

# Our Opening Times

## Zone Clinics

Monday:	12pm - 5pm
Tuesday:	12pm - 5pm
Wednesday:	12pm - 5pm
Thursday:	12pm - 5pm
Friday:	12pm - 5pm
Saturday:	10.30am - 4pm

## Nurse/ Doctor Available

Monday:	1pm—5pm
Tuesday:	3pm—7pm
Wednesday:	1pm—5pm
Thursday:	1pm—5pm
Saturday:	10.30am—4pm

*Some of the information included in this leaflet has been taken from the FPA's:*

*'Your Guide to Contraception'.*

*(<http://www.fpa.org.uk/sites/default/files/your-guide-to-contraception.pdf>).*

*The FPA is a certified member of the Information Standard and they regularly reviews their information.*

*This information was produced in 2014 is due to be reviewed in 2016.*



Free • Confidential • Friendly

### Confidentiality

The Zone provides a confidential service.

### Feedback

We value your feedback as this helps us to continue to monitor and develop our services.

Whether your feedback is about the service you received, our leaflets or our website please let us know what you think using the contact details below.

### Complaints

At The Zone, we are committed to providing a wide range of services; as a busy organisation we are aware that things can sometimes go wrong.

If you feel this has happened to you, a friend or a family member you can talk to a member of staff, or if you'd prefer, you can write to us stating your complaint, at the address below.

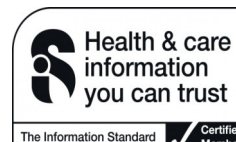
### Address

14-16 Union Street  
Derry's Cross  
Plymouth  
PL1 2SR

### Contact us

Tel: 01752 206626  
[enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk)  
[www.thezoneplymouth.co.uk](http://www.thezoneplymouth.co.uk)

Plymouth  
Community  
Healthcare



# 4U @

## CONTRACEPTION CHOICES

**At The Zone we offer:**

- Condoms
- Emergency contraception
- Implant
- Combined pill
- Progestogen only pill
- Contraceptive patch
- Contraceptive injection
- Contraceptive ring (on prescription)

Type of contraception	How it works	Advantages	Disadvantages	Handy hints
<b>Condoms</b> Male condom 98% effective Female condom 95% effective	<b>Male condom</b> - Made of latex or polyurethane. It is put over the penis and stops sperm from entering the vagina. <b>Female condom</b> - Made of polyurethane. it loosely lines the vagina and stops sperm from entering the vagina	<b>Male condom</b> - Can help protect from STI's. Widely available and free from c-card sites and family planning clinics. <b>Female condom</b> - Can help protect from STI's. Can be put in any time before sex. Latex free so oil based lube can be used.	<b>Male condom</b> - If not used correctly can split. <b>Female condom</b> - Can be pushed into the vagina. Need to ensure the penis enters the condom and not between the condom and the vagina.	The Zone can provide free condoms, femidoms, lube and dams. We give a full demonstration on the first visit and sign you up to c-card scheme to allow you to get condoms in various places around the city.
<b>Emergency Contraception</b> <b>Levonelle, EllaOne and IUD (coil)</b> Effectiveness varies depending how soon taken after incident	<b>Levonelle</b> - A tablet that contains a hormone called progestogen. It should be taken within 3 days (72hrs) of having unprotected sex. <b>EllaOne</b> - A tablet that contains ulipristal acetate. To be taken within 5 days (120 hrs) of unprotected sex. <b>IUD</b> - A small plastic and copper device is put into the uterus. It stops sperm reaching egg and may stop a fertilised egg implanting in the uterus.	<b>Levonelle</b> - Most women can use Levonelle and EllaOne. Other medication can affect its effectiveness. <b>EllaOne</b> - Can be given free at the zone, family planning clinic and if 19 or under certain pharmacies can provide for free. <b>IUD</b> - Works as soon as fitted. Can stay in 5-10 years and used as a form of contraception and taken out at any time. Fertility returns to normal when removed.	<b>Levonelle</b> - Some people feel sick, dizzy, tired, headaches, breast tenderness or abdominal pain. It can disrupt your next period. <b>EllaOne</b> - Same as above plus painful period, mood swings and muscle/ back pain. <b>IUD</b> - Will not protect from STI's. Periods can be heavier, longer and more painful. A small chance of getting an infection after insertion and can be uncomfortable.	The Zone 4 U Nurse clinics can prescribe levonelle. EllaOne and IUD can only be given/fitted by Nurse prescribers/Dr's. If we do not have them on site we can make a referral to the Cumberland Centre. If you require levonelle and we do not have a Nurse clinic on we can make referrals to either a pharmacy if you are 19 or under or to the Cumberland Centre.
<b>Implant</b> Over 99% effective	A small rod inserted in the arm that contains progestogen. It stops ovulation, thickens mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.	Works for three years but can be taken out sooner. When it is removed fertility returns to normal.	Periods may be irregular or last longer. Acne can occur, or worsen. It requires a small procedure to fit and remove it.	The Zone 4 U Nurse clinics can insert, remove and replace the implant. Our clinics can get very busy but if we are unable to do the procedure on the day we will refer to a future clinic. Always use condoms to protect from STI's.
<b>Combined Pill</b> Over 99% effective if taken according to instructions	Contains two hormones– estrogen and progestogen. It stops ovulation, thickens mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.	Can make periods regular, lighter and less painful. Reduces risk of some cancers. Suitable for healthy non-smokers up to the menopause. When you stop the pill your fertility returns to normal.	Not suitable for very overweight women or smokers over 35. low risk of blood clots and some cancers. Can be temporary side-effects such as headaches, nausea, mood changes and breast tenderness.	The Zone 4 U Nurse clinics can provide combined pills. For missed pills follow instructions in pack. You are covered in your 7 day break. Always use condoms to protect from STI's.
<b>Progestogen Only Pill</b> Over 99% effective if taken according to instructions	Contains progestogen, which thickens cervical mucus to prevent sperm reaching an egg. In some cycles it stop ovulation.	Can be used by women who cannot use estrogen. Can be used by women that smoke and are over 35. can be used when breastfeeding.	Periods may stop, or be irregular, light, or more frequent. May be temporary side - effects such as acne, breast tenderness, weight change and headaches. May get ovarian cysts.	The Zone 4 U Nurse clinics can provide progestogen pills. For missed pills follow instructions in pack. Pills to be taken same time every day. Always use condoms to protect from STI's.
<b>Contraceptive Patch</b> Over 99% effective if used according to instructions	A small patch releasing estrogen and progestogen. It stops ovulation, thickens mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.	You don't have to think about it every day. Its not affected by vomit or diarrhoea. Periods become more regular, lighter and less painful. It improves acne for some women.	Not suitable for very overweight women or smokers over 35. low risk of blood clots and some cancers. Can be side-effects, headaches, nausea, mood changes and breast tenderness. possible skin irritation.	The Zone 4 U Nurse clinics can provide the patch. The patch is waterproof and needs to be positioned in a new place each time to avoid irritation. Always use condoms to protect from STI's.
<b>Contraceptive Injection</b> Over 99% effective	A injection that contains progestogen. It stops ovulation, thickens mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.	Lasts for 12 weeks (Depo-provera) or eight weeks (Noristerat). You can use it if you are breastfeeding.	Periods may stop, be irregular or last longer. Periods and fertility can take time to return after stopping the injection. Some women gain weight.	The Zone 4 U Nurse clinics can give the injection dependant on medical history. Always use condoms to protect from STI's.
<b>Contraceptive ring</b> Over 99% effective if used according to instruction	A small ring put into vagina releasing estrogen and progesterone. Stops ovulation, thickens mucus to prevent sperm reaching an egg, thins the lining of uterus to prevent a fertilised egg implanting.	You don't have to think about it every day. Its not affected if you vomit or have diarrhoea. Can make periods regular, lighter and less painful. Its easy to insert and remove.	Not suitable for very overweight women or smokers over 35. low risk of blood clots and some cancers. Can be side-effects, headaches, nausea, mood changes and breast tenderness.	The Zone 4 U Nurse clinics can give you a prescription for the ring as it is not kept on site. You are covered on the ring free week. Always use condoms to protect from STI's.