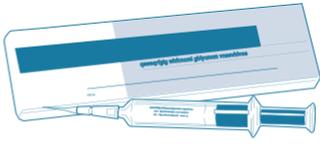
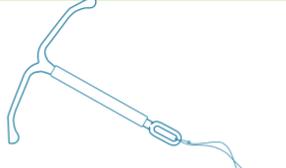
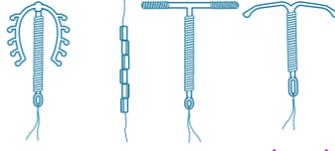


# Guide to Contraception

Helping you choose the method of  
contraception that is best for you



Method	Progestin-only Pill (POP)	Combined Pill (COC)	Male Condom	Female Condom	Natural Family Planning	Lactational amenorrhea method (LAM)
How it works	<p>Contains the hormone Progestin only, which</p> <ul style="list-style-type: none"> <li>stops ovulation in some cycles by preventing the release of egg from the ovaries, ,</li> <li>Thickens cervical mucus to prevent sperm reaching an egg, and</li> <li>Thins the lining of the uterus (womb) to prevent a fertilized egg implanting.</li> </ul>	<p>Contains two hormones - estrogen and progestogen; which</p> <ul style="list-style-type: none"> <li>Stops ovulation by prevent the release of egg from the ovaries,</li> <li>Thickens cervical mucus to prevent sperm reaching an egg</li> <li>Thins the lining of the uterus (womb) to prevent a fertilized egg implanting.</li> </ul>	<p>Made of very thin latex (rubber) or polyurethane (plastic). it is put over the erect penis. It forms a barrier to prevent sperm from entering the vagina</p>	<p>Made of soft, thin polyurethane which loosely lines the vagina and covers the area just outside, and stops sperm from entering the vagina.</p>	<p>The fertile and infertile times of the menstrual cycle are identified by noting the different fertility indicators:</p> <ul style="list-style-type: none"> <li>Raising Basal Body temperature</li> <li>Monitoring Cervical mucus changes</li> </ul> <p>Sexual intercourse need to be avoided on Day 8-19 to prevent pregnancy.</p>	<p>Can be used only by new mothers whose monthly bleeding has not returns and she is exclusively breastfeed her baby.</p> <p>Breastfeeding hormone can Prevents the release of eggs from the ovaries.</p>
Effectiveness	Over 99 percent effective if taken according to the instructions. Less than 1 woman in 1,000 will get pregnant over three years.	Over 99 per cent effective if used according to instructions. Less than 1 woman in 100 will get pregnant in a year.	98 per cent effective if used according to instructions. 2 women in 100 will get pregnant in a year.	95 per cent effective if used according to instructions. 5 women in 100 will get pregnant in a year.	97-99 percent effective if used according to instruction and teaching. One to five women in 100 will get pregnant in a year.	99% with correct and consistent use
Advantages	<ul style="list-style-type: none"> <li>Can be used by women who cannot use estrogen.</li> <li>Can be used by women who smoke and are over 35.</li> <li>Can be used while Breastfeeding.</li> </ul>	<ul style="list-style-type: none"> <li>Often reduces bleeding, period pain and premenstrual symptoms.</li> <li>Reduces risk of cancer of the ovary, uterus and colon.</li> <li>Suitable for healthy non-smokers up to the age of 50</li> <li>When you stop using the combined pill, your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>Can help protect both partners from some sexually transmitted infections, including HIV.</li> <li>No serious side-effects. Additional spermicide is not needed or recommended.</li> </ul>	<ul style="list-style-type: none"> <li>Can be put in any time before sexual intercourse.</li> <li>Can help protect both partners from some sexually transmitted infections, including HIV.</li> <li>Oil based products can be used with female condoms.</li> <li>No serious side- effect. Additional spermicide is not needed or recommended.</li> </ul>	<ul style="list-style-type: none"> <li>No physical side-effects.</li> <li>No chemicals or physical products are used.</li> <li>Gives a woman a greater awareness of her body.</li> <li>Can also be used to plan a pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>No physical side-effects.</li> <li>No chemicals or physical products are used.</li> <li>Breastfeeding improve infant's health and reduce woman risk of postpartum bleeding</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>Periods may stop, or be irregular, light, or more frequent.</li> <li>May have temporary side-effects such as acne, weight change and headaches.</li> <li>May get ovarian cysts.</li> </ul>	<ul style="list-style-type: none"> <li>Not suitable for very overweight women or smokers over 35 years.</li> <li>Very low risk but serious side-effects may include blood clots, breast cancer and cervical cancer.</li> <li>Can be temporary side effects such as headaches, nausea, mood changes and breast tenderness.</li> </ul>	<ul style="list-style-type: none"> <li>Putting it on can interrupt sexual intercourse.</li> <li>May slip off or split if not used correctly or is the wrong size or shape.</li> <li>The man needs to withdraw as soon as he has ejaculated and before the penis goes soft, being careful not to spill any semen.