

Appendix 2 : Contraception Information

CONDOMS

This barrier method works by preventing sperm from meeting the egg. The external condom is rolled onto the erect penis before sex. The internal condom lines the inside of the vagina.

How effective is it?

Effectiveness depends on careful and consistent use. With careful use, the external condom is 98% effective and the internal condom is 95% effective.

COMBINED ORAL CONTRACEPTION PILL

This pill contains two hormones (oestrogen and progesterone) and is taken every day for three weeks of each month. It works mainly by stopping the production of an egg

How effective is it?

If properly used, it is over 99% effective. It is less effective with less careful use. It must be taken around the same time every day.

PROGESTOGEN ONLY PILL (MINI PILL)

This pill contains one hormone (progesterone) and is taken every day without a break. It works mainly by preventing sperm from getting through the fluid at the neck of the womb. It may also thin the lining of the womb, which prevents an egg from implanting there and may prevent an egg being released.

How effective is it?

Effectiveness depends on careful and consistent use. The mini-pill is 96-99% effective with very careful use, but it must be taken at the same time every day

INJECTABLE CONTRACEPTION

Injection of a single hormone every 12 weeks, which works by stopping the production of an egg.

How effective is it?

This method is very effective (over 99%) once the injection is given regularly.

IUS (INTRAUTERINE SYSTEM)

The IUS is a small plastic device that is put into the womb and releases the hormone progesterone. It works either by stopping the sperm from meeting the egg, by delaying the egg getting into the womb or by preventing the egg from implanting in the womb.

How effective is it?

This is a highly effective method - 99%+ effective.

THE IMPLANT

The implant is a small flexible rod that contains the hormone progesterone and is inserted under the skin of the arm and works mainly by stopping the production of an egg. It also thickens the fluid at the neck of the womb and thins the lining of the womb.

How effective is it?

This method is highly effective (over 99%).

THE VAGINAL RING

The ring contains two hormones (oestrogen and progesterone) and is inserted into the vagina for three weeks of every month and works like the combined oral contraceptive pill.

How effective is it?

This method is 99% effective when used correctly.

THE PATCH

The patch is like a thin plaster that contains two hormones (oestrogen and progesterone) and is worn for three weeks out of every four and it works like the combined oral contraceptive pill.

How effective is it?

This method is 99% effective when used correctly.

EMERGENCY CONTRACEPTION

Emergency contraception is a secondary method or 'back-up' contraceptive. It can be used if you want to avoid an unplanned pregnancy after you have had sex without using contraception or if contraception has failed (e.g. the condom slipped, or you missed a pill). Emergency contraception is more effective the sooner you take it after having unprotected sex. Emergency contraception does not provide any protection from sexually transmitted infections (STIs).

How effective is it?

Emergency contraception is not as effective as regular contraception and it does not prevent pregnancy in every woman. Emergency contraception can be taken up to 72 hours after unprotected sex, but the sooner it is taken the more effective it is.

DENTAL DAM

This is a barrier between a person's mouth and another person's genitals, used during oral sex to protect against STIs.