

Long-acting reversible contraception

Information for the public

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Long-acting reversible contraception

Long-acting contraceptives are ones that you do not have to think about every day or every time you have sex, as you would with the Pill or condoms. Long-acting methods include:

- devices that are fitted inside your womb – intrauterine devices (IUDs) and hormone-based intrauterine systems (IUSs)
- contraceptive injections
- implants placed under your skin.

Making decisions

If you are thinking about contraception, you should be given information about all the different types available, including long-acting ones. Your health professional should give you clear information, talk with you about your options and listen carefully to your views and concerns. You can choose the type of contraception that is best for you, as long as there is no medical reason not to have it.

If you can't understand the information you are given, tell your health professional.

Read more about [making decisions about your care](#).

Where can I find out more?

[Sexwise](#) (run by Public Health England) has information about the [different types of contraception](#) and helps you to compare them.

The [NHS website](#) also has information about contraception

NICE is not responsible for the content of these websites.

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Accreditation

