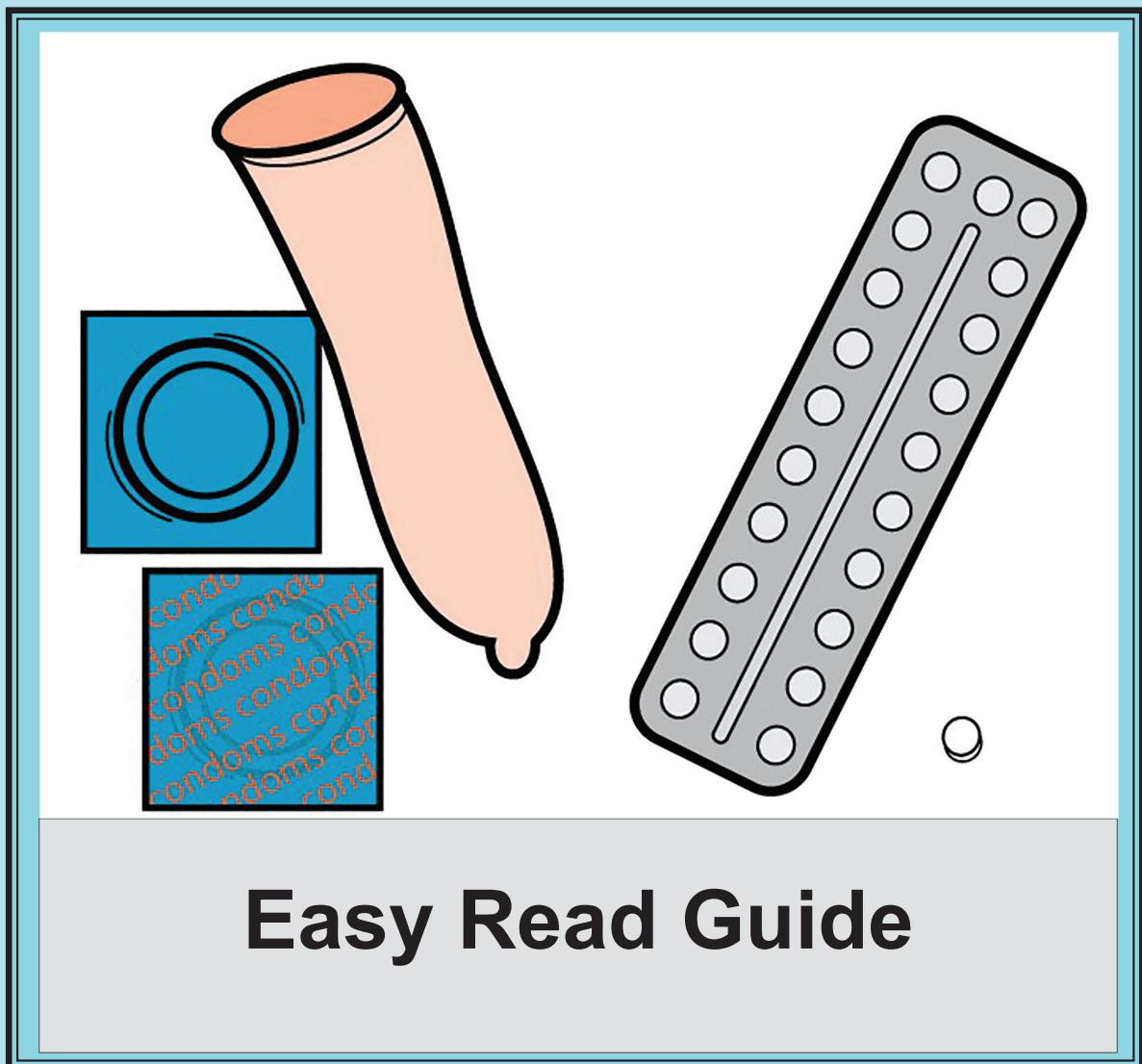


Contraception



Easy Read Guide

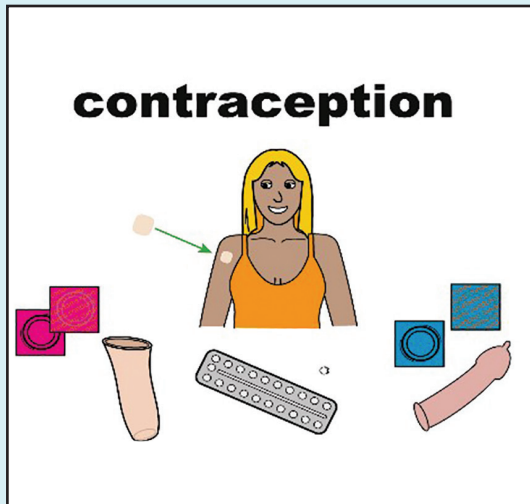
Developed by

Siobhan Brady, Health Facilitator Nurse

and Caroline McGrath, Community Health Development Practitioner



CONTRACEPTION



Contraception is something that is used to stop women becoming pregnant and getting sexual infections.