</li> </ul>	<ul style="list-style-type: none"> <li>Putting it in can interrupt sexual intercourse.</li> <li>Need to make sure the man's penis enters the condom and not between the vagina and the condom.</li> <li>May get pushed into the vagina.</li> <li>Not as widely available as male condoms.</li> </ul>	<ul style="list-style-type: none"> <li>Need to avoid sexual intercourse or use a condom at fertile times of the cycle.</li> <li>It takes 3-6 menstrual cycles to learn effectively.</li> <li>You have to keep daily records.</li> <li>Require full cooperation of the husband</li> <li>It more effective for woman with regular menstrual cycle (28-32 cycle)</li> </ul>	<ul style="list-style-type: none"> <li>Requires exclusive or full breastfeeding, day and night of an infant less than 6 months old.</li> <li>Temporary contraceptive (until 6 month)</li> </ul>
Comments	<ul style="list-style-type: none"> <li>It needs to be taken at the same time every day.</li> <li>Not effective if taken over three hours late or 12 hours for POPs containing desogestrel such as Cerazette) or after vomiting or severe, long-lasting diarrhea.</li> <li>Some medicine may make it less effective but most common antibiotics do not affect POPs.</li> </ul>	<ul style="list-style-type: none"> <li>It needs to be taken at the same time every day.</li> <li>Missing pills, vomiting or severe, long-lasting diarrhea can make it less effective.</li> <li>Some medicine can make it less effective.</li> <li>Breakthrough bleeding and spotting is common in the first few months</li> </ul>	<ul style="list-style-type: none"> <li>Must be put on before the penis touches the woman's genital area.</li> <li>Oil based products damage latex condoms, but can be used with polyurethane condoms.</li> <li>Available in different shapes and sizes.</li> <li>Use a new condom each time and follow the instructions carefully.</li> </ul>	Use a new condom each time and follow the instructions carefully.	May need to delay or use with caution when using drugs (such as anxiolytics, antidepressants, NSAIDs, or certain antibiotics) which may affect timing of ovulation.	<p>A temporary family planning method based on the natural effect of breastfeeding on fertility.</p> <p>A postpartum Woman needs to meets all three criteria:</p> <ul style="list-style-type: none"> <li>Exclusively breastfeed her infants.</li> <li>Regular menstrual period had not return.</li> <li>Baby is less than six month old.</li> </ul> <p>(any of these criteria is not met, she is no longer suitable to use LAM method).</p>

Method	 <b>Contraceptive Injection</b>	 <b>Implant</b>	 <b>Intrauterine hormonal IUD</b>	 <b>Intrauterine Device (IUD)</b>	 <b>Female Sterilization (Tubal Occlusion)</b>	 <b>Male Sterilization (Vasectomy)</b>	 <b>Contraceptive Vaginal Ring</b>	 <b>Contraceptive Patch</b>	 <b>Diaphragm/ Cap with Spermicide</b>
How it works	<p><b>Inject into the muscle every 2 or 3 months. Releases the progestogen hormone which</b></p> <ul style="list-style-type: none"> <li>Stops ovulation by prevent the release of egg from the ovaries</li> <li>Thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilized egg implanting</li> </ul>	<p><b>Small flexible rod put under the skin in the upper arm. Releases the progestogen hormone only which</b></p> <ul style="list-style-type: none"> <li>Stops ovulation by prevent the release of egg from the ovaries, ,</li> <li>Thickens cervical mucus to prevent sperm reaching an egg, and</li> <li>Thins the lining of the uterus (womb) to prevent a fertilized egg implanting.</li> </ul>	<p>A small T-shaped plastic device is put into the uterus which slowly releases the progestogen hormone, It thins the lining of the uterus to prevent a fertilized egg implanting and thickens the cervical mucus which makes it difficult for sperm to meet an egg.</p>	<p><b>A small plastic device containing copper sleeves or wire that is put into the uterus, which</b></p> <ul style="list-style-type: none"> <li>Stops sperm reaching an egg, and</li> <li>May also stop a fertilized egg implanting in the uterus.</li> </ul>	<p>The fallopian tubes are cut, sealed or blocked by an operation. This stops the egg and sperm meeting.</p>	<p>The tubes of vas deferens that carry sperm from the testicles to the penis are cut, sealed or tied.</p>	<p><b>A small, flexible, plastic ring put into the vagina releases estrogen and progestogen hormone; which</b></p> <ul style="list-style-type: none"> <li>Stops ovulation by prevent the release of egg from the ovaries,</li> <li>Thickens cervical mucus to prevent sperm reaching an egg, and</li> <li>Thins the lining of the uterus (womb) to prevent fertilized egg implanting.</li> </ul>	<p><b>A small patch stuck on the skin releases two hormones, estrogen and progestogen; which</b></p> <ul style="list-style-type: none"> <li>Stops ovulation by prevent the release of egg from the ovaries, ,</li> <li>Thickens cervical mucus to prevent sperm reaching an egg, and</li> <li>Thins the lining of the uterus (womb) to prevent fertilized egg implanting.</li> </ul>	<p>A flexible latex or silicone device, used with spermicide, is put into the vagina to cover the cervix. This stops sperm from entering the uterus and meeting an egg.</p>
