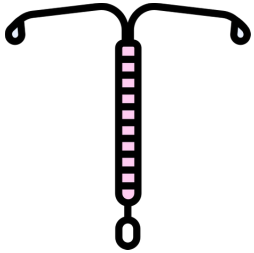


CONTRACEPTION OPTIONS



THE IUS

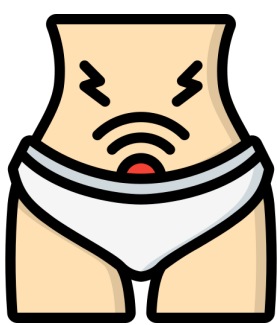
The IUS (Intrauterine System) is a small T-shaped plastic device. It steadily releases the hormone progesterone into the blood stream.

WHY DO PEOPLE GET THE IUS?

People get the IUS because it is more than 99% effective in preventing pregnancy. The IUS can also last from 3-5 years depending on the brand, meaning people don't need to remember to take a pill everyday. This is really helpful for people who find it difficult to remember to take their pill consistently.



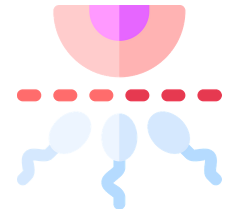
HOW DOES SOMEONE USE THE IUS?



The IUS is a small, plastic T-shaped device that is inserted into the uterus by a nurse or doctor. The vagina is held open (like it is during a smear test) and the IUS is inserted through the cervix and into the uterus. It can be an uncomfortable experience and you can have some period-like cramps afterwards. The IUS has two threads that hang down from the cervix to the top of the vagina. The doctor/nurse will show you how to check for the threads to make sure your IUS is still in place. **It may be more difficult to insert if you have not had a pregnancy.

HOW DOES THE IUS WORK?

It steadily releases the hormone progesterone into the bloodstream. This causes mucus in the cervix to thicken, making it more difficult for a sperm to move through the cervix. It also thins the lining of the uterus making it difficult for a fertilised egg to attach. For some people, an egg (ovulation) will not be released each month.



ARE THERE SIDE EFFECTS?

There are some side effects (these are usually very mild as very little hormone enters the blood stream):

- periods may be very light or stop altogether
- headaches, acne and sore/tender boobs
- changes in mood and sex drive
- some people can develop cysts on their ovaries

WHERE CAN SOMEONE GET THE IUS?

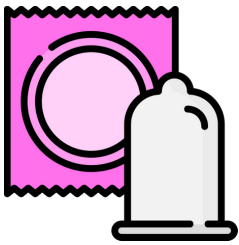
Common Youth do not insert the IUS - but you can speak to our doctors and nurses and we can refer you. Or you can attend a local sexual and reproductive health centre.



COMMON YOUTH
23-31 WARING STREET
BT1 2DX
BELFAST
02890328866

COMMON
YOUTH.

FREQUENTLY ASKED QUESTIONS



WILL THE IUS PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS?

The IUS only prevents pregnancy. It does NOT protect against infections. A barrier method (like condoms) is also needed to protect against infection.

ARE THERE RISKS TO GETTING THE IUS?

There are some risks:

- small chance of pelvic infection in the first 20 days after the IUS has been fitted.
- the IUS can be rejected by the uterus or move (this is why it's important to check strings).
- in rare cases there can be damage to the uterus. See your GP straight away if you feel pain.
- if the IUS fails there is a small chance of ectopic pregnancy.



CAN I SPEAK TO COMMON YOUTH ABOUT CONTRACEPTION IF I'M UNDER 16?

Yes! You can access sexual and reproductive health services if you are under 16 years old. BUT:

- The doctor/nurse may ask you some questions to make sure you understand your decisions.
- They also might ask some questions about the person you're having sex with - this is to make sure you're safe.

WILL COMMON YOUTH CONTACT MY PARENTS?

Common Youth is a confidential service. This means we don't share your information. However:

- Some information may be shared if you are at risk of harm.
- If information does need shared, we will discuss with you what will be shared and with whom.



Common Youth provides free Relationships and Sexuality Education to young people (from 11 to 25 years) across the whole of Northern Ireland. We also have a sexual health clinic which offers a safe, knowledgeable and accepting environment for young people to talk and to access sexual health services. For more information about accessing our services you can contact us on 02890 328866. You can also follow us on social media.

BELFAST

MONDAY..... 14:30 - 17:00
 TUESDAY..... 14:30 - 17:00
 WEDNESDAY..... 14:30 - 17:00
 THURSDAY..... 17:30 - 20:00
 FRIDAY..... 14:00 - 16:30
 SATURDAY..... 13:30 - 16:00
 SUNDAY.....13:30 - 15:00

COLERAINE

MONDAY..... 14:30 - 17:00
 TUESDAY..... CLOSED
 WEDNESDAY..... CLOSED
 THURSDAY..... 14:30 - 17:00
 FRIDAY..... CLOSED
 SATURDAY..... CLOSED
 SUNDAY..... CLOSED

MALE CLINIC (BELFAST ONLY)

SATURDAY.....16:00 - 17:30