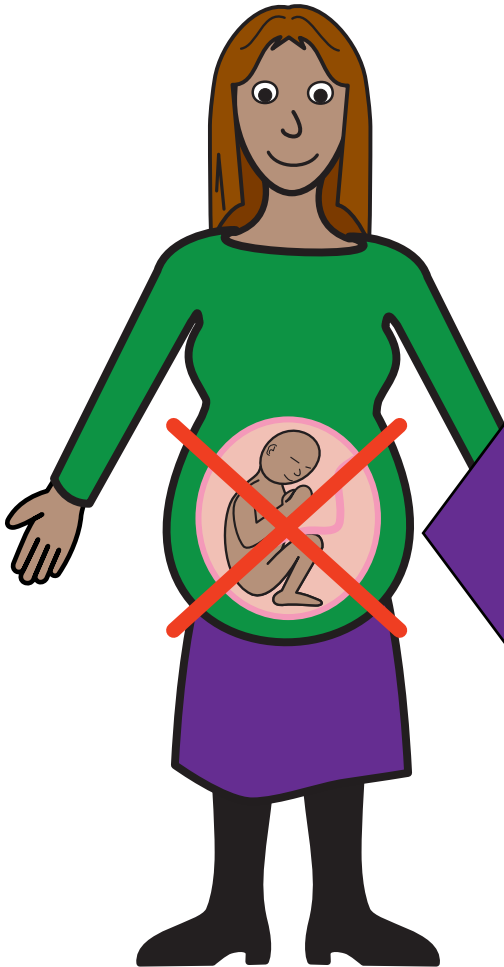




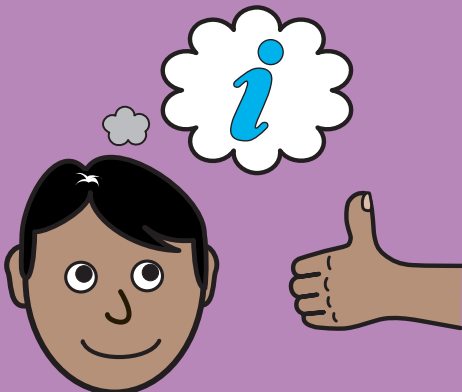
Leeds  
Maternity Care

easy read

# Contraception

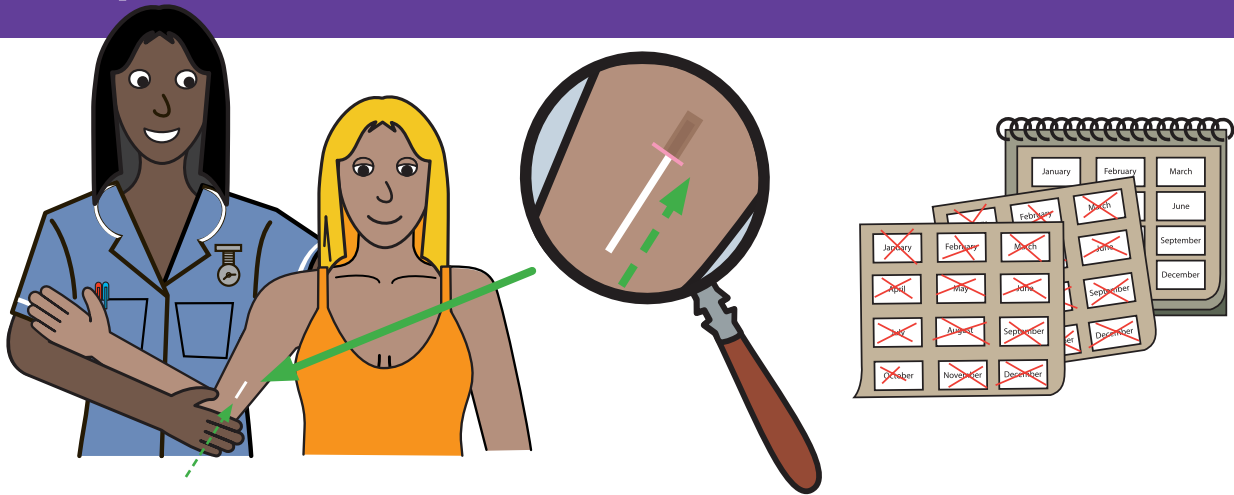


If you don't want to have a baby you need to use contraception.