Effectiveness	<ul style="list-style-type: none"> <li>Over 99 per cent effective.</li> <li>Less than four women in 1,000 will get pregnant over two years.</li> </ul>	<p>Over 99 per cent effective. Less than 1 woman in 1,000 will get pregnant over three years.</p>	<p>Over 99 per cent effective. Less than 1 woman in 100 will get pregnant over five years.</p>	<p>Over 99 per cent effective. Less than 1 woman in 100 will get pregnant in a year.</p>	<p>The overall failure rate is about 1 in 200. This is a permanent method, suitable for people who are sure they never want children or do not want more children.</p>	<p>About 1 in 2,000 male sterilization fail. This is a permanent method, suitable for people who are sure they never want children or do not want more children.</p>	<p>Over 99 per cent effective if used according to instructions. Less than 1 woman in 100 will get pregnant in a year.</p>	<p>Over 99 per cent effective if used according to instructions. Less than 1 woman in 100 will get pregnant in a year.</p>	<p>Latex types are 92 - 96 per cent effective if used correctly. Between four and eight women in 100 will get pregnant in a year.</p>
Advantages	<ul style="list-style-type: none"> <li>Pregnancy is prevented for 13 weeks for Depo-Provera or 8 weeks for Noristerat.</li> <li>May protect against uterine cancer, and offers some protection against pelvic inflammatory disease.</li> <li>You don't have to think about contraception for as long as the injection lasts.</li> <li>It does not have a direct effect on breast milk production, so it can be used 6 weeks after childbirth, along with breastfeeding</li> <li>It does not interfere with sexual intercourse.</li> </ul>	<ul style="list-style-type: none"> <li>Works for three years but can be taken out sooner.</li> <li>You don't have to think about contraception for as long as the implant is in place.</li> <li>When the implant is removed, your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>IUD brand name Mirena works for five years while IUD brand name Jaydess work for three years.</li> <li>Both can be taken out sooner.</li> <li>You don't have to think about contraception for as long as the IUD is in place.</li> <li>With Mirena periods usually become lighter, shorter and sometimes less painful.</li> <li>When the IUD is removed your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>Works as soon as it is put in.</li> <li>Can stay in 5-10 years depending on type, but can be taken out at any time.</li> <li>You don't have to think about contraception for as long as the IUD is in place.</li> <li>When the IUD is removed, your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>It cannot easily be reversed.</li> <li>Once the operation has worked, you don't have to think about contraception.</li> <li>Periods are unaffected.</li> </ul>	<ul style="list-style-type: none"> <li>It cannot easily be reversed.</li> <li>Once the operation has worked, you don't have to think about contraception.</li> <li>Doesn't affect male sexual performance.</li> <li>Usually performed under a local anesthetic.</li> </ul>	<ul style="list-style-type: none"> <li>You don't have to think about it every day.</li> <li>It is not affected if you vomit or have diarrhea.</li> <li>It can make periods regular, lighter and less painful.</li> <li>It is easy to insert and remove.</li> </ul>	<ul style="list-style-type: none"> <li>You don't have to think about it every day.</li> <li>It is not affected if you vomit or have diarrhea.</li> <li>Can make periods regular, lighter and less painful.</li> <li>May protect against colon, ovarian and uterine cancers.</li> <li>When you stop using the patch, your fertility will return to normal.</li> <li>it may reduce menopausal symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>Can be put in any time before sexual intercourse.</li> <li>You have to use it only when you have sexual intercourse.</li> <li>No serious health risks.</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>Periods may stop, be irregular or last longer.</li> <li>Periods and fertility may take time to return after stopping the injection.</li> <li>Some women gain weight.</li> </ul>	<ul style="list-style-type: none"> <li>Periods may stop, be irregular or longer.</li> <li>Acne may occur. or worsen</li> <li>Some women report having mood changes and breast tenderness.</li> <li>It requires a small procedure to fit and remove it.</li> </ul>	<ul style="list-style-type: none"> <li>Irregular bleeding or spotting is common during the first six months.</li> <li>Periods may stop altogether. Some women report having acne, headaches and breast tenderness.