

To consider before choice of contraception

**1. How would I deal with a pregnancy if it were to occur at the moment?**

- Keep the pregnancy?
- Abortion? Especially important to use an effective contraceptive method.

**2. For how long am I planning to use a contraception?**

- Less than 1 year?
- More than 1 year? Especially important to use an effective contraceptive method.

Long-acting reversible contraceptive methods are at no cost/subsidized if you are below 26 years of age.

**3. How do I experience my menstrual pain?**

Most contraception (except for the copper intrauterine device) is effectively decreasing menstrual pain. Hormonal intrauterine device is especially effective.

**4. How do I experience my menstrual bleeding pattern?**

Most contraception (except for the copper intrauterine device) is effectively decreasing menstrual bleeding. Hormonal intrauterine device is especially effective.