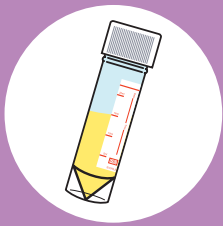


We recommend the implant (sometimes called "The Rod") for women and condoms for men. You need to use both to stop a baby and sexual infections.

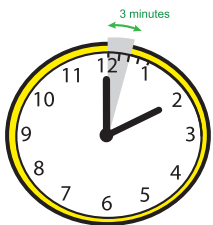
# The Implant or Rod



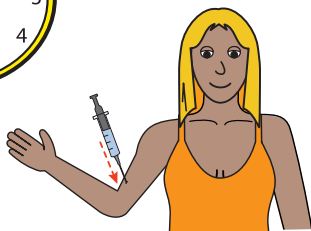
The implant is the best way to stop you having baby.  
It is a small rod about the size of a match.  
It is put under the skin on the inside of your upper arm.  
A doctor or nurse will put it in for you. It lasts for 3 years.



You may need to give a wee sample before you have the rod put in to make sure that you are not already pregnant/having a baby.

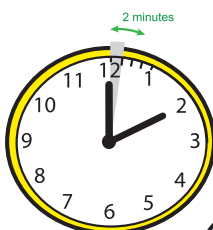


Having an implant put in is a bit like having a blood test.

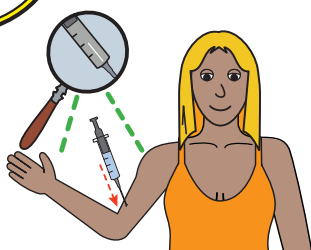


It takes 3 minutes to have it put in.

First they will make your skin numb with an injection.

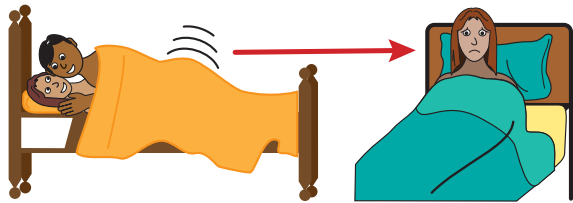


Then you wait for 2 minutes for the numbing injection to work.

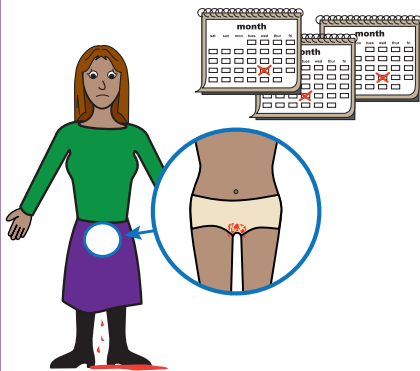


Then the implant is put in through another injection but you won't feel this.

## The Implant or Rod



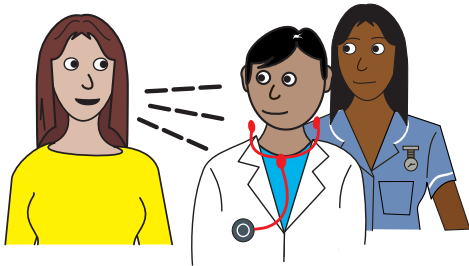
The implant cannot stop a sexual infection.



