

Fact Sheet Contraception

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Contraception means stopping yourself from falling pregnant.

There is no 'perfect' contraception, so each person or couple, has to decide which contraceptive option will be best for them.

Every contraceptive method has advantages (pros) and disadvantages (cons), making it important to learn about the different contraceptive options available, so you can choose the one that will suit you best.

Although using contraception significantly reduces your chances of falling pregnant, no contraception other than total abstinence (not having sex at all), is 100% guaranteed.

What are my contraceptive options?

Below are listed the different contraceptive options available. More information about each choice can be found on this website and via this link to [Family Planning NSW](#).

Barrier methods – are techniques that stop the sperm and egg from getting together. Condoms are the only contraceptive option which also protects you from STI's and HIV (the AIDS virus).

- male condom
- female condom
- diaphragm (Caya™)

Contraception, other than condoms, does not protect you from STIs (Sexually Transmitted Infections) and so it is advised that you always use a condom to protect yourself when having sex.

Oral Contraceptive Pills – these are hormone pills which you take each day and which prevent pregnancy in several different ways.

- Combined (estrogen and progestin) oral contraceptive pills work by stopping you ovulating (producing an egg) each month.
- Progestin only pills work by thickening the mucus in your cervix so the sperm can't get through but sometimes they also stop you ovulating.



Emergency Contraception

Emergency contraceptive pills are available to take if you have had unprotected sex, have forgotten to take your usual pill, or a condom broke during sex. To work best (preventing 85% of pregnancies), these pills should be taken within 24 hours of unprotected sex. However, they often still work reasonably well if taken within 3 - 4 days (72 - 96 hours) after unprotected sex. This contraception is available over the counter from a pharmacy without a prescription.

A copper intrauterine contraceptive device (IUCD) will prevent 99% of pregnancies if inserted within 5 days (120 hours) of unprotected intercourse and will provide ongoing contraception. This device needs to be inserted by a doctor.

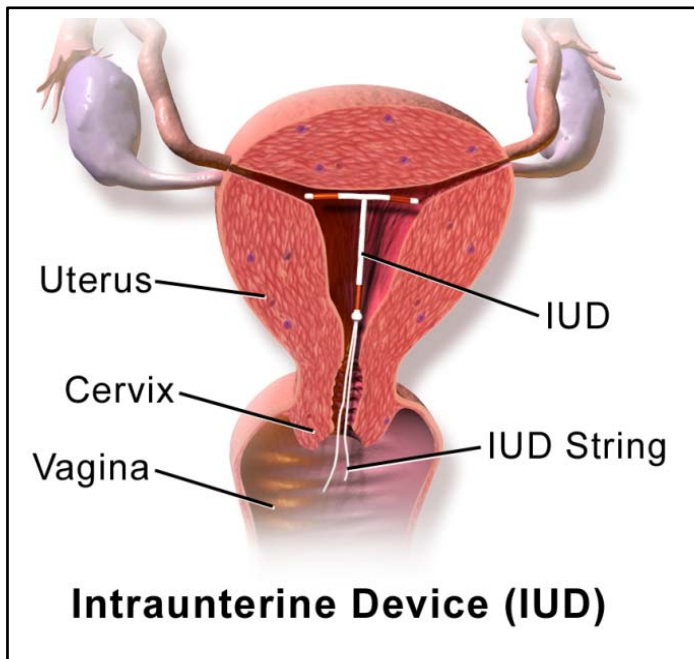
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Long acting contraceptives can be used for a longer length of time (from months to years) and they include:

- vaginal ring (Nuva Ring®) – replaced monthly
- injections (Depot Provera®) – required every 3 months
- implants (Implanon®) – replaced every 3 years
- Intra-Uterine Contraceptive Devices (IUCD) – are placed inside the uterus and stay there, providing contraception for at least 5 years.
 - copper IUCD
 - progesterone IUCD (Mirena®)



We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:
WSLHD-Get_Involved@health.nsw.gov.au

Natural methods do not use any pills or hormones but they are not as reliable for contraception as the other methods discussed above. See the [Family Planning NSW](#) appropriate fact sheet for more information on:

- calender methods are also called the Fertility Awareness Based Methods (FABM)
- withdrawal method

Permanent contraception (Sterilisation) should only be used if you are completely sure that you do not want to have any more children.

- Tubal ligation – permanent contraception for women
- Vasectomy – permanent contraception for men

Unfortunately no contraceptive option is perfect. Each has benefits and limitations. During your life, you may choose different methods at different stages depending on what is right for you and your partner at that time. To make sure contraception doesn't let you down, it is important you have enough information to feel comfortable with your choice and to know what to do if you are having problems. Our clinic staff or your GP will be happy to talk to you about what is best for you.

Blausen.com staff. "Blausen gallery 2014". Wikiversity Journal of Medicine. DOI:10.15347/wjm/2014.010. ISSN 20018762. - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=30462644>
Family Planning NSW link1: <https://www.fpnsw.org.au/health-information/contraception/contraception-options>
Family Planning NSW link2: <https://www.fpnsw.org.au/health-information/contraception/fertility-awareness-based-methods-contraception-lactational>