Types of contraception

Fit and forget
- Contraceptive implant (Implanon™)
- Contraceptive injection (Depo-Provera™)
- Intrauterine devices (IUDs)

Pills and rings
- Combined pill (‘the Pill’)
- Mini pill
- Vaginal ring (NuvaRing™)

Barriers
- Male and female condoms
- Diaphragm

Other methods
- Emergency contraception (EC)
- Male and female sterilisation
- Natural family planning
The contraceptive implant (Implanon™)

Please note: coin shown for scale purposes only
The contraceptive injection (Depo-Provera™)
Intrauterine devices (IUDs)

Please note: coin shown for scale purposes only
The combined pill
The mini pill
The vaginal ring (NuvaRing™)

Please note: coin shown for scale purposes only
The male condom
The female condom

Please note: coin shown for scale purposes only
The diaphragm

Please note: coin shown for scale purposes only
Emergency contraception
Male and female sterilisation
Natural family planning