
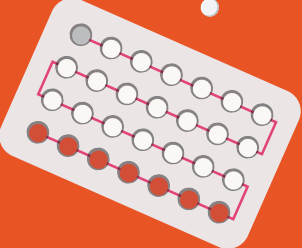
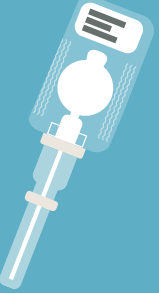










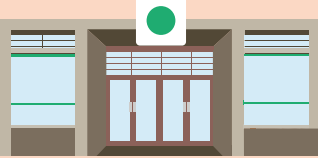
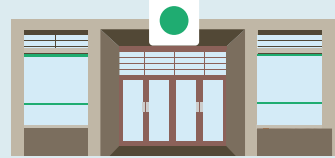
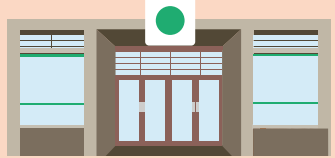
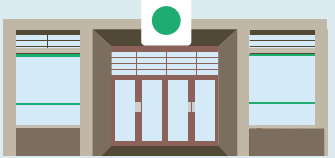
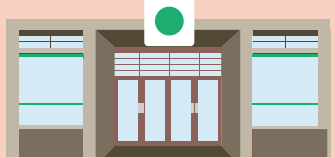


















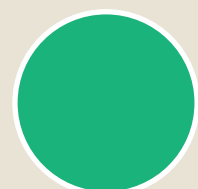


# What contraceptive is right for you?

Here is a simple, helpful guide to different forms of contraception. It is important to discuss with your partner which method works best for you, both as individuals and as a couple.

|  | Condoms (male and female)<br>      | Oral contraceptive pill<br>                    | Injectables<br>                                | Intrauterine device (IUD)<br>                           | Implant<br>  | Tubal ligation and vasectomy<br>  |
|--|---|--|---|--|---|--|
| Protects against STIs?                                     | Yes                                | No   | No   | No    | No   | No    |
| How do I get it?   | From a pharmacy<br>               | From a green dot logo healthcare facility<br> | From a green dot logo healthcare facility<br> | From a green dot logo healthcare facility<br>          | From a green dot logo healthcare facility<br>     | The procedure is carried out at a green dot logo healthcare facility<br> |
| After I stop using it, how long before I am fertile again? | Immediately                      | Immediately                                 | 3-6 months                                   | Immediately   | Immediately                                      | Both are irreversible and fertility never returns.                      |
| How often do I need to use/take it?                        | Every time you have intercourse  | Every day                                   | Every 8-13 weeks depending on the type       | Remains in place and is effective for up to 10 years  | Remains in place and is effective for 3-5 years  | It is a one-off surgical procedure.                                     |
| Is it self-administered?                                   | Yes                              | Yes    | Yes    | No    | No   | No    |



## Where can I find out more?

For advice and access to the right method for you, visit a healthcare centre displaying the green dot logo. Staff here are fully trained to give advice and information on contraceptive methods that are accessible and disability-inclusive.

The decision  
is mine.



Inclusive  
Futures

