

I'M DUE A NEW LONG-ACTING REVERSIBLE CONTRACEPTIVE

Your local services might not offer replacements during the pandemic in efforts to minimise face-to-face contact. You may be offered oral contraception, or reassured that your LARC is still likely to be effective.



- Banded copper IUDs (T-safe[®]) can be used for up to 12 years
- Mirena[®] and Levosert[®] IUS can be used for up to 6 years
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• Contraceptive implants (Nexplanon[®]) can be used for up to 4 years

If you're at all worried, we recommend using condoms

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