




 Hormonal intrauterine contraception	 Non-hormonal intrauterine contraception	 Implant	 Injectable (IM or SC)	 Combined hormonal contraception: Pills, patch, ring	 Progestogen-only pill
Effectiveness	Very effective similar to female sterilisation – Fails 2/1000	Very effective similar to female sterilisation – Fails 8/1000	Very effective. Similar to vasectomy - Fails 5/10,000	Very effective -Fails about 6/100	Effective -Fails 9/100	Effective -Fails 9/100
Advantages	Fit and forget Very low dose hormones 3-5 years Can be fitted during C section Reduces menstrual blood loss	Fit and forget No hormones 5-10 years Can be fitted during C section Emergency Contraceptive	Fit and forget Very low dose 3 years Easy to insert Easy to remove Safe to use	Every 13 weeks between injections Can learn to give yourself Reduces bleeding, often no periods Can help PMS	Good bleeding control Easy to take Non-contraceptive benefits- skin, protects against cancers, cycle control, helps PMS	Safe Take every day Easy to take
Contraindication	Active uterine infection Malignancy Significant uterine malformation Breast cancer	Active uterine infection Pelvic Malignancy Significant uterine malformation Caution: -Existing heavy periods -Existing painful periods	Current or PMH breast cancer Severe liver disease	Vascular disease, stroke Current or PMH Ischaemic heart disease or stroke Breast cancer current or PMH Severe liver disease Caution with multiple risk factors for CVD	VTE risk increased before DAY 21 to Day 42 Smoking over 35 yrs BMI > 35 Hypertension VTE or family history VTE Vascular disease, stroke, Cardiac disease Focal migraine SLE with positive or unknown antiphospholipid antibodies Major surgery, immobility Breast feeding (Only an issue if <6 weeks post partum) Breast cancer Diabetes with vascular involvement Severe liver disease	Breast cancer Severe liver disease
Risks/important side effects	Expulsion – 1/20; 1/7 after vaginal birth Infection- 1/100 Perforation- 2/1000	Expulsion – 1/20; 1/7 after vaginal birth Infection- 1/100 Perforation- 2/1000	Excessive erratic bleeding 30%	Bone density; but not increase fractures Possible delayed fertility Possible weight gain	VTE risk increased Breast cancer risk increased while taking; returns to baselines after stopping	Possible erratic bleeding Can stop periods
Comments	Within 48h of birth or after 28 days Perforation 6 times higher if breast feeding fitted >4w.	Within 48h of birth or after 28 days Perforation 6 times higher if breast feeding fitted >4w.	Bleeding side effects can be managed. No effect on fertility	Risk of bone density loss needs assessed, especially for long-term use - age under 18 - oral steroid use - anorexia - FH	User dependent Can take in tailored pattern now. Safe not to have a break. Consider bridging with POP if risk factors post-partum	User dependent Sometimes easier to take continuously If missed use condoms for 2 days until effect re-established.