


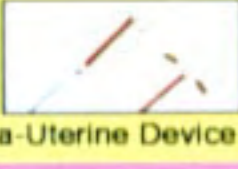









# **Contraceptive Methods**

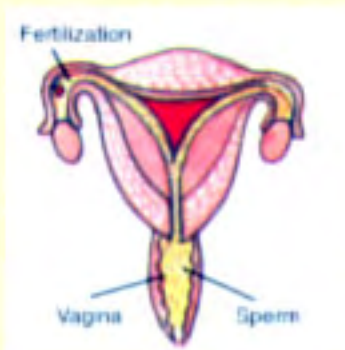
# CONTRACEPTIVE METHODS

Methods	What Is It?	How It Works	How To Use	Effectiveness	Benefits
 <p>Contraceptive Pill</p>	A synthetic hormone that is available in many forms to suit every woman.	<ul style="list-style-type: none"> <li>Prevents ovulation</li> <li>Thickens the cervical mucus</li> <li>Acts as an obstruction to sperm</li> </ul>	<ul style="list-style-type: none"> <li>Take one pill a day for 21 consecutive days</li> <li>Start on the 5th day of menstruation</li> <li>Stop for 7 days</li> <li>Repeat</li> </ul>	<ul style="list-style-type: none"> <li>Highly effective (99%) if taken according to directions</li> </ul>	<ul style="list-style-type: none"> <li>Effective</li> <li>Safe</li> <li>Can be tolerated by most women</li> </ul>
 <p>Injection</p>	A synthetic hormone that is available in many forms to suit every woman.	<ul style="list-style-type: none"> <li>Prevents ovulation</li> <li>Thickens the cervical mucus</li> <li>Acts as an obstruction to sperm</li> </ul>	<ul style="list-style-type: none"> <li>An injection is given every 2 - 3 months</li> </ul>	<ul style="list-style-type: none"> <li>Almost 100%</li> </ul>	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Safe</li> <li>Easy to administer</li> <li>Provides long-term effectiveness</li> </ul>
 <p>Implant</p>	A synthetic hormone that is available in many forms to suit every woman.	<ul style="list-style-type: none"> <li>Prevents ovulation</li> <li>Thickens the cervical mucus</li> <li>Acts as an obstruction to sperm</li> </ul>	<ul style="list-style-type: none"> <li>Hormone capsule is implanted under the skin of a woman's arm</li> </ul>	<ul style="list-style-type: none"> <li>Almost 100%</li> </ul>	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Safe</li> <li>Easy to administer</li> <li>Provides long-term effectiveness</li> </ul>
 <p>Intra-Uterine Device (IUD)</p>	A small device that is inserted into the womb (uterus).	<ul style="list-style-type: none"> <li>Prevents fertilization</li> <li>Prevents implantation</li> </ul>	<ul style="list-style-type: none"> <li>Inserted by a trained health personnel</li> <li>Women must feel the IUD thread</li> </ul>	<ul style="list-style-type: none"> <li>Effective (97% - 98%)</li> </ul>	<ul style="list-style-type: none"> <li>Safe to use</li> <li>Remains effective for 3 - 10 years depending on the types of IUD</li> </ul>
 <p>Condom</p>	A type of covering made from soft rubber and used to cover the penis before intercourse.	<ul style="list-style-type: none"> <li>Prevents sperm from entering the womb (uterus)</li> </ul>	<ul style="list-style-type: none"> <li>Put on an erect penis</li> <li>Remove with the penis after ejaculation from the vagina</li> </ul>	<ul style="list-style-type: none"> <li>Effective (75%)</li> <li>More effective if used together with spermicide</li> </ul>	<ul style="list-style-type: none"> <li>Easy to use</li> <li>Prevents STI including HIV/AIDS</li> </ul>
 <p>Diaphragm</p>	A cup shaped flexible device made of rubber.	<ul style="list-style-type: none"> <li>Closes the opening of the womb (uterus)</li> <li>Prevents sperm from entering the womb</li> </ul>	<ul style="list-style-type: none"> <li>Needs an examination of the pelvis by a trained health personnel to determine size</li> <li>Inserted by the user</li> <li>Device must be washed with soap and water after use</li> </ul>	<ul style="list-style-type: none"> <li>Not very effective</li> <li>Effective if used together with spermicide</li> </ul>	<ul style="list-style-type: none"> <li>Reusable</li> </ul>
 <p>Spermicide</p>	A chemical substance that makes the sperm weak and inactive. Can be obtained in the form of vaginal soap, gel, cream, tablet and aerosol.	<ul style="list-style-type: none"> <li>Weakens sperm activity</li> </ul>	<ul style="list-style-type: none"> <li>Apply into vagina before every intercourse</li> </ul>	<ul style="list-style-type: none"> <li>Not very effective (70%)</li> <li>More effective if used together with condoms / diaphragm</li> </ul>	<ul style="list-style-type: none"> <li>Easy to use</li> </ul>
 <p>Rhythm / Safe Period</p>	Avoid intercourse during fertile period.	<ul style="list-style-type: none"> <li>Prevents the fertilization of the egg by the sperm</li> </ul>	<ul style="list-style-type: none"> <li>Women determine the fertile period by keeping a record of their menstruation cycle</li> </ul>	<ul style="list-style-type: none"> <li>Not very effective</li> <li>Depends on the regularity of the menstruation cycle</li> </ul>	<ul style="list-style-type: none"> <li>Suitable for women who cannot use any other methods</li> </ul>
 <p>Vasectomy / Ligature</p>	A surgical procedure. Blocks the fallopian tubes in women and the spermatic passage in men.	<ul style="list-style-type: none"> <li>Prevents the fertilization of the egg by the sperm</li> </ul>	<ul style="list-style-type: none"> <li>Minor surgery</li> <li>Does not affect health or sexual relationship</li> </ul>	<ul style="list-style-type: none"> <li>Very effective</li> </ul>	<ul style="list-style-type: none"> <li>Increases sexual satisfaction</li> </ul>

