

#ContraceptionChecklist

When it comes to contraception,

I don't like taking pills or remembering to use something each time I have sex.

Contraception injection



Vaginal ring or patch



Coil (hormonal or copper IUD)

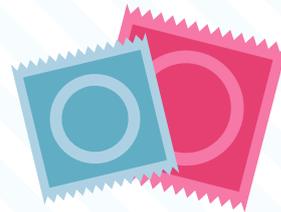


Contraception implant

I remember to take pills or use something each time I have sex.



Combined or progestogen-only pill



Condoms

For more information on your contraception choices:

