

'Fit and forget' methods

Highly effective modern methods of contraception which are long acting and reversible.

The Hormonal Coil (IUS)

Inserted in the uterus

Lasts 3-8 years



The Copper Coil (IUCD)

Inserted in the uterus

Lasts 5-10 years



The Implant

Inserted in the arm

Lasts 3 years



The Injection

A shot of hormones injected into a muscle

Lasts 3 months



NB: Condoms are the only contraception that protect against sexually transmitted infections (STIs). Use a condom to enjoy sex without risk of infection!

User-dependent methods

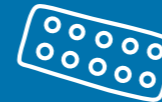
In order to be effective, these methods need perfect use.

Short-acting hormonal contraceptives

The Pill (combined or progesterone-only)

The Vaginal Ring

The Patch



Barrier methods

Diaphragms

Condoms



Emergency contraception

Effective up to 5 days after unprotected sex, this post-sex contraception can prevent pregnancy when regular contraception has failed or wasn't used.

This includes:

The Emergency Contraceptive Pill

The Copper Coil (IUCD)



IFPA services

At the IFPA, we provide a **full range of contraceptive services**, so you can choose the method that works best for you.

We also provide **abortion care** and **specialist pregnancy counselling**.

Our clinics are located in Dublin city centre and Tallaght.

Call **0818 49 50 51** to make an appointment.

Scan the QR code for more information on the IFPA and the services we offer.



ifpa

How to access the free contraception scheme

If you're 17-35, your contraception is now free. This includes:

- Consultations, appointments and prescriptions
- The fitting and removing of long-acting contraception, such as coils and implants

You can access free contraception through a providing GP, women's health centre or family planning clinic. The emergency contraceptive pill can be accessed in pharmacies.

You will need a PPS number to access the scheme.



Abortion care

In Ireland, a person of any age can have an abortion for a pregnancy that is less than 12 weeks. The decision is yours and you don't have to explain your reasons to anyone.

You can access abortion care through a providing GP, women's health centre or family planning clinic. To find an abortion provider near you, **contact My Options freephone on 1800 828 010**.

Abortion care is free in Ireland for anyone with a PPS number.



Choice
Autonomy
Freedom

ifpa

Read on to learn about **FREE** reproductive healthcare services

