

INTRAUTERINE DEVICE (IUD)

COPPER INTRAUTERINE DEVICE

How does a copper intrauterine device work?

A copper intrauterine device is a small, T-shaped device with copper wire wrapped around a plastic frame that is placed inside the uterus to prevent pregnancy. A fine nylon thread is attached to the IUD and comes out through the cervix into the top end of the vagina. The copper IUD is toxic to egg and sperm, stopping sperm from fertilising the egg. It slows the transport of the egg, delaying any chance of sperm and egg meeting, and changes the lining of the uterus to make it unable to support a fertilised egg (Copper IUD, 2019).

Risks associated with the intrauterine device

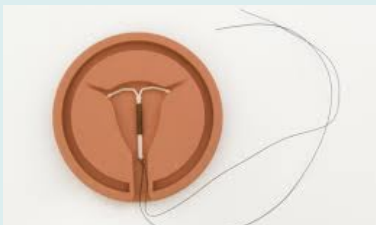
- IUD slipping partly or entirely out of the uterus
- infection after insertion of IUD, which can cause infertility if left untreated
- IUD may puncture uterus, leading to surgery

What are the advantages of Copper IUD?

- It is very effective
- It does not contain any hormones so it has no hormonal side-effects
- Your fertility goes back to normal straight away once removed
- It can be used as emergency contraception if it is put in up to five days after unprotected sex

What are the disadvantages of copper IUD?

- It doesn't protect against STIs
- It requires a procedure which may be uncomfortable
- It can sometimes come out by itself
- Your periods can be heavier and longer lasting
- You can have some irregular spot bleeding in the first few months

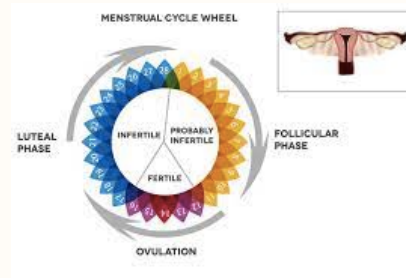


NATURAL CONTRACEPTION METHOD

PERIODIC ABSTINENCE

What is periodic abstinence?

Periodic abstinence is a contraception method where the woman monitors her menstrual cycle closely and avoids sexual intercourse around ovulation when she is most fertile and likely to get pregnant. ovulation usually occurs 14 days before the beginning of the next menstruation (periodic Abstinence, 2022). The fertile period can be predicted using the calendar method, charting daily basal body temperature, or using an app (Abstinence, 2022).



What are the risks associated with periodic abstinence?

- avoiding penetrative sex reduces risk of certain sexually transmitted infections (STI), however, some STIs can be transmitted by skin-to-skin contact in the genital area

What are the advantages of periodic abstinence?

- Abstinence and outercourse are completely free
- There are no side effects that come with abstinence
- If body fluids are not exchanged between partners and the penis does not come in contact with the vagina, anus, or mouth, your risk of getting an STI decreases (Abstinence, 2022)

What are some disadvantages of periodic abstinence?

- You and your partner may find it difficult to avoid sexual intercourse for long periods of time
- If you and your partner make a sudden decision to have sexual intercourse, you may not have the right protection for it (Abstinence, 2022)

PRACTICE SAFE SEX



RAHMANA HAIDARY

HORMONAL CONTRACEPTIVES

THE COMBINED PILL (THE PILL)

How does the combined pill work?

The combined pill is a daily tablet containing the two hormones oestrogen and progesterone. It works by stopping the ovaries from releasing an egg each month and thickening the fluid around the cervix to prevent sperm from entering (Contraception, 2022). When you first start the pill or continue after a break, it may take up to 12 days to start working to prevent pregnancy.

What are the risks associated with the pill?

- increased risk of some serious health conditions such as blood clots and breast cancer
- It can increase your blood pressure

What are the advantages of the pill?

- It does not interrupt sex
- It can sometimes reduce acne
- It usually makes your bleed regular, lighter, and less painful

What are the disadvantages of the pill?

- It does not protect you against STIs
- It can cause temporary side effects at first, such as headaches, nausea, breast tenderness, and mood swings



HORMONAL CONTRACEPTIVES

IMPLANON

How does implanon work?

Implanon is a white plastic rod that is inserted under the skin of the inner, upper arm to stop pregnancy by slowly releasing progesterone hormone into the body. The progesterone hormone works by stopping the release of an egg by the ovary, and making the mucus at the opening of the uterus thicker so sperm can't get through (DN, 2022). This is an extremely effective method of contraception (99.95%). If the implanon is inserted in the first five days of your menstrual cycle it will be effective immediately. If it is inserted at any other time, it will be effective after seven days. This contraceptive method lasts three years and should be replaced after that time. It can also be removed before that time if no longer wanted.

What are the risks associated with implanon?

- No protection against STIs
- Increased risk of noncancerous ovarian cysts

What are the advantages of implanon?

- It is reversible and the return to fertility is rapid
- It lasts a long time
- It is highly effective

What are the disadvantages of implanon?

- May cause acne, weight gain, bruising, breast pain, mood changes, or headaches
- Immediate protection may not be available in all situations, and other forms of contraception must be used for at least seven days following insertion



MECHANICAL BARRIERS

FEMALE CONDOM (FEMIDOM)

How does the female condom work?

The female condom has two flexible rings at each end - the inner and outer ring. The inner ring rests inside the vagina. The outer ring is open, and stays outside the vagina, pushed flat against the labia. The female condom covers the cervix, lines the vagina, and protects the vulva providing a barrier between the penis and vagina. It stops the exchange of semen and vaginal fluids (Female Condom, 2019). Female condoms are up to 95% effective when used correctly.

What are the risks associated with female condoms?

- They could slip out of place during sex and allow sperm to enter the vagina

What are the advantages of the female condom?

- It provides protection against STIs
- It can be put in any time before sex
- It can be bought without a prescription

What are the disadvantages of the female condom?

- It has a higher failure rate than some other methods of contraception
- May be difficult to insert and remove

MALE CONDOM

How does a male condom work?

A male condom is a thin, soft sheath which is open at one end and closed on the other. It is used to prevent pregnancy during vaginal sex and prevent STIs during vaginal, anal, and oral sex. Condoms are the only contraception method that prevent both unplanned pregnancy and STIs. The male condom is rolled onto an erect penis before having sex and works by collecting semen so the sperm cannot reach the uterus (womb). Male condoms are 98% effective when used correctly (Male Condom, 2019).

What are the risks associated with a condom?

- The condom could tear or come off

What are the advantages of a male condom?

- It provides protection against STIs
- Inexpensive
- Safe short term method of contraception

What are the disadvantages of a male condom?

- It is not reusable
- Has a higher failure rate than some methods of contraception