



ТҮРЕ	HOW EFFECTIVE IS IT?	HOW TO USE IT?	BENEFITS	THINGS TO CONSIDER
Implanon (bar)	99.95%	A health care provider places it under the skin of the upper arm. It must be removed by a health care provider	 Lasts up to 3 years No pill to take daily Can be used when breastfeeding You can become pregnant as soon as you stop using it 	Can cause irregular bleeding Does not protect against HIV or sexually transmissible infections (STIs)
Hormonal IUD	99.7-99.9%	Must be inserted by a doctor Must be removed by a doctor/nurse	 Lasts up to 5 years No pill to take daily May improve period cramps and bleeding Can be used when breastfeeding You can become pregnant as soon as you stop using it 	 May cause lighter periods, spotting or no period at all Very rarely, uterus can be injured during placement Does not protect against HIV or other STIs
Copper IUD	99.5%	Must be inserted by a doctor Must be removed by a doctor/nurse	Lasts up to 10 years No pill to take daily Can be used when breastfeeding You can become pregnant as soon as you stop using it Non-hormonal option	 May cause more cramps and heavier periods May cause spotting between periods Very rarely, uterus can be injured during placement Does not protect against HIV or other STIs
Male sterilisation (vasectomy)	99.5%	Both procedures require surgery	 Both procedures are permanent and you don't have to remember to use contraception Non-hormonal option 	Initial cost for surgery Cost of surgery if you want a reversal
Female sterilisation (tubal ligation)	99.5%			Reversal will not always be successful Does not protect against HIV or other STIs Does not stop periods
Contraceptive injection (Depo)	96% 音量量	Injection by health provider every 12 weeks	Each injection works for 12 weeks No pill to take daily Can be used while breastfeeding	 May cause spotting, no period, hair or skin changes, changes in sex drive May cause weight gain May cause delay in getting pregnant when you stop using it Side effects can last up to 6 months after final injection Does not protect against HIV or other STIs Must attend appointment in clinic every 12 weeks
Combined oral contraceptive pill (the pill)	93-99%	Take the pill at the same time, every day Visit a GP to get a prescription	 Can make periods more regular and less painful Can improve PMS symptoms Can help with acne Helps prevent ovarian cancer You can become pregnant 	May cause spotting for the first 1-2 months of use Does not protect against HIV or other STIs Need to remember to take it every day

as soon as you stop using it

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Progestogen only contraceptive pill	93-99%	Take the pill daily	Can be used while breastfeeding You can become pregnant as soon as you stop using it	Can be expensive May cause spotting for the first 1-2 months of use Does not protect against HIV or other STIs Need to remember to take it every day
Contraceptive vaginal ring (NuvaRing)	93-99%	Insert a small ring into the vagina Change ring each month	 Does not require spermicide Can make periods more regular and less painful No pill to be taken daily You can become pregnant as soon as you stop using it 	Can increase vaginal discharge May cause spotting for the first 1-2 months of use Does not protect against HIV or other STIs
Diaphragm	82%	Must be inserted four hours before sex, every time you have sex	Can be used when breastfeeding You can become pregnant as soon as you stop using it	Does not protect against HIV or other STIs Must remember to insert four hours prior to sex Can be difficult to insert
Male condom	88-98%	Use a new one each time you have sex Use lubrication to enhance sensation and prevent breakage Use a polyurethane condom if allergic to latex	 Protects against HIV and STIs Can easily buy over the counter Can help prevent early ejaculation Can be used for vaginal, anal and oral sex Can be used while breastfeeding 	Can break or slip off, especially if not used correctly
Female condom	79%	Use a new one each time you have sex Use extra lubrication as needed	 Protects against HIV and STIs Can easily buy over the counter Can be used for vaginal and anal sex Can be used while breastfeeding 	May be hard to insert May slip out of place during sex
Withdrawal (pulling out)	80% S	Pull penis out of vagina before ejaculating (coming)	No cost Can be used while breastfeeding	Difficult to manage Interrupts sex Does not protect against HIV or STIs
Fertility awareness methods	76%- 95%	Understand fertile days by taking temperature daily, checking vaginal mucus and/or keeping a record of periods Avoid sex during fertile days or use condoms	No cost Can be used while breastfeeding	Many things to remember with this method Must use another method on fertile days Does not work well if periods are irregular Does not protect against HIV or STIs

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