

# #ContraceptionChecklist

## Which contraception is best for me?

There are many different contraception options and it's important to find the right choice for you.

**Contraception injection**

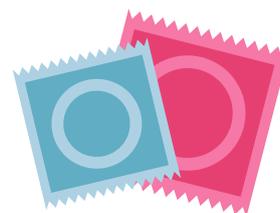


**Combined pill**



**Contraception implant**

**Contraception patch**

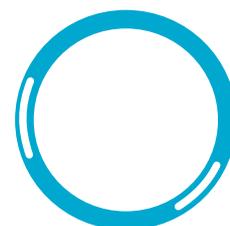


**Condoms**

**Progestogen-only pill**



**Coil (hormonal or copper IUD)**



**Vaginal ring**

We can help advise on the right contraception for you and where to access it:

