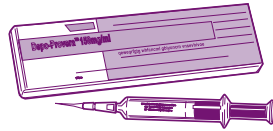


Methods with no user failure – they do not depend on you remembering to take or use them



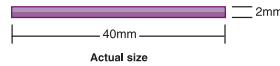
Contraceptive injection

What is it? • An injection of progestogen.

Effectiveness • Over 99%.

Advantage • Lasts for eight or 12 weeks – you don't have to think about contraception during this time.

Disadvantage • Can't be removed from the body so side effects may continue while it works and for some time afterwards.



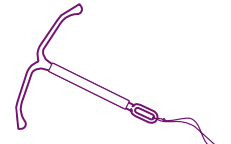
Implant

• A small, flexible rod put under the skin of the upper arm releases progestogen.

• Over 99%.

• Works for three years but can be taken out sooner.

• It requires a small procedure to fit and remove it.



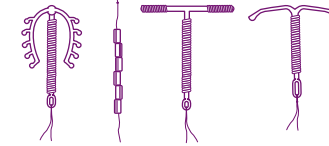
Intrauterine system (IUS)

• A small, T-shaped, progestogen-releasing, plastic device is put into the uterus.

• Over 99%.

• Works for five years but can be taken out sooner. Periods usually become lighter, shorter and less painful.

• Irregular bleeding or spotting is common in the first six months.



Intrauterine device (IUD)

• A small plastic and copper device is put into the uterus.

• Over 99%.

• Can stay in 5–10 years depending on type but can be taken out sooner.

• Periods may be heavier, longer or more painful.

Female and male sterilisation

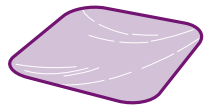
• The fallopian tubes in women or the tubes carrying sperm in men (vas deferens) are cut, sealed or blocked.

• The failure rate of female sterilisation is one in 200, and one in 2,000 for male sterilisation.

• Sterilisation is permanent with no long or short-term serious side effects.

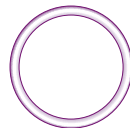
• Should not be chosen if in any doubt about having children in the future.

Methods with user failure – you have to use and think about them regularly or each time you have sex



Contraceptive patch

What is it? • A small patch stuck to the skin releases estrogen and progestogen.



Contraceptive vaginal ring

• A small, flexible, plastic ring put into the vagina releases estrogen and progestogen.



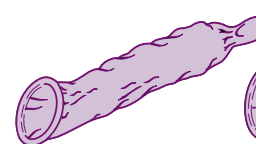
Combined pill (COC)

• A pill containing estrogen and progestogen, taken orally.



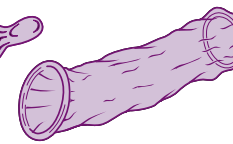
Progestogen-only pill (POP)

• A pill containing progestogen, taken orally.



Male condom

• A very thin latex (rubber) or polyurethane (plastic) sheath that is put over the erect penis.



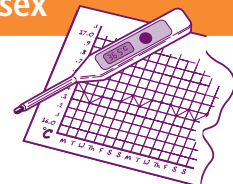
Female condom

• Soft, thin polyurethane sheath that loosely lines the vagina and covers the area just outside.



Diaphragm/cap with spermicide

• A flexible latex (rubber) or silicone device, used with spermicide, is put into the vagina to cover the cervix.



Natural family planning

• Fertile and infertile times of the menstrual cycle are identified by noting different fertility indicators.

Effective only if used according to instructions ... Effective only if used according to instructions ... Effective only if used according to instructions ...

Effectiveness • Over 99%.

• Over 99%.

• Over 99%.

• Over 99%.

• 98%.

• 95%.

• 92–96%.

• If used according to teaching, up to 99% effective.

Advantage • Can make bleeds regular, lighter and less painful.

• One ring stays in for three weeks – you don't have to think about contraception every day.

• Often reduces bleeding, period pain and premenstrual symptoms.

• Can be used by women who smoke and are over 35, or those who are breastfeeding.

Condoms are the best way to help protect yourself against sexually transmitted infections.

• Can be put in any time before sex.

• No chemicals or physical products means no physical side effects.

Disadvantage • May be seen and can cause skin irritation.

• You must be comfortable with inserting and removing it.

• Missing pills, vomiting or severe diarrhoea can make it less effective.

• Late pills, vomiting or severe diarrhoea can make it less effective.

• May slip off or split if not used correctly or if wrong size or shape.

• Not as widely available as male condoms.

• Putting it in can interrupt sex. If you have sex again extra spermicide is needed.

• Need to avoid sex or use a condom at fertile times of the cycle.