

Contraception refers to the methods used to prevent pregnancy.

There are around 14 methods, but only condoms and internal condoms will protect you from sexually transmitted infections (STIs) as well.

EXPLORE ALL METHODS BELOW



ABOUT BROOK SERVICES

- ▶ They're fully confidential (even if you're under 16)
- ▶ They're free of charge
- ▶ 'Drop in' and appointment booking available
- ▶ Bring someone with you if it helps
- ▶ No judgement – we've seen it all and simply care about your health



WHERE CAN YOU GET IT?



Brook runs a range of free, confidential sexual health and wellbeing. These services provide:

- ▶ contraception
- ▶ emergency contraception
- ▶ STI testing & treatment
- ▶ pregnancy tests & advice

Our service finder will help you find your nearest service, including Brook: brook.org.uk/find-a-service

EMERGENCY CONTRACEPTION



This can be used after unprotected sex, to prevent pregnancy. There are two types:

Emergency contraceptive pill (aka the 'morning after pill'): can be taken up to five days later. Available from a range of services and some pharmacies

Intrauterine device (IUD): fitted by a doctor or nurse within five days. IUD is also a method of regular contraception

Remember: if you've had unprotected sex you need to have an STI test too.



DID YOU KNOW?

Methods of LARC (long acting reversible contraception) are the most effective you can get. They are fitted or prescribed by a doctor or nurse and can last for months or even years.

See below for the different types.



Find out more about contraception at: brook.org.uk/contraception

CONTRACEPTION

Find out more about each method at:
brook.org.uk/contraception



	External condoms	Internal condoms	Diaphragms and caps	Combined pill	Progestogen-only pill (mini pill or POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Intrauterine system (IUS or Mirena)	Intrauterine device (IUD)	Fertility awareness methods	Sterilisation
Barrier methods: Stop sexual fluids being transferred between partners. Only condoms (both internal and external) protect against STIs and pregnancy.													
Hormonal methods: hormones oestrogen and/or progestogen work to disrupt the process that leads to pregnancy.													
Other													
Permanent													
Effectiveness (with correct use)	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75%	99%
Protects against STIs & pregnancy	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use only when you have sex	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use every day	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗
May help with heavy periods	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✗	✗
Lasts for months or years	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✓
Widely available	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Doesn't interrupt sex	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓
Hormone free	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓
Easy to hide	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓
Mistake proof	✗	✗	✓	✗	✗	✓	✓	✓	✗	✓	✓	✗	✓
LARC (long acting reversible contraception)	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