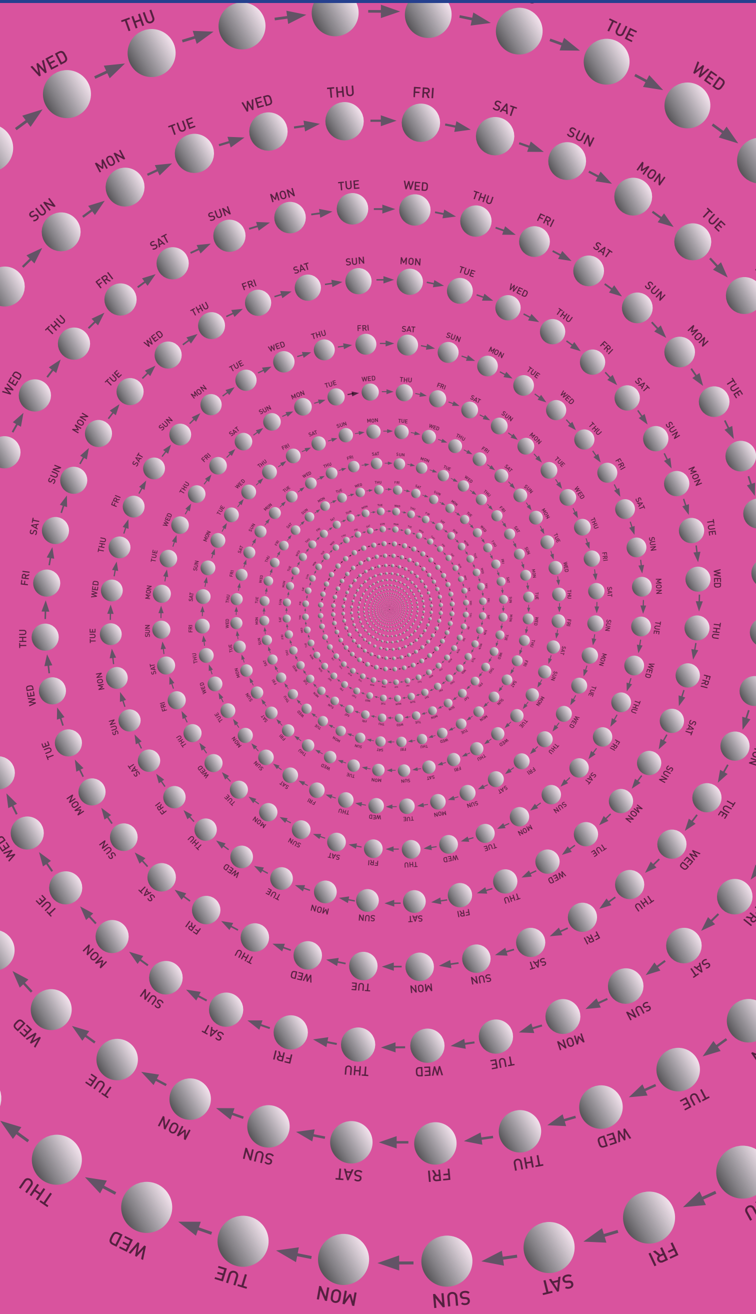
OVER & OVER & OVER THE PILL?

There are more effective and convenient options.



Did you know the pill needs to be taken at the same time every day to be 99% effective?[1]

For the pill to be 99% effective, it needs to be taken perfectly. Perfect use means the rules are followed exactly every time.

Long acting contraceptives are the **most effective** forms of reversible contraception, as you don't have to remember to take them every day.

Effectiveness of different contraceptive methods[2]

Most effective (>99%)

- Hormonal IUS
- Implant
- Copper IUD
- Vasectomy
- Tubal surgery

Effective when used perfectly* (93–99%)

- Contraceptive injection
- Vaginal ring
- Combined oral contraceptive pill
- Progesterone only pill

Less effective (76–99%)

- Condom external and internal
- Diaphragm
- Fertility awareness
- Pulling out

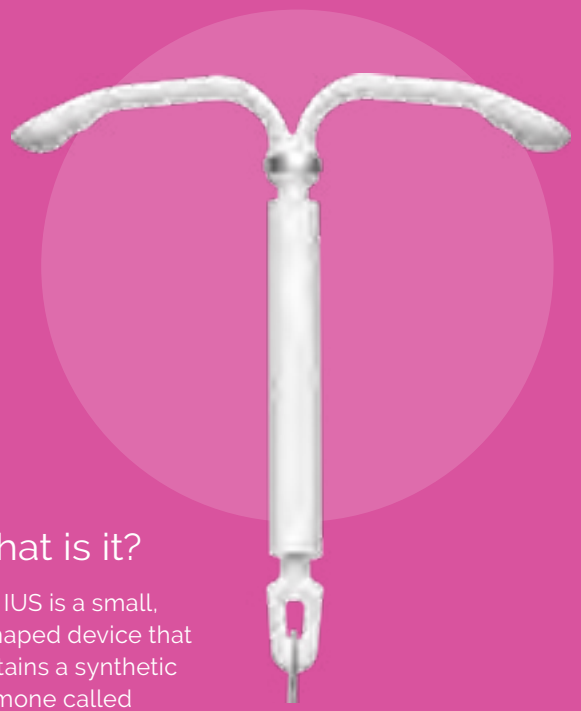
IUD=intrauterine device. IUS=intrauterine system.

