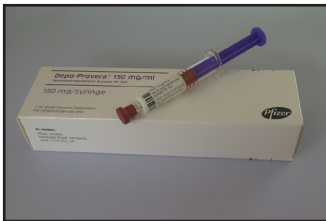


# The Injection (Jag)



The injection (or jag) is a contraceptive for women.



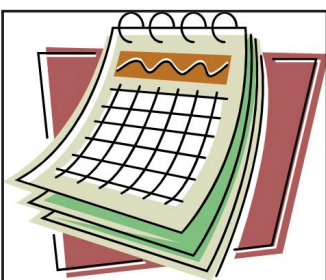
The injection can prevent pregnancy.



The injection is given by your GP or a doctor at the sexual health clinic.



It goes into a muscle in the bottom.

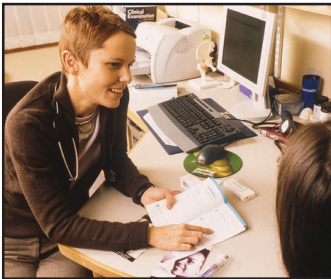


The injection lasts for 12 weeks.



Your periods may change.

This is normal.



After 12 weeks, see your GP, doctor or nurse about getting another injection.



You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.



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.

January 2023