

Intrauterine Devices Used For Contraception

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"In a copper IUD, the horizontal bar of the device's T is wrapped in thin copper wire, and each bar of the T has a copper collar. The copper releases copper ions into the uterus. The ions change the fluids in the fallopian tube and uterus, making them inhospitable to sperm. Sperm entering these parts of the body won't be viable and can't fertilize an egg" (Toler, 2022). It doesn't protect against sexually transmissible infections (STIs) Some disadvantages of copper IUD's are that it requires a procedure to be put in and removed from the uterus; putting it in can be uncomfortable. When the IUD is put in there is a small chance of, difficulty inserting the IUD, damage to the wall of the uterus (perforation) infection. It can sometimes come out by itself, your periods can be heavier and last longer, and you can have some irregular spot bleeding in the first few months (Family Planning NSW, 2019a). "The advantages of copper IUDs include, that they are more than 99% effective in preventing pregnancy, they last for a long time, the copper IUD can last for 10 years, and the device can be taken out at any time by an appropriately trained doctor or nurse" (Contraception - Intrauterine Devices (IUD), n.d.).

Natural Methods of Contraception

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"Abstinence is the most effective and natural method, abstinence prevents pregnancy by keeping semen away from the vagina, so the sperm cells in semen can't get to an egg and cause pregnancy. If you're abstinent 100% of the time, pregnancy can't happen" (What Is the Definition of Abstinence & Outercourse, n.d.). "There are no risks with abstinence although many people may find it difficult to maintain abstinence over the long term and choosing abstinence does not mean that your desire for sexual activity goes away. The advantages are that abstinence is free, always available, and can be started at any time in your life, and abstinence may encourage people to build relationships and connect more in ways that don't involve sexual activity" (Abstinence, 2020).

Methods of Contraception

"Contraception is defined as the intentional prevention of conception through the use of various devices, sexual practices, chemicals, drugs, or surgical procedures" (Jain & Muralidhar, 2012).



Mechanical Barriers of Contraception



"The male condom is a thin, soft sheath which is open at one end and closed on the other. The most common type of male condom is a fine latex rubber sheath. The male condom can be used to prevent pregnancy during vaginal sex. It can also be used to prevent sexually transmitted infections (STIs) during vaginal, anal and oral sex. The male condom is rolled onto an erect (hard) penis before having sex. It works by collecting semen, the fluid that contains sperm, so that the sperm cannot reach the uterus (womb). It also provides a barrier to prevent the transmission of STIs through skin to skin contact or the transfer of body fluids. Body fluids can include pre cum, semen and vaginal fluid. Condoms can only be used once then thrown away." (Family Planning NSW, 2019b). "The advantages of using a male condom are they are the most effective protection available against STIs, they are less expensive than hormonal methods of birth control, and they are widely available without a prescription" (Health Wise, 2020).

"Female condoms are little nitrile (soft plastic) pouches that you put inside your vagina. They cover the inside of your vagina, creating a barrier that stops sperm from reaching an egg. If sperm can't get to an egg, you can't get pregnant.

The internal condom also helps prevent sexually transmitted infections" (Internal Condom, n.d.). "The disadvantages of female condoms are that they can slip out of place during sex, they can irritate your or your partner's skin, they're slightly less effective at preventing pregnancy and STDs than male condoms, they cost more than male condoms, and there's only one size. The advantages of female condoms are that women can choose to use them if their partners don't want to wear a condom, they aren't made of latex, which irritates some people's skin, and they stay in place if your partner loses their erection" (Collins, 2015).

Hormonal Contraceptives

"Combination birth control pills, also known as the pill, are oral contraceptives that contain estrogen and progestin. Combination birth control pills keep your ovaries from releasing an egg. They also cause changes in the cervical mucus and the lining of the uterus (endometrium) to keep sperm from joining the egg" (Mayo Clinic, 2020). "The advantages of the combination pill are that it is 99% effective when used as directed, it is a very convenient and safe method of contraception, it can lead to lighter periods, it can decrease the discomfort of menstrual cramps, and combination pills can be taken to change the timing and frequency of your period or to skip your period altogether. The disadvantages of the combination pill are that it can cause headaches, breast tenderness, nausea (sometimes with vomiting), bleeding between periods, depression, changes in libido (sexual desire)" (Stacey, 2021).

"The mini pill norethindrone is an oral contraceptive that contains the hormone progestin. Unlike combination birth control pills, the mini pill — also known as the progestin-only pill — doesn't contain estrogen. The progestin dose in a minipill is lower than the progestin dose in a combination birth control pill. The minipill thickens cervical mucus and thins the lining of the uterus (endometrium) — preventing sperm from reaching the egg. The mini pill also suppresses ovulation, but not consistently" (Mayo Clinic, 2020b). "The advantages of the progestin-only pill are that it does not interrupt sex, you can use it when breastfeeding, it's useful if you cannot take the hormone oestrogen, which is in the combined pill, contraceptive patch and vaginal ring, and you can use it at any age. Disadvantages are that you may not have regular periods while taking it – your periods may be lighter, more frequent, or may stop altogether, and you may get spotting between periods, it does not protect you against STIs, and you need to remember to take it at or around the same time every day" (NHS website, 2022).

