

# CONTRACEPTIVE METHODS

## Natural method lactational amenorrhoea

How it Works:

- Lactational amenorrhoea is temporary infertility that follows the birth of a child.
- Breastfeeding affects the production of hormones (prolactin) which suppresses ovulation by inhibiting secretion of Follicle-Stimulating hormone (FSH- hormone that triggers ovulation)

Limitations:

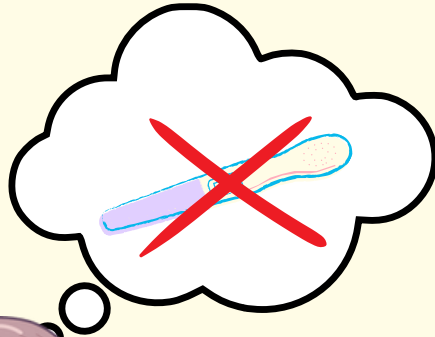
- the woman's menstrual periods should not have returned after birth of child
- baby is being fully breastfed
- baby is less than 6 months

Benefits:

- Universally available.
- 98% effective (or more)
- Begins immediately postpartum.
- Health benefits for mother and infant.
- No commodities/supplies required.

Risks

- no health risks



## Intrauterine device IUD

How it works

- a T-shape plastic frame is inserted into the uterus, where it releases a type of the hormone progestin. The hormone thickens the mucus of the cervix to stop sperm from reaching the egg.

Limitations:

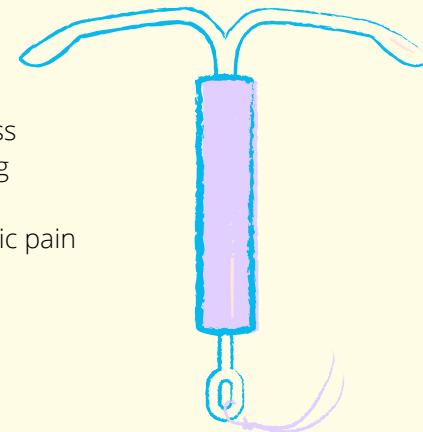
- period can be heavier, longer, or more painful for a few months
- does not protect against STIs
- having an infection when getting fitted can lead to pelvic infection, if not treated.

Benefits:

- 99% effective
- can last for 5 years and copper IUD last for 10 years
- safe to breastfeed when using IUD

Risks

- headache
- acne
- breast tenderness
- irregular bleeding
- mood changes
- cramping or pelvic pain



# Mechanical barriers

## Condom and Femidom

### How it works:

- A male condom is worn on an erect penis, usually made out of latex. It keeps semen from entering the vagina when ejaculating. Acts as a physical barrier between the cervix and sperm.
- A female condom (femidom) is inserted into the vagina and has a flexible ring at either end. The femidom lines the wall of vagina, creating a barrier between sperm and the cervix.

### Limitations:

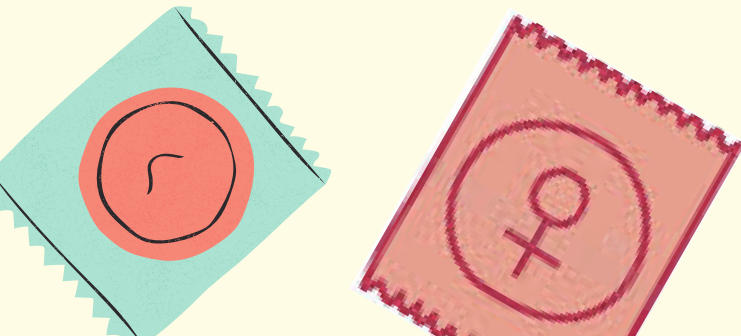
- Femidoms can be pushed into vagina
- Femidoms have to be replaced each time having sex
- Have to put a new condom on after each ejaculation
- Condoms may disrupt spontaneity during sex

### Benefits:

- Femidoms can last up to 8 hours
- Femidoms can protect both partners from STIs, including HIV
- When used correctly condoms and femidoms are 90%+ effective in preventing pregnancy

### Risks

- condom might spill or tear if not used properly
- people can be allergic to latex, plastic or spermicides
- sperm can get into vagina
- female condom can get pushed too far into vagina



# Hormonal contraception

## Nuvaring and Mini pill

### How it works

- Nuvaring works by wearing the ring inside the vagina, which releases hormones (estrogen and progestin) that are also found in the pill and works in the same way. The hormones also thicken the mucus in the cervix, preventing sperm to reach the egg.
- The mini pill thickens cervical mucus and thins lining of uterus endometrium, preventing sperm from reaching egg

### Limitations

- nuvaring - not comfortable, can have spotting and bleeding, increase vaginal discharge, nausea, etc.
- mini pill - must be taken same time everyday, less effective, only available on prescription

### Benefits:

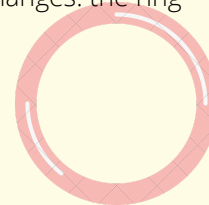
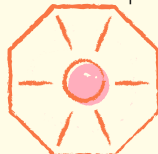
- Nuvaring has an effectiveness of 99% with correct use.
- It is also easy to use, and user does not have to think about it every second

### Mini pill:

- No interference with intimacy.
- Menstrual bleeding may be reduced or stopped.
- Can be taken even if certain health conditions prevent you from taking other types of birth control.

### Risks

- mini-pill: acne, depression, decreased sex drive (libido), ovarian cysts
- Nuvaring: can have spotting and bleeding in the first few months.
- may cause temporary side effects, such as increased vaginal discharge, headaches, nausea, breast tenderness and mood changes. the ring doesn't protect against STIs.



# PRACTICE SAFE SEX

