Most women only choose between the pill and the condom. Yet longer-lasting contraception is more effective and could be better suited to your lifestyle. You see, once it’s fitted, it lasts from 3 to 10 years and you can stop using it whenever you like. This means you don’t have to take care of it every day. If only everything in a woman’s life was the same.

**Longer-lasting contraception**

**Giving you more choice**

Interested?
Talk to your **GP** to find out more. Alternatively, visit [www.sexualhealthscotland.co.uk](http://www.sexualhealthscotland.co.uk) or contact the Infoline on **0800 121 4590**.

**Remember to use a condom to protect against sexually transmitted infections**