

Contraceptive choices

Pamphlets are available for each method if you would like more information

Contraceptive Method	How it works	Health concerns	Advantages	Side effects	How do I use it?
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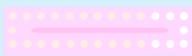
Long acting reversible methods. Most effective. Less than 1 pregnancy per 100 users in one year.



Implant 	Hormone progestogen in the rod stops ovaries releasing eggs	No serious risk	<ul style="list-style-type: none"> + Can last for 5 years. + Immediate return to fertility when removed 	Irregular bleeding This can be helped with medication	Two rods are put under the skin on the inside of the upper arm under a local anaesthetic. Hormone releases from these. Needs to be put in by experienced clinician.
Intrauterine device (IUD) 	Plastic device with copper or progestogen on the stem. Both work by stopping the sperm reaching the egg	Very small chance of pelvic infection when put in if have a STI	<ul style="list-style-type: none"> + Copper IUD can last for 10 years + Hormone IUD lasts for 5 years and makes periods lighter + You can get pregnant as soon as it is taken out 	Copper IUD can make periods heavier or crampy Hormone IUD can give irregular bleeding in first few months	IUD is put into the uterus by an experienced clinician.

Hormonal methods. Less effective. Typically 3 to 8 pregnancies per 100 users in one year



Combined contraceptive pill 	Contains the hormones oestrogen and progestogen. If pill is taken every day, stops ovaries releasing eggs	Very small chance of blood clots in legs or lungs	<ul style="list-style-type: none"> + Can make periods lighter, less painful or have no periods 	Irregular bleeding in the first few months	Need to be good at remembering as you have to take a pill every day
Progestogen only pill 	Contains only progestogen. Makes cervical mucus thick so harder for sperm to get to the egg	No serious risk	<ul style="list-style-type: none"> + Can be used at any age 	May cause irregular bleeding	Need to be good at remembering as you have to take a pill every day
Depo Provera injection 	Contains progestogen. Stops ovaries releasing eggs	No serious risk	<ul style="list-style-type: none"> + Lasts 12 weeks + Can have no periods 	May cause irregular bleeding Weight may change	Injection is given into the muscle in the buttock

Barrier methods. Least effective. Typically 18 pregnancies per 100 users in one year

Condoms 	Put on the erect penis and helps stop sperm from getting to egg	No risk	<ul style="list-style-type: none"> + Helps protect from sexually transmitted infections 	Some people are allergic to rubber Can slip off or break	Need to know how to put the condom on and use every time have sex
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We want to help you decide which contraceptive is best for you. The table below tells you how well each method works.

Without contraception, if 100 couples are having sex for one year, 80 of them will get pregnant i.e. chance of pregnancy 80 in 100.



Implant

Most effective ★★★★★

Chance of pregnancy: less than 1 in 100.



Copper and hormone IUD

Most effective ★★★★★

Chance of pregnancy: less than 1 in 100.



Depo Provera injection

Effective ★★

Chance of pregnancy: typically 3 in 100 but 1 in 100 if next injection given on time.



Contraceptive Pills

Effective ★★

Chance of pregnancy: typically 8 in 100 but this can be as good as 1 in 100 if you remember to take a pill every day.



Condoms

Least effective ★

Chance of pregnancy: typically 15 in 100 but 2 in 100 if used correctly every time.

Free and confidential

Contraception Clinic

For all appointments call

0800 527 200

Email: LARC@adhb.govt.nz

Clinics available at:

Greenlane

Mt Wellington

Glen Innes

Mt Roskill

Other methods of contraception

Emergency contraception

You use emergency contraception if you have sex without using a method of contraception and don't want to become pregnant.

Emergency contraceptive pill (ECP).

If taken within 72 hours of unprotected sex, ECPs reduce the chance of getting pregnant as it delays the release of the egg from the ovaries. You can get the ECP from a pharmacy or your GP or a Family Planning or contraception clinic

The copper IUD can also be inserted as emergency contraception and works by stopping the fertilised egg from getting to the uterus. It is more effective than the ECP and the chance of getting pregnant is less than 1 per 100. Some GPs can insert an IUD or you can go to a Family Planning or contraception clinic.

Fertility awareness

When using this method, body temperature and cervical mucus need to be checked every day to work out when it is the fertile time during the cycle. You will need to get expert instruction of how to check these signs from the clinic.

This is the least effective method. Chance of pregnancy is typically 25 in 100, but can be 3 in 100 if used correctly.

Permanent contraception

Need to be sure that you do not want any more children as both methods are permanent.

For women this is a tubal ligation and means putting clips on the tubes to stop the egg getting to the uterus. You will need to get the clinic or your GP to refer you to the hospital to have this done.

For men this is a vasectomy where the tubes are cut and stop sperm coming out at ejaculation. Your partner can have this done at a family planning clinic or get your doctor to refer your partner to the gynaecology services at ADHB for a vasectomy free of charge. You can also look on the website www.snip.co.nz.

