
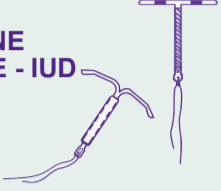

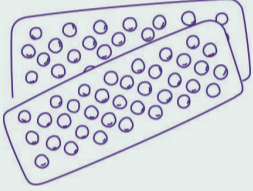
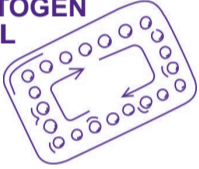


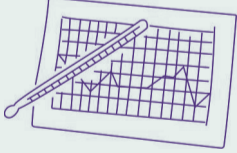



Contraception - Your Choice

Contact Family Planning for detailed information on any of these methods

Method	What is it? How does it work?	Chance of getting pregnant	Health concerns	Advantages	Disadvantages
LONG ACTING REVERSIBLE CONTRACEPTION					
IMPLANT 	<ul style="list-style-type: none"> progestogen is released from 1 or 2 rods implanted under the skin of the arm by thickening mucus in cervix and may stop ovaries from releasing an egg each month 	<ul style="list-style-type: none"> less than 1% 	<ul style="list-style-type: none"> no serious risk 	<ul style="list-style-type: none"> lasts 3 - 5 years - fit and forget useful for women who can't take combined pill useful for those who forget pills or injection appointments 	<ul style="list-style-type: none"> irregular bleeding which often gets better with time and can be controlled with medication
INTRA UTERINE DEVICE - IUD 	<ul style="list-style-type: none"> put inside the womb Copper IUD or progestogen-releasing IUD (Mirena or Jaydess) stops sperm reaching an egg 	<ul style="list-style-type: none"> less than 1% 	<ul style="list-style-type: none"> very small chance of pelvic infection when IUD put in 	<ul style="list-style-type: none"> can stay in place for 3 years or more - fit and forget doesn't interfere with sexual intercourse Mirena – lighter periods or no period at all, suitable for women with heavy periods 	<ul style="list-style-type: none"> needs to be inserted by an experienced doctor or nurse Copper IUDs may cause heavier periods or cramping Hormone releasing IUDs may cause irregular bleeding in the first few months
HORMONAL CONTRACEPTION					
DEPO PROVERA 	<ul style="list-style-type: none"> an injection of progestogen stops ovaries from releasing an egg each month 	<ul style="list-style-type: none"> typically 3% but less than 1% if next injection given on time 	<ul style="list-style-type: none"> no serious concerns 	<ul style="list-style-type: none"> one injection lasts 12 weeks doesn't interfere with sexual intercourse usually no periods useful for women who can't take combined pill 	<ul style="list-style-type: none"> irregular bleeding, no periods or occasional heavy bleeding periods and fertility take an average of 6 months to return after stopping the injection may have change in weight
COMBINED PILL 	<ul style="list-style-type: none"> pill made of two hormones, oestrogen and progestogen stops ovaries from releasing an egg each month 	<ul style="list-style-type: none"> typically 8% but less than 1% if used perfectly 	<ul style="list-style-type: none"> very small chance of blood clots, heart attacks and strokes. More likely in women over 35 who smoke, are overweight or have a family history of the above conditions very slight increased risk of cervical cancer 	<ul style="list-style-type: none"> simple and easy to take doesn't interfere with sexual intercourse periods usually regular, shorter, lighter and less painful less chance of cancer of lining of the womb or ovaries can be taken up to menopause if a healthy non smoker 	<ul style="list-style-type: none"> should not be used by women over 35 who smoke must remember to take it daily may have irregular bleeding
PROGESTOGEN ONLY PILL 	<ul style="list-style-type: none"> pill made of one hormone – progestogen by thickening mucus in cervix and may stop ovaries from releasing an egg each month 	<ul style="list-style-type: none"> typically 8% but less than 1% if used perfectly 	<ul style="list-style-type: none"> no serious risk 	<ul style="list-style-type: none"> doesn't interfere with sexual intercourse can be used at any age can be used by breast-feeding women useful for women who can't take combined pill 	<ul style="list-style-type: none"> may have irregular bleeding
BARRIERS					
MALE CONDOM 	<ul style="list-style-type: none"> a thin rubber barrier fits over erect penis and catches sperm when the man ejaculates best used with lubricant (water based) 	<ul style="list-style-type: none"> typically 15% but 2% if used perfectly every time DO NOT USE oil-based lubricant or some anti thrush creams 	<ul style="list-style-type: none"> none known 	<ul style="list-style-type: none"> easy to use, easy to carry used only when needed helps protect against STIs available from Family Planning clinics and other health care providers can buy from pubs, clubs, pharmacies and many shops cheaper on prescription 	<ul style="list-style-type: none"> some people are allergic to rubber must be put on when penis is erect and before sexual intercourse some people say it reduces sexual feeling can slip off or break
FEMALE CONDOM 	<ul style="list-style-type: none"> a thin polyurethane barrier goes into the vagina and prevents sperm entering the woman's body 	<ul style="list-style-type: none"> typically 21% but 5% if used perfectly 	<ul style="list-style-type: none"> none known 	<ul style="list-style-type: none"> helps protect against STIs women can use it easy to use 	<ul style="list-style-type: none"> relatively expensive can get them from the internet need to insert every time
FERTILITY AWARENESS					
	<ul style="list-style-type: none"> woman checks body temperature, cervical mucus and periods. These body signs show when you are more likely to get pregnant 	<ul style="list-style-type: none"> typically 25% but can be 3% if used perfectly 	<ul style="list-style-type: none"> none 	<ul style="list-style-type: none"> after learning method, no further costs or visits to health professionals required helps you understand how your body works 	<ul style="list-style-type: none"> expert instruction needed to learn method no sexual intercourse during fertile time must chart temperature and cervical mucus daily body signs can be difficult to recognise and may vary
EMERGENCY CONTRACEPTION					
	<ul style="list-style-type: none"> Emergency Contraceptive Pills (ECP) or copper IUD used after unprotected sexual intercourse delays ovulation or stops sperm reaching an egg 	<ul style="list-style-type: none"> ECP – 2% for women of average weight, may be higher if overweight IUD – less than 1% 	<ul style="list-style-type: none"> ECP – none known IUD – risk of pelvic infection if STI present 	<ul style="list-style-type: none"> reduces chance of pregnancy after unprotected sexual intercourse ECP – can be used up to 72 hours after unprotected sexual intercourse can have ECP at home for future use can be used if other method fails, eg. broken condom or missed pill can buy from pharmacies 	<ul style="list-style-type: none"> ECP should be taken within 72 hours of unprotected sexual intercourse Double dose needed for overweight women and failure rate may be higher IUD needs to be fitted by an experienced doctor or nurse and can be uncomfortable
PERMANENT CONTRACEPTION					
VASECTOMY & TUBAL LIGATION	<ul style="list-style-type: none"> permanent contraception an operation vasectomy – male tubes cut to stop the sperm getting to the penis tubal ligation – clips put on female tubes to stop the egg getting to the uterus 	<ul style="list-style-type: none"> less than 1% 	<ul style="list-style-type: none"> vasectomy – rare possibility of long term scrotal pain tubal ligation – very slight risk from reaction to anaesthetic or damage to internal organs 	<ul style="list-style-type: none"> once only permanent 	<ul style="list-style-type: none"> not easily reversible requires an operation may have short term side effects, eg. pain, bruising