
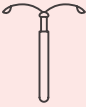


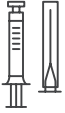
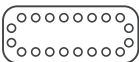
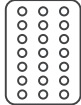








Contraceptive Choices

TYPE	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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Both procedures are permanent and you don't have to remember to use contraception • Non-hormonal option 	<ul style="list-style-type: none"> • Initial cost for surgery • Cost of surgery if you want a reversal • Reversal will not always be successful • Does not protect against HIV or other STIs • Does not stop periods
Female sterilisation (tubal ligation)	99.5% 			
Contraceptive injection (Depo)	96% 	Injection by health provider every 12 weeks	<ul style="list-style-type: none"> • Each injection works for 12 weeks • No pill to take daily • Can be used while breastfeeding 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Can make periods more regular and less painful • Can improve PMS symptoms • Can help with acne • Helps prevent ovarian cancer • You can become pregnant as soon as you stop using it 	<ul style="list-style-type: none"> • 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

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Progestogen only contraceptive pill	93-99% 	Take the pill daily	<ul style="list-style-type: none"> Can be used while breastfeeding You can become pregnant as soon as you stop using it 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Can be used when breastfeeding You can become pregnant as soon as you stop using it 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Protects against HIV and STIs Can easily buy over the counter Can be used for vaginal and anal sex Can be used while breastfeeding 	<ul style="list-style-type: none"> May be hard to insert May slip out of place during sex
Withdrawal (pulling out)	80% 	Pull penis out of vagina before ejaculating (coming)	<ul style="list-style-type: none"> No cost Can be used while breastfeeding 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> No cost Can be used while breastfeeding 	<ul style="list-style-type: none"> 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