*Typical use tends to be lower, as sometimes in real-life, mistakes can happen (such as forgetting a pill or not using a condom correctly).

†From a survey of 4,500 women aged 21–29 years old from nine countries who take the contraceptive pill.

Forgetting a pill isn't uncommon – **39% of women** say they've forgotten to take their pill at least once in the past month[†3]

Intrauterine systems (IUS) are a highly effective, convenient, and long-lasting contraceptive method that is also reversible



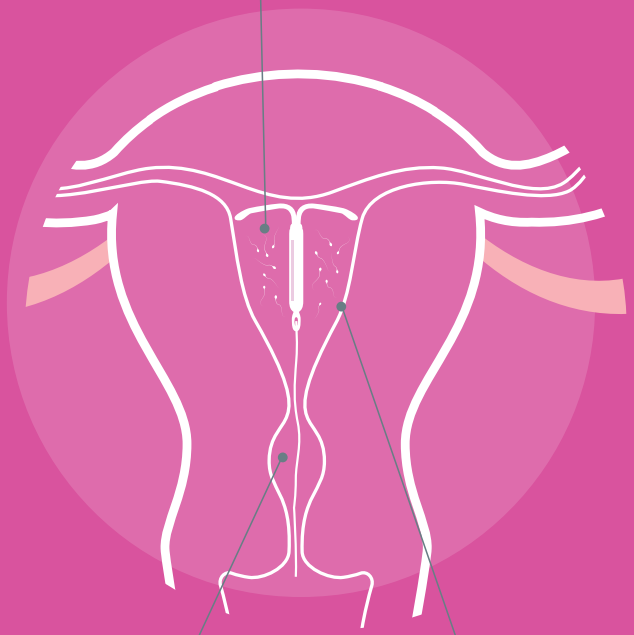
What is it?

The IUS is a small, T-shaped device that contains a synthetic hormone called levonorgestrel, which is a progestogen. It is inserted into the uterus (womb) by a healthcare provider and provides effective contraception for up to 5 years.

How does it work?

Once the IUS is inserted into the uterus, it prevents pregnancy by:

Stopping the movement of sperm inside the uterus, so it can't fertilise an egg



Thickening the mucus in the cervix which stops sperm being able to move up to the uterus

Reducing the growth of the uterus lining, so it is not thick enough to allow pregnancy to occur

Benefits and considerations of an IUS

What are the main benefits of the IUS?

It's one of the most effective methods of preventing pregnancy for up to 5 years (over 99%)[2]

Set and forget - once inserted, you won't need to do anything (like take a daily pill)

It can be removed at any time and it won't lower your chance of falling pregnant in the future

It won't interrupt sex, as you don't need to do anything to ensure you're protected against pregnancy

It can benefit your period (such as lighter, shorter, or less painful periods)

What should I keep in mind if I'm considering an IUS?

- It may be a little uncomfortable having an IUS inserted, but around 50% of women experience minimal or no pain. The insertion itself usually only takes a few minutes.[4]

  You can discuss options for pain relief beforehand with your doctor.

- An IUS does not protect you against HIV infection (AIDS) and other sexually transmitted infections (STIs). Additional methods (i.e condoms) should be used.

- The level of hormone in the body is very low, which means the hormonal side effects are generally mild in nature and usually settle after the first few months.

All medicines have potential side effects, but not everyone will experience these. Please speak to your doctor regarding the possible side effects of an IUS.

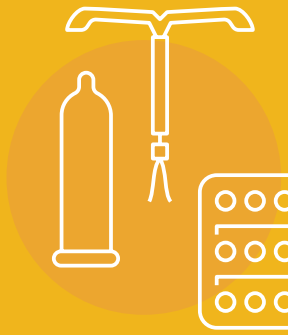
Take the daily hassle out of contraception: One IUS can replace **taking 1,826 pills** over 5 years. Speak to your doctor for more information.

IUS=intrauterine system.

What to consider when choosing the right contraceptive for you

How important is it for you to avoid an unplanned pregnancy right now?

Would you like to see a change in your periods? (lighter, shorter or less painful)



How satisfied are you with your current method of contraception?

Do you need more information to help you make an informed decision?

Do you hope to fall pregnant in the future and if so, roughly when?

There's no one size fits all when it comes to contraception – uncover your contraceptive needs to discuss with your doctor

Scan the QR code or visit **mybodymyway.com.au** to uncover your contraceptive needs

References:

1. Family Planning NSW. What suits me? Available at: https://www.fpnsw.org.au/sites/default/files/assets/Factsheet_WhatSuitsMe_2021.pdf. Accessed on 6 August 2021.

2. Mazza D *et al. Aust N Z J Obstet Gynaecol* 2017;57(2):206–212.

3. Caetano C *et al. Eur J Contracept Reprod Health Care* 2019;24(1):30–38.

4. Nelson A *et al. Obstet Gynaecol* 2013;122(6):1205–13.

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