

# Choosing contraception that suits your needs

## Mill Park & Broadmeadows Medical Centre



When choosing a method of contraception that is right for you, it is important to have accurate information.

### You may like to consider:

- Why you need to use contraception – some people use contraception for hormonal benefits (such as for heavy menstrual bleeding, skipping periods, endometriosis or acne)
- Ease of use
- Cost
- Your general health – such as other health conditions and current medications or treatments
- Your lifestyle and relationships
- Your safety and risk of getting a sexually transmissible infection (STI)
- Whether you want to get pregnant
- Possible side effects
- Whether you can stop the method yourself or need to see a health practitioner

### Types of contraception DPV Health offer:

- Hormonal Contraception: Oral contraceptive pills
- Mirena / IUD: A hormonal IUD is a contraceptive device inserted into the uterus – a method of preventing pregnancy.
- Implanon: A small plastic stick (about 4 cm long) that is placed under the skin of your upper arm. It slowly releases a low dose of the hormone progesterone, which stops your ovaries releasing an egg each month.

Think about how each method meets your current and future needs. For example, if you decide on the pill, you need to remember to take it every day. If you choose an implant or IUD, once it has been inserted, it can last for a few years.

Talk about your options with your GP or reproductive health nurse.

For more information visit:

[www.dpvhealth.org.au/sexual-and-reproductive-health-hub](http://www.dpvhealth.org.au/sexual-and-reproductive-health-hub)

To book an appointment call



**1300 234 263** [or book online here](#)

(select option 1 for Medical)