There are lots of different types of contraception available.



Sex happens between people when there is a special type of closeness and when two people care about each other.

To have sex with someone means **AGREEING** to take part in activities that involve each person's 'private parts'.

It can feel good for both people and is also sometimes how babies can be made.



It is important to have a **SAFE** and **PRIVATE** space or place to have sex where both people feel comfortable.

CONDOMS FOR MEN



Condoms help to stop a women from getting pregnant before she chooses to.

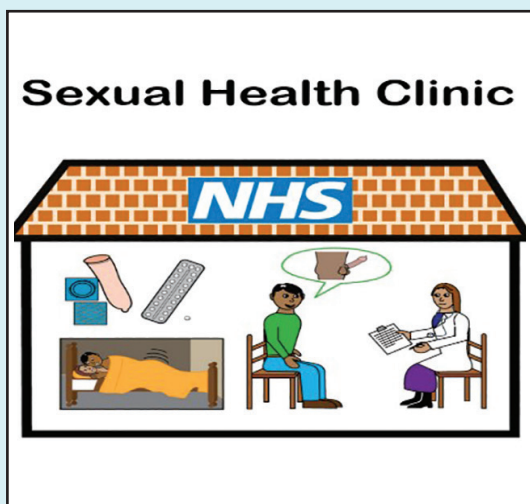
It also helps both women and men from getting sexually transmitted diseases (STI's).



Use a new condom every time you want to have sex.

You can use a condom on your penis before you have vaginal, anal or oral sex.

Follow the instructions on the packet to make sure the condom is on correctly. This is so it does not split or slip off.



Condoms are free from Sexual Health Clinics, some GP Practices and Young People's Services.

You can also buy condoms in pharmacies, supermarkets and online.

THE CONTRACEPTIVE PILL

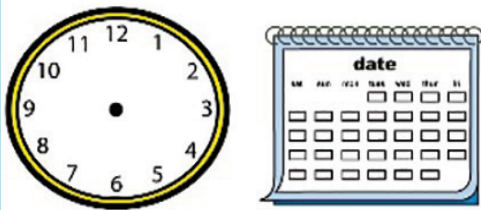


The pill is **99%** effective if taken correctly all the time.

You need to take all the pills in your packet.

There are lots of different pills but the right one will be prescribed by your doctor.

time and date

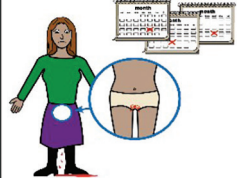


Try to take your pill at the same time every day as directed on your packet.

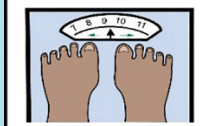
headache



periods



weight



The pill might mean bleeding will be reduced, or stop, or become irregular. You might experience:

- Headaches
- Breast tenderness
- Changes to your weight gain, mood, bloating
- Changes to your skin.

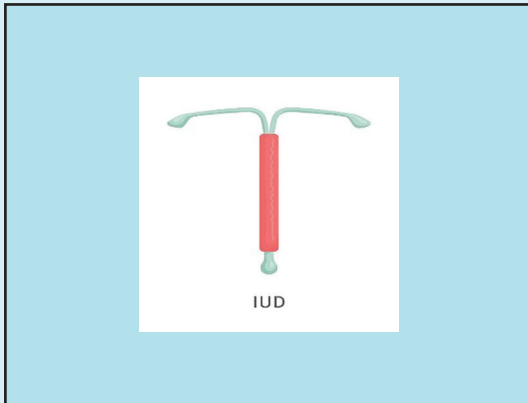


Vomiting and diarrhoea can stop the pill from working.

Some other medicines can affect how the pill works.

Speak to the pharmacist, your doctor or the Sexual Health Clinic who can advise you what to do. The pill will not stop you getting a sexually transmitted disease.

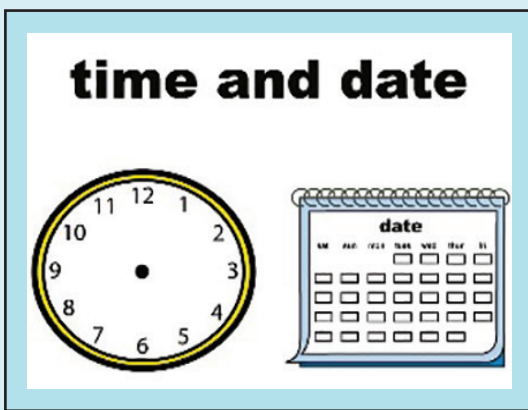
THE INTRA UTERINE SYSTEM (IUS)



IUS is also known as the coil. It is a small plastic T-shaped object.

