





# Long-acting Contraception

Method	No. of women per 100 to experience an unintended pregnancy in the first year of use	Advantages		Disadvantages
		Typical use	Perfect use	
 <p><b>DMPA (Depo-Provera)</b> An injectable form of progestin (one of the same synthetic hormones found in the pill). Works by thickening cervical mucus and suppressing ovulation. It must be given every 3 months.</p>	3	0.3	<p>Highly effective. Useful for women who forget to take pills. Does not interfere with intercourse.</p>	<p>Periods may become irregular (but often lighter or stop altogether). Cannot be immediately reversed in the event of side effects. Can take time for fertility to return to normal. Offers no protection against STI's.</p>
 <p><b>IUD</b> The IUD is a small, T-shaped piece of flexible plastic that fits inside a woman's uterus to prevent pregnancy. It is inserted into the uterus and has 2 filament strings which hang down into the vagina. A woman can feel the strings to make sure the IUD is still in place. IUD's work mainly by preventing fertilisation.</p> <p><b>ParaGard (Copper T)</b> Has copper (which acts as a spermicide) coiled around it. It can be left in place for up to 12 years.</p>	0.8	0.6	<p>Highly effective. Useful for women who forget to take pills. Does not interfere with intercourse. Normal fertility is restored once removed.</p>	<p>Periods may become heavier, longer or more painful. Insertion and removal must be performed by a trained healthcare professional. Offers no protection against STI's. Can be expelled by the uterus or become displaced.</p>
 <p><b>Mirena</b> Continuously releases a small amount of progestin. Thins the lining of the uterus and thickens cervical mucus (serving as a barrier to sperm). Mirena is effective for 5 years.</p>	0.1	0.1	<p>Highly effective. Useful for women who forget to take pills. Lasts up to 5 years. Does not interfere with intercourse. Normal fertility is restored once removed.</p>	<p>Periods may become light or stop altogether. Side effects may occur – however they are much less likely as the hormone is mainly confined to the uterus (little gets into the bloodstream). Insertion and removal must be performed by a trained healthcare professional. Offers no protection against STI's. Can be expelled by the uterus or become displaced.</p>
 <p><b>Implanon</b> About the size of a thin matchstick, Implanon is inserted under the skin of the upper arm using local anaesthetic. It contains a synthetic progestin, which is used in the mini pill or Mirena. It works by preventing the ovary releasing an egg and thickening the cervical mucus to act as a barrier to sperm. It lasts for 3 years.</p>	0.2	0.1	<p>Highly effective. Useful for women who forget to take pills. Lasts up to 3 years. It does not interfere with intercourse. Fertility returns as soon as the implant is removed.</p>	<p>Periods usually become irregular. Some women develop side-effects, but these tend to settle after the first few months. It must be inserted and removed by a health care professional. A small scar may remain. Offers no protection against STI's.</p>