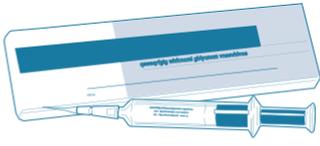
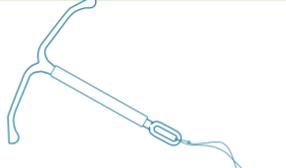
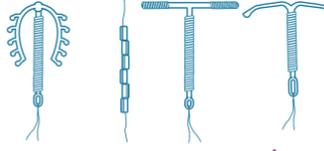
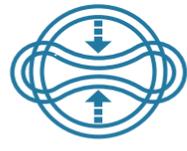


# Guide to Contraception

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>	<p>Use a new condom each time and follow the instructions carefully.</p>	<p>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>	<p><b>A temporary family planning method based on the natural effect of breastfeeding on fertility.</b></p> <p><b>A postpartum Woman needs to meets all three criteria:</b></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>