There is also the option of another coil, Intra Uterine Device (IUD). It slowly releases hormones into the womb.

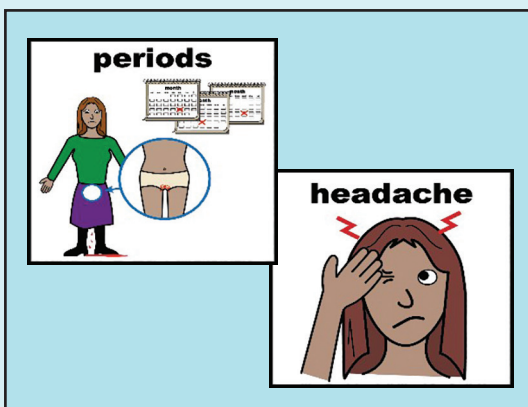
A doctor or nurse will need to put it into your womb. Sometimes it can be painful.



The coil can stay in place for **5** years.

You can ask for it to be removed sooner if needed.

The coil is not suitable for everyone, so it is good to chat with your doctor or nurse.



You might have some spotting between your periods, or they might stop completely. You might experience:

- Headaches
- Skin changes
- Breast tenderness
- Thrush.

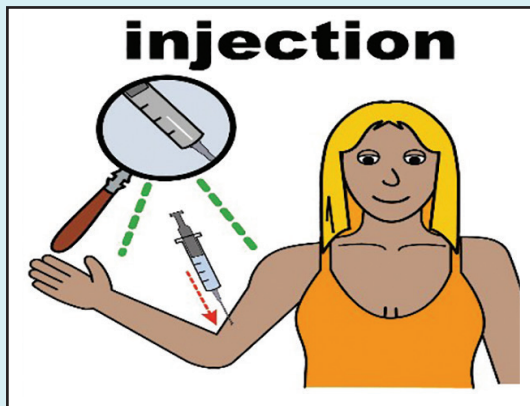


Contact your doctor or Emergency Department if you:

- Suffer any sudden pain in your lower tummy that will not go away
- Have heavy bleeding
- Have a high temperature
- Have a smelly discharge.

The coil is not affected by other medication. The coil will not stop you getting a sexually transmitted disease.

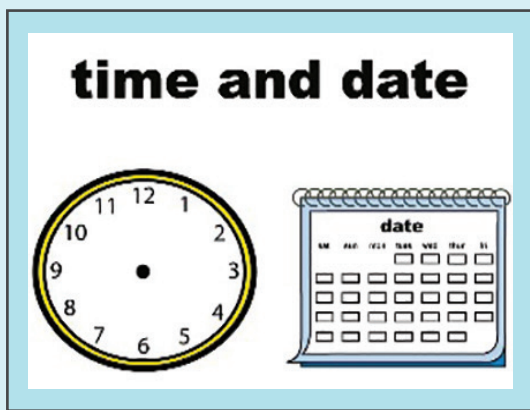
THE CONTRACEPTIVE INJECTION



The contraceptive injection stops you getting pregnant as it stops the ovaries from releasing an egg.

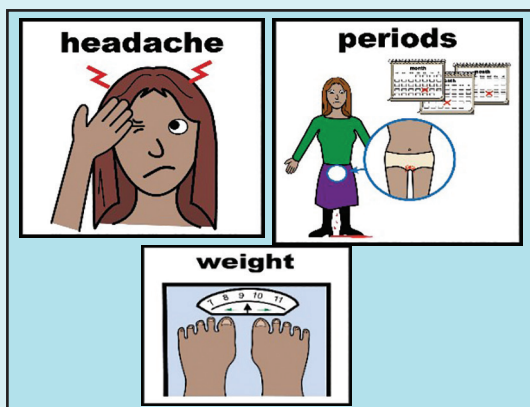
The contraceptive injection is not suitable for everyone so it is good to talk to your doctor first.

If used correctly the injection is **99%** effective.



The contraceptive injection is given by your doctor or nurse.

It lasts for **12** weeks.



Your periods may change, they might stop, become irregular or last a bit longer.

- You might put on weight
- You might experience changes to your mood
- Headaches
- Hot flushes
- Breast tenderness
- Skin changes.



Sometimes there can be a little pain where the contraception injection has been given.