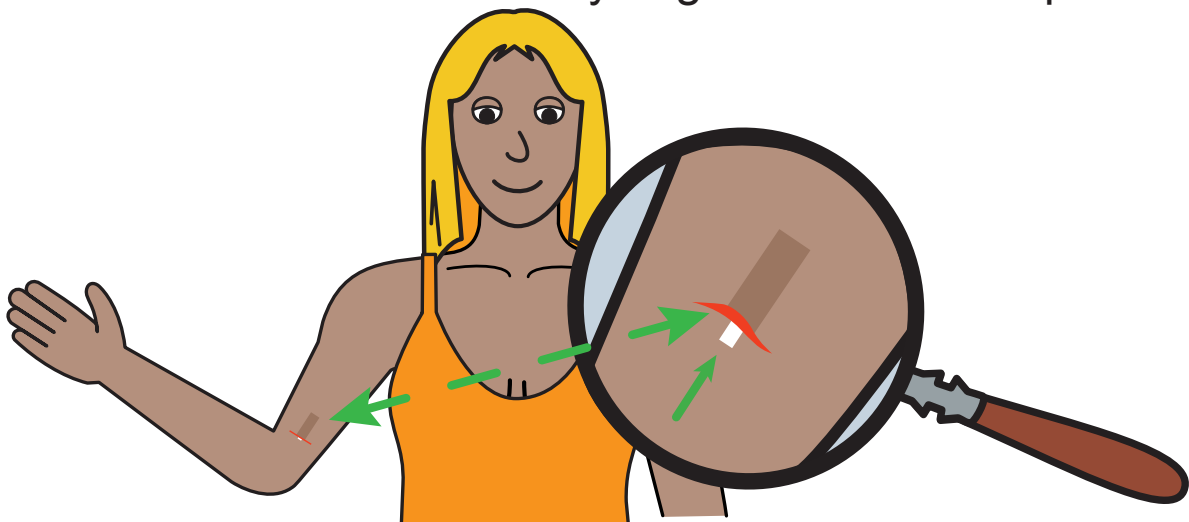
When you have the implant in your periods might change.

You might have no periods - this is normal.  
You might have period bleeding sometimes and not other times. You will get used to it.

You may need to go back to the clinic/GP for a check up after 3 weeks and do another wee sample.



If you don't like how it feels with the implant in, speak to your doctor or nurse and they might be able to help.

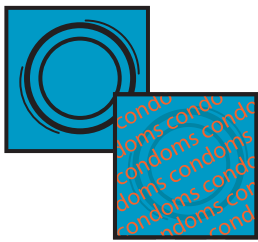


When you have the implant taken out it is like having it put in.

This time after the numbing injection the doctor or nurse will make a small cut to get the implant out - you won't feel this.

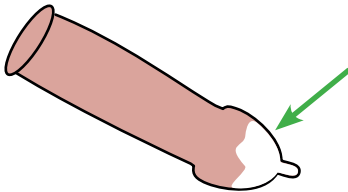
When you have the implant taken out you will be able to have a baby, so if you don't want to have a baby you will need to have some other contraception or not have sex.

# Condoms

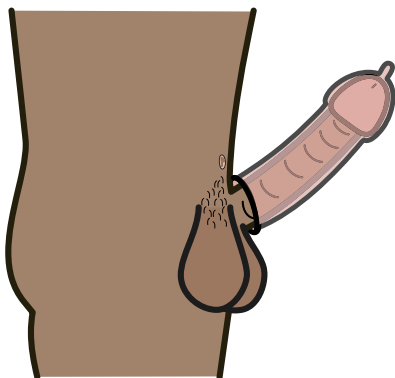


Condoms can help stop you from having a baby. But it is best to also have an implant as well.

Condoms stop sperm from a man getting to the egg inside a woman's womb so that they cannot make a baby.



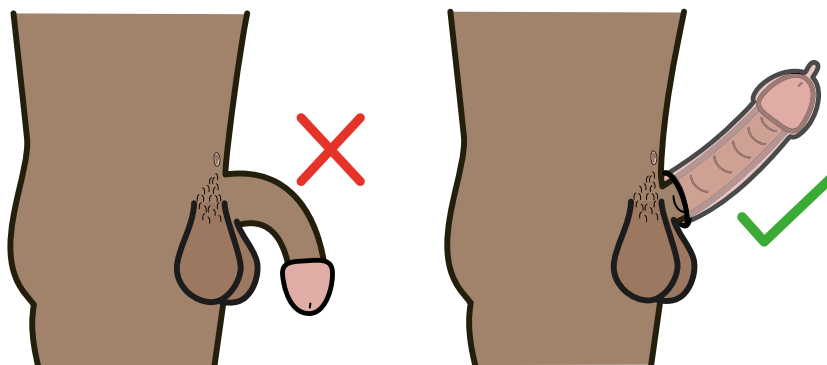
Condoms can help stop you from getting a sexual infection.



You need to use condoms properly for them to work.

A condom is a rubber tube that goes over a man's penis when he has sex.

