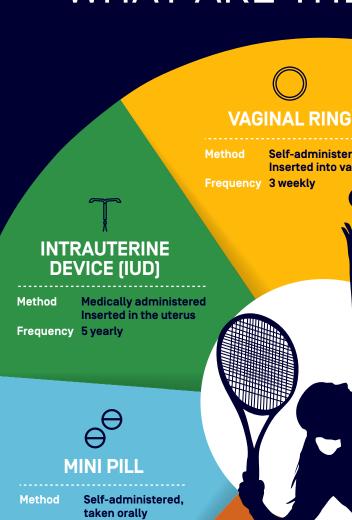
# **HORMONAL CONTRACEPTION** WHAT ARE THE OPTIONS?

Self-administered Inserted into vagina





#### COMBINED PILL

Method Self-administered. taken orally

Frequency Daily



#### **IMPLANT**

Method Medically administered Implanted under skin of upper arm

Frequency 3 yearly

## INJECTION

Method Medically administered Intramuscular injection Frequency 3 monthly

### Why might I consider using hormonal contraception?

- > Contraception / Birth control
- > Period predictability
- > Lighter periods
- > Reduce other menstrual symptoms e.g. acne, cramping, bloating
- > Not everyone needs hormonal contraception. Visit the website for more information.



Frequency Daily

FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: www.ais.gov.au/fphi

