**Video transcript- Your Contraceptive Options**

Contraception is a way of preventing pregnancy after sex. There are lots of options available and making a decision as to which option is best for you, will depend on several different factors.

Let's look at these different types of contraception.

Certain types of contraceptive methods rely on the user to use them or take them properly otherwise they might fail. These include: Male and female condoms, a diaphragm, a vaginal ring, the combined pill, the progesterone-only pill, patches and natural family planning.

Other methods are longer-acting and do not rely on you remembering to take them properly.

These include: The implant, the injection, the copper intrauterine device, or hormonal intrauterine system (more commonly known as "coils") and male and female sterilization.

Contraceptive effectiveness is measured by how many women become pregnant whilst using the method of contraception over a 1 year period. If no contraception is used then around 85 in 100 sexually-active women will become pregnant within 1 year. This table shows some of the main methods of contraception available along with how effective they are if taken or used correctly. Longer acting methods of contraception appear in red and methods that require regular use appear in blue. Let's look at some examples.

Using a condom stops 85 out of 100 women becoming pregnant; The combined oral contraceptive pill stops 92 out of 100 women becoming pregnant; and a long-acting reversible contraceptive, such as the Mirena coil, stops 99 out of 100 women becoming pregnant. With so many different methods of contraception available, it can be difficult to choose the right option for you.

Your doctor or nurse will consider your age, your medical and family history, whether you smoke and any medications you take when suggesting contraceptive options to you. There are also some things you should consider when making your decision.

* Do you want to use a method you have to take everyday?
* Or one that is fitted once and you can forget about until it needs changing?
* Do you want to become pregnant soon, in the distant future, or never?
* Do you want a method that has hormones in it?
* Do you want to control how often you have a period?

Thinking about the answer to these questions will help guide you, and your partner, into making a decision as to which method of contraception will fit best with your lifestyles.

Whatever contraceptive decision you come to, you must think about sexually transmitted infections or STIs. These are passed on from an infected partner through unprotected vaginal, anal or oral sex. It's important to remember that condoms are the only form of contraception that reduce the spread of infections, but condoms are not the most effective method of preventing pregnancy, so it may be worth considering using condoms, as well as another, more reliable, contraceptive method.

Please speak to your GP or your sexual health adviser for help on choosing the right contraception for you.

www.unitysexualhealth.co.uk