

Local Services

All services are free and confidential
Long-Lasting Contraception Services in Kingston:

- The Wolverton Centre,
Kingston Hospital, Galsworthy Road,
Kingston KT2 7QB.
Tel: 020 8974 9331
For information & appointments
Tel: 0208 934 2002
Fridays 9.00 to 12.00 midday
- The Point Sexual Health Clinic for 18s and
under at the Wolverton Centre, as above.
No appointment necessary.
Tuesdays 4.00 – 6.00pm.
- Contraceptive Clinic at Hawks Road Clinic,
Hawks Road, Kingston KT1 3EW
Tel: 020 8546 1115.
Mondays & Tuesdays 6.30 - 8.30pm.
No appointment necessary
- There are GPs in Kingston who provide
contraception – please call your local GP to
find out more.

Please note services are subject to change.
It is advisable to telephone in advance.

Helpful Websites
for information and
local services including
Emergency Hormonal
Contraception

www.kingstonpct.nhs.uk
www.sexualhealthkingston.co.uk
www.gettingiton.org.uk
www.fpa.org.uk

Please remember:
Long Lasting contraception does not protect
against the transmission of sexually
transmitted infections.

Always use a condom to protect against
infections such as Chlamydia & HIV

Table and images provided by NHS Camden.

**Long Acting
Reversible
Contraception**

NHS
Kingston

Worried about getting pregnant?





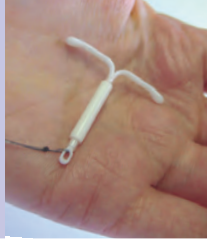

Start long acting reversible contraception which you can rely on

Did you know you can get contraception that is
long-lasting, effective, reliable, easily reversed
AND you don't have to remember to take it
every day.

All long-lasting methods are suitable for
women of all ages including teenagers.



A healthier Kingston

	Contraceptive injection	Implant	Intrauterine system (IUS)	Intrauterine device (IUD)
What is it?	An injection, usually in your bottom, containing progestogen 	A small flexible rod, inserted under the skin of the upper arm, which slowly releases progestogen 	A small plastic device, placed in the uterus, which slowly releases progestogen 	A small copper and plastic device placed in the uterus 
Effectiveness	Over 99%	Over 99%	Over 99%	Over 99%
Advantages	<ul style="list-style-type: none"> • Lasts 12 weeks • May help with heavy periods 	<ul style="list-style-type: none"> • Lasts 3 years, but can be removed earlier • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Lasts 5 years, but can be removed earlier • Periods usually become lighter, shorter and less painful • Fertility returns immediately after stopping use 	<ul style="list-style-type: none"> • Can last up to 10 years • Works as soon as it's put in • Fertility returns immediately after stopping use
Potential drawbacks	<ul style="list-style-type: none"> • May cause unpredictable spotting and bleeding • Fertility may take some time to return after stopping use • Once injected, it cannot be removed from the body 	<ul style="list-style-type: none"> • Irregular bleeding affects about 40% of users • It must be put in and taken out by a doctor or nurse 	<ul style="list-style-type: none"> • Irregular spotting or bleeding common at first • It must be put in and taken out by a doctor or nurse 	<ul style="list-style-type: none"> • Periods can last longer or be heavier or more painful • It must be put in and taken out by a doctor or nurse

These long-acting contraceptive methods all have the advantage that, once in place, you don't need to think about them until they need replacing. At 99%, they are more effective than any other form of contraception, and none of them interrupt sex. As with most other contraceptive methods, none of these provide any protection against sexually transmitted infections (STIs). Using condoms offers the best protection against STIs, including HIV.

Ask your doctor or nurse for more information.