

# CONTRACEPTION OPTIONS



## THE CONTRACEPTIVE INJECTION

The contraceptive injection most commonly used in the UK is Depo-Provera. It releases the hormone progesterone into the bloodstream.

## WHY DO PEOPLE USE THE INJECTION?

People get the contraceptive injection because (when taken properly) it is 99% effective in preventing pregnancy. Also, the Depo-Provera injection lasts for around 12 weeks. This means the injection is helpful to people who find it difficult to remember their pill everyday or who don't want to commit to a long-acting contraception (like the implant).



## HOW DOES SOMEONE USE THE INJECTION?



The contraceptive injection is usually given every 12 weeks (depending on the type of injection), and it is either given in the bum or upper arm. The contraceptive injection is given by a nurse or doctor. It only works to prevent pregnancy, it does NOT protect against sexually transmitted infections (STI's).

## HOW DOES THE INJECTION WORK?

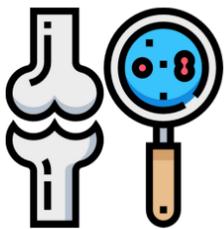
The contraceptive injection steadily releases the hormone progesterone into the bloodstream, this prevents the release of an egg each month (ovulation). The injection also thickens mucus in the cervix, which makes it difficult for the sperm to get through the cervix. The lining of the uterus can also be thinned, which makes it less likely that a fertilised egg will be able to attach.



## ARE THERE SIDE EFFECTS?

There are some possible side effects:

- changes in periods (may have irregular bleeding at the start then periods usually stop) which can last for a time after the injection is stopped (can be a delay of 1 year for periods to return to normal and you can become pregnant)
- some people notice weight gain
- affects oestrogen levels which may thin bones in later life



## WHERE CAN SOMEONE GET THE INJECTION?

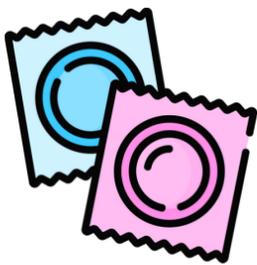
The injection can only be carried out by doctors and nurses. You can ask your GP to refer you for the implant, attend a local sexual health clinic or you can give us a call (0289032 8866) and we can organise an implant appointment for you.



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

COMMON  
YOUTH.

# FREQUENTLY ASKED QUESTIONS

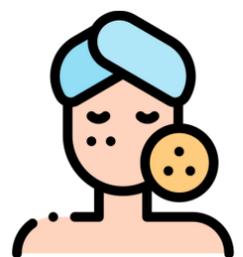


## **WILL THE INJECTION PROTECT ME AGAINST SEXUALLY TRANSMITTED INFECTIONS?**

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

## **ARE THERE ANY OTHER SIDE EFFECTS?**

There can be other side effects. These can include: headaches, acne, hair loss, decreased sex drive and mood swings. These side effects can last for as long as the injection lasts and a little while after.



## **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