</li> <li>Very small chance of getting an infection during the first 20 days after insertion.</li> <li>May get ovarian cysts.</li> </ul>	<ul style="list-style-type: none"> <li>May not be suitable for women at risk of getting a sexually transmitted infection.</li> <li>Periods may be heavier or longer and more painful.</li> <li>Very small chance of getting an infection during the first 20 days after insertion.</li> <li>Insertion can be uncomfortable.</li> </ul>	<ul style="list-style-type: none"> <li>All operations carry some risk, but the risk of serious complications is low.</li> <li>There is a small increased risk of ectopic pregnancy if female sterilization fails.</li> <li>You will need a general or local anesthetic.</li> </ul>	<ul style="list-style-type: none"> <li>Contraception must be used for short period until a semen test shows that no sperm is left. This can take at least eight weeks.</li> <li>Some men may experience ongoing testicle pain. This is not common. Treatment for this is often unsuccessful.</li> </ul>	<ul style="list-style-type: none"> <li>Not suitable for very overweight women or smokers over the age of 35.</li> <li>Very low risk but serious side-effects may include blood clots, breast and cervical cancer.</li> <li>Can have temporary side effects including increased vaginal discharge and vaginal infections, headaches, nausea, breast tenderness and mood changes.</li> </ul>	<ul style="list-style-type: none"> <li>Not suitable for very overweight women or smokers over the age of 35.</li> <li>Very low risk but serious side-effects may include blood clots, breast and cervical cancer.</li> <li>Can have temporary side effects such as headaches, nausea, mood changes and breast tenderness.</li> <li>Possible skin reaction.</li> </ul>	<ul style="list-style-type: none"> <li>Putting it in can interrupt sexual intercourse.</li> <li>Extra spermicide is needed if you have sexual intercourse again.</li> <li>Some people can be sensitive to spermicide.</li> <li>Cystitis can be a problem for some diaphragm users.</li> </ul>
Comments	<ul style="list-style-type: none"> <li>The injection cannot be removed from the body so any side-effects may continue for as long as it works and for some time afterwards.</li> <li>Not affected by other medicine, diarrhea or vomiting.</li> </ul>	<ul style="list-style-type: none"> <li>Put in using a local anesthetic and no stitches are needed.</li> <li>Tenderness, bruising and some swelling may occur.</li> <li>You may feel the implant with your fingers, but it can't be seen.</li> <li>Some medicine may prevent the implant from working effectively.</li> </ul>	<ul style="list-style-type: none"> <li>If fitted after the age of 45, Mirena can stay in place until menopause.</li> <li>Women are taught to check if the IUS is in place by feeling the threads high in their vagina.</li> <li>Can be useful for women with very heavy and/or painful periods.</li> <li>A check for any existing infection is usually advised before an IUS is put in.</li> <li>Not affected by other medicine.</li> </ul>	<ul style="list-style-type: none"> <li>If fitted after the age of 40, it can stay in place until the menopause.</li> <li>Women are taught to check if the IUD is in place by feeling the threads high in their vagina.</li> <li>A check for any existing infection is usually advised before an IUD is put in.</li> <li>Not affected by other medicine.</li> </ul>	<ul style="list-style-type: none"> <li>Should not be chosen if in any doubt, and counselling is important.</li> <li>You may experience discomfort or some pain for a short time after sterilization. It is important to rest and avoid strenuous activity for a while after the procedure.</li> </ul>	<ul style="list-style-type: none"> <li>Should not be chosen if in any doubt, and counselling is important.</li> <li>You may experience discomfort or some pain for a short time after sterilization. It is important to rest and avoid strenuous activity for a while after the procedure.</li> </ul>	<ul style="list-style-type: none"> <li>Women must be comfortable with inserting and removing it.</li> <li>Ring must be placed for three (3) weeks in vagina then removed on 4th week in time menstrual bleeding.</li> <li>Some medicine can make it less effective.</li> <li>Breakthrough bleeding and spotting may occur in the first few months.</li> </ul>	<ul style="list-style-type: none"> <li>May be visible.</li> <li>The patch must be placed every week for three weeks and on 4th week "free patch" in time of menstrual bleeding.</li> <li>Some medicine can make it less effective.</li> <li>Breakthrough bleeding and spotting is common in the first few months.</li> </ul>	<ul style="list-style-type: none"> <li>You need to use the correct size.</li> <li>You may need a different size after you have had a baby, miscarriage or abortion.</li> <li>Needs to be left in for six hours after sexual intercourse.</li> </ul>