

# Contraceptives



Contraceptives can prevent pregnancy.



Here are some examples of types of contraceptives:



The implant is a small rod that goes in to a woman's arm.

The GP or doctor puts it in, it lasts for 3 years.



The injection or jag lasts for 12 weeks.

The GP or doctor injects the contraceptive in to the woman's bottom.



The pill is a tablet that is taken every day and is for women.

The pill is prescribed by the GP or doctor,



The patch looks like a plaster.

It sticks to the woman's skin.

It is changed every week.

The patch is prescribed by a GP or doctor.



Condom's are worn over the man's penis when he has sex.

You can buy condoms from pharmacies and supermarkets.

You can get them free from your local sexual health health clinic.

If you want to find out more about contraceptives, speak to your GP or doctor at your surgery or sexual health clinic.



You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from  
***<https://www.freecondomscentral.co.uk>***

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

Services for All ([centralsexualhealth.org](http://centralsexualhealth.org))

**[www.centralsexualhealth.org](http://www.centralsexualhealth.org)**

**Remember** that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

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