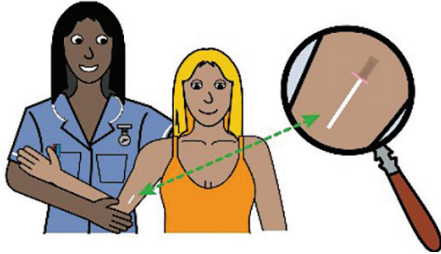
The contraceptive injection should not affect any other medicines you take.

Once you have been given your contraceptive injection any side effects you notice will not go away until the injection is due again.

When you stop your contraceptive injection, it can take up to a year for your periods to settle.

THE IMPLANT

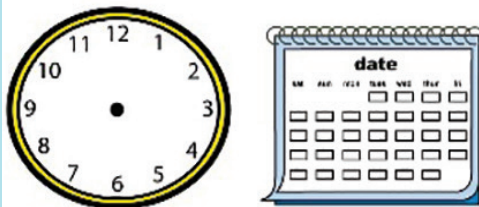
contraception implant or rod



Small plastic rod the size of a match stick.

It needs to be put in by your doctor or nurse.

time and date

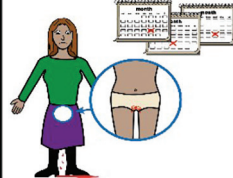


The implant can stay in place for **3** years but you can ask for it to be removed sooner.

headache



periods

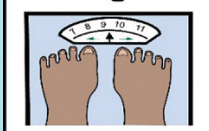


Sometimes you can have pain in your arm where the implant has been put in.

It is common to have a change to your periods, they could be lighter or heavier. Some other side effects can be:

- Headache
- Sore breasts
- Skin changes
- Thrush.

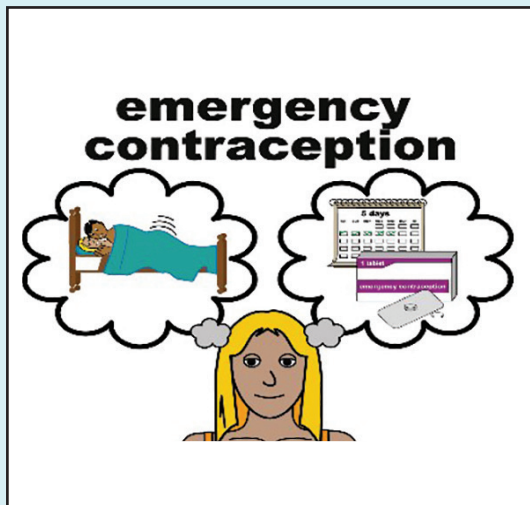
weight



Contact your GP or Sexual Health Clinic if you think your implant has moved or you think you have an infection around the area where the rod was placed.

Having the implant will not stop you getting sexually transmitted diseases.

EMERGENCY CONTRACEPTION



You can get emergency contraceptives if you need them, or you think your contraception has maybe not worked, or you have had unprotected sex.

There are 2 types of emergency contraception:

- The morning after pill (up to **72 hours**)
- The emergency coil - **IUD** which can be inserted within 5 days of having unprotected sex.



You can get help from:

- Most pharmacies
- GP surgeries
- Sexual Health Clinics
- sexualhealth@health-ni.gov.uk
- <https://commonyouth.com>



Sexual and Reproductive Health

Tel: (028) 9041 3796

Monday, Tuesday, Thursday *and* Friday
9.00am - 12.00pm

**Health Facilitator Nurse
for Adults with Learning Disability**

Siobhan Brady
Tel: (028) 4461 6915 Option 1



Now you have read all the information, the choice is yours!



ACKNOWLEDGEMENTS

Some of the images used have been obtained from Learning Disability Service. (n.d.). Leeds and York Partnership NHS Foundation Trust Image Bank (2024). Copyright Leeds and York Partnership NHS Foundation Trust 2017. Images/Resources copyright of LYPFT, available at: <https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/image-bank/>

<https://www.fpa.org.uk/>

<https://www.contraceptionchoices.org/>

<https://www.nhs.uk/live-well/>

<https://SexualHealth.CHT.nhs.uk/services>

<https://clipground.com/iud-clipart.html>

<https://www.bartsguild.org.uk/green-tick-check-mark-tick-green-clipart-free-to-use-clip-art-resource>

<http://www.dreamstime.com/royalty-free-stock-photo-contraceptive-pill-image18487125>

Carol Sweeney, Sexual Reproductive Senior Nurse, South Eastern HSC Trust

Daniel Wake, South Eastern HSC Trust service user

Kathleen O'Hare, South Eastern HSC Trust service user

Issue: January 2025