You must put a condom on before you have sex or touch each other's private parts with your private parts.



You must put a condom on when you have an erection.

You must keep the condom on all the time you are having sex.

# Condoms

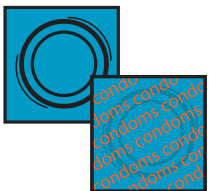
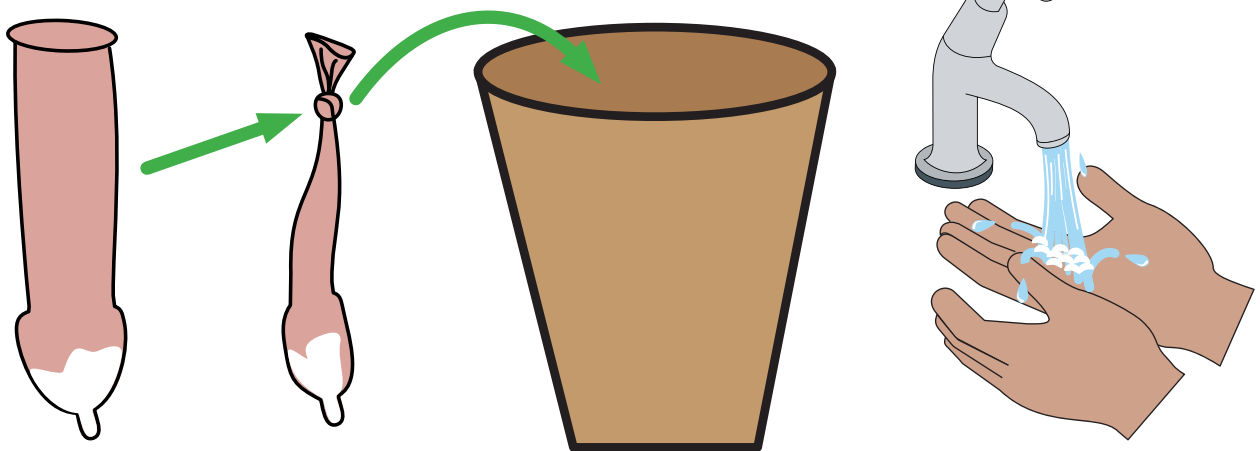
When you have finished having sex you need to take the condom off away from your partner.

You need to keep the cum inside the condom when you take it off.

Tie the condom in a knot, wrap it in a tissue and put it in the bin.

**Do not put condoms down the toilet.**

Wash your hands after taking off the condom.



If you have sex again you need to use a new condom.



It might be a good idea to ask someone you trust to show you how to use a condom so that you know before you have sex.



If you have sex with more than one person you should go to the sexual health clinic or your GP for a check up for sexual infections.

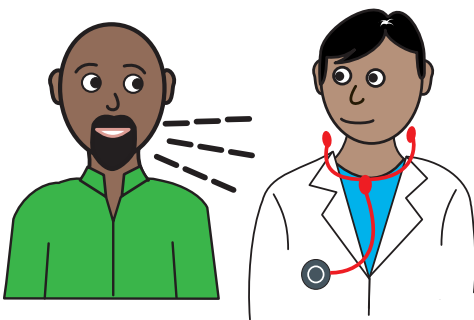
## For women



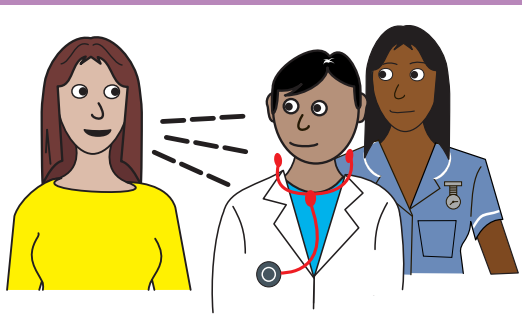
If you have sex and don't use contraception you should go to the sexual health clinic or your GP as soon as possible and can have an emergency pill to stop you having a baby.

You should also have a check up for sexual infections.

## For men



If you have sex and don't use a condom you should go to the sexual health clinic or your GP for a check up for sexual infections.



If you do not like the implant, there are other types of contraception available, so if you are having any problems speak to your doctor or nurse?