## Pregnancy takes place when...

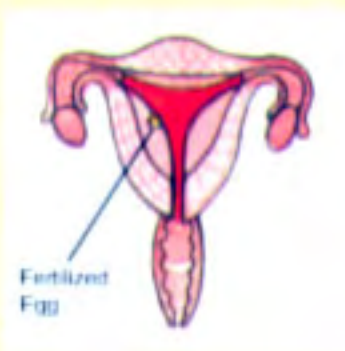


- Every month (28 days) an egg is released from one of the ovaries. The egg moves through the fallopian tube towards the womb.
- At the same time, the wall of the womb become thick with additional blood vessels as preparation to receive the fertilized egg.

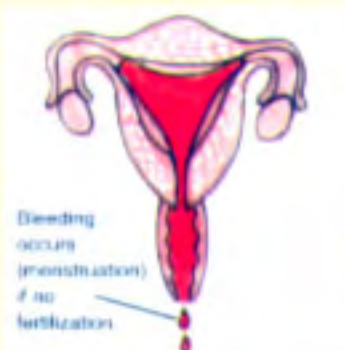


- During intercourse, sperm enters into the vagina. The sperm moves from the vagina into the womb and straight into the fallopian tube. If one of the sperm enters the released egg, the egg will be fertilized - a foetus will start to form.

### SPERM + EGG = FOETUS



- The fertilized egg will be embedded on the wall of the womb and grows into a foetus.
- When this happens, no more eggs will be released from the ovaries for the next 9 months. Women will not menstruate during this period. At the end of 9 months, a baby will be born.



- If the egg is not fertilized it will perish in a day or two. The wall of the womb will break and bleeding will occur (menstruation).

### DECIDE WHAT IS THE BEST CONTRACEPTIVE METHOD FOR YOU

**Get more information at the nearest health clinic / hospital.**