

# Contraception following a miscarriage, ectopic pregnancy or termination of pregnancy

## Did you know . . .

- Your period usually returns within 3-6 weeks but can take longer.
- It is possible to get pregnant before your period returns.
- You can start **most methods** of contraception immediately after treatment for miscarriage or ectopic pregnancy.

This includes:

- *The contraceptive implant which is over 99% effective and lasts for 3 years.*
- *The contraceptive injection which is about 99% effective and lasts for 3 months.*

We know this can be a difficult conversation after experiencing a miscarriage, ectopic pregnancy, or termination.

Please speak with your local Doctor, nurse, or Leeds Sexual Health, who will be able to support you in working out which option best suits you.

## Leeds Sexual Health

Please scan the QR code or visit:



[Leedssexualhealth.com](https://leedssexualhealth.com)

or telephone:

**0113 843 4495**

Monday to Friday  
8:30 am to 4:30 pm



Leeds Centre for  
Women's Health

**Start planning  
now**

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