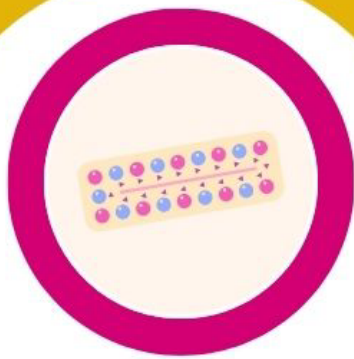


Contraceptive methods



Contraceptive methods



Combined pill (COC)

A pill containing estrogen and progestogen, taken orally.

Effectiveness

Perfect use: over 99%
Typical use: over 91%

Advantages

Often reduces bleeding and period pain, and may help with premenstrual symptoms.

Disadvantages

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



Condom

A very thin latex (rubber) polyurethane (plastic) or synthetic sheath, put over the erect penis.

Effectiveness

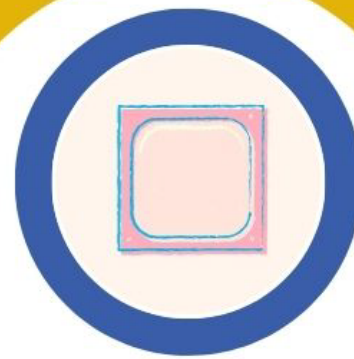
Perfect use: over 98%
Typical use: over 82%

Advantages

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

Disadvantages

May slip off or split if not used correctly or if they are the wrong size and shape.



Contraceptive patch

A small patch stuck to the skin releases estrogen and progestogen.

Effectiveness

Perfect use: over 99%
Typical use: over 91%

Advantages

Can make bleeds regular, lighter and less painful

Disadvantages

May be seen and can cause skin irritation.



Diaphragm

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

Effectiveness

Perfect use: over 92-96%
Typical use: over 71-88%

Advantages

Can be put in before sex.

Disadvantages

You need to use the right size, If you have sex again, extra spermicide is needed.

Contraceptive methods



Female condom

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

Effectiveness

Perfect use: over 95%
Typical use: over 79%

Advantages

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

Disadvantages

Not as widely available as external condoms.



Implant

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

Effectiveness

Perfect use: over 99%
Typical use: over 99%

Advantages

Works for 3 years but can be taken out sooner if you choose.

Disadvantages

It requires a small procedure to fit and remove it.



Injection

An injection of progestogen.

Effectiveness

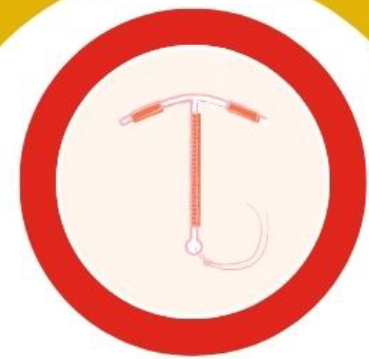
Perfect use: over 99%
Typical use: over 94%

Advantages

Works for 8 or 13 weeks depending on which type is used - you don't have to think about contraception during this time.

Disadvantages

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



IUD (coil)

A small plastic and copper device is put into the uterus (womb).

Effectiveness

Perfect use: over 99%
Typical use: over 99%

Advantages

Works for 5 or 10 years depending on type but can be taken out sooner. Can be used as emergency contraception and left in place as an ongoing method.

Disadvantages

It requires a small procedure to fit and remove it.

Contraceptive methods



IUS (Hormonal coil)

A small T-shaped device that's put into the womb (uterus) and releases the hormone progestogen.

Effectiveness

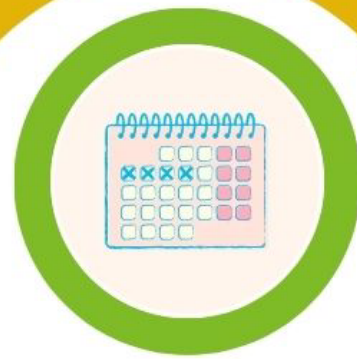
Perfect use: over 99%
Typical use: over 99%

Advantages

Works for 3,5 or 6 years but can be taken out sooner if you choose. Periods often become lighter, shorter and less painful.

Disadvantages

Irregular bleeding or spotting is common in the first 6 months.



Natural family planning

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

Effectiveness

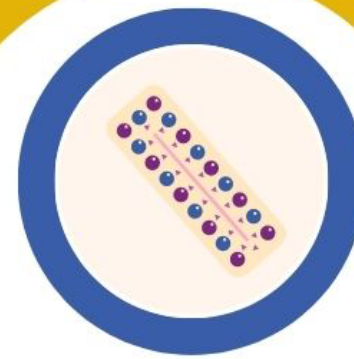
Perfect use: over 99%
Typical use: over 76%

Advantages

No physical side effects and can be used to plan as well as prevent pregnancy.

Disadvantages

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



Progestogen only pill (POP)

A pill containing estrogen, taken orally.

Effectiveness

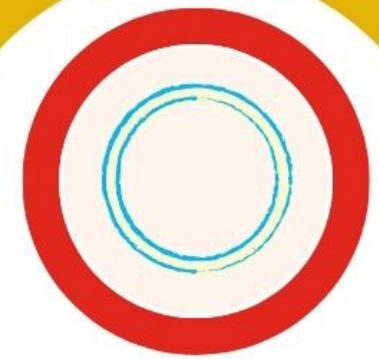
Perfect use: over 99%
Typical use: over 91%

Advantages

Often reduces bleeding and period pain, and may help with premenstrual symptoms.

Disadvantages

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



Vaginal ring

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

Effectiveness

Perfect use: over 99%
Typical use: over 91%

Advantages

One ring stays in for 3 weeks - it usually makes bleeding regular, lighter and less painful.

Disadvantages

You must be comfortable with inserting and removing it.