



KAUSTHealth
Love with the world.

Contraception



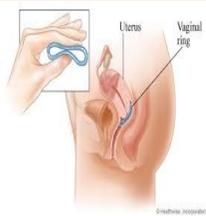
Disclaimer

This leaflet aims to provide you with evidence based advice and information. Advice changes as new information becomes available from the scientific research therefore links to useful websites are added, giving the most up to date information. It is not meant to replace advice from your healthcare professional. For clarification and further advice regarding you pregnancy and labour you should contact your Obstetrician, and OB Educator/Midwife.

Contraception

All methods of contraception at KH and other natural methods are detailed below. Please note that no method is 100% reliable.

Contraceptive method	Description	Advantages	Disadvantages
<p>The pill (Combined oral contraceptive (COC))</p> 	<p>The pill contains two female hormones called oestrogen and progestogen. It works mainly by stopping egg production. Between 3 and 90 women in 1000 using the pill will become pregnant each year. The difference is due to how well the woman uses the pill. It is very popular.</p>	<ul style="list-style-type: none"> • It is very effective. • Side effects are uncommon. • It helps ease heavy and painful periods. • It slightly reduces the chance of some cancers –ovary and womb. • The effects go away quickly when you stop it. 	<ul style="list-style-type: none"> • There is a small risk of serious problems (particularly blood clots). • Some women have side-effects. The most common ones are bleeding between periods, mood swings and breast tenderness. • You must remember to take it. • It cannot be used by women with certain medical conditions. Examples include uncontrolled high blood pressure, certain types of migraine and women with a past history or family history of blood clots. • There is a very slightly higher risk of breast cancer for women who take it.
<p>The progesterone-only pill (POP)</p> 	<p>The Progesterone only pill contains just a progestogen hormone. It is commonly taken if the Combined oral contraceptive pill is not suitable, such as in breast-feeding women, smokers over the age of 35 and some women with migraine. It works mainly by causing a plug of mucus in the neck of the womb that blocks sperm. It also thins the lining of the womb, making it less likely the egg will implant. Sometimes ovulation is stopped. Between 3 and 90 women in 1,000 using the POP will become pregnant. If it is used well you have less chance of becoming pregnant (about 3 in 1,000).</p>	<ul style="list-style-type: none"> • Less risk of serious problems than the COC. • Many women who cannot take the COC due to a medical condition are safe to use the POP. • You can use it when you are breast-feeding. 	<ul style="list-style-type: none"> • Periods often become irregular. • Some women have side-effects. • You have to be more exact about the time you take it each day than you do with the COC. With some POPs you have to take it within three hours of the time you took it the day before. In others there is a 12-hour window before it becomes a "missed pill". • There may be a very small extra risk of breast cancer.

Contraceptive method	Description	Advantages	Disadvantages
<p>Contraceptive patch-Evra</p> 	<p>The contraceptive patch contains the same hormones as the COC (the pill) but in patch form. It works in the same way and has many of the same pros and cons. The patch is stuck on to the skin so that the two hormones are continuously delivered to the body. You wear the patch for three weeks and take one week off. Between 3 and 90 women in 1,000 will become pregnant using it.</p>	<ul style="list-style-type: none"> • It is very effective and easy to use. • You do not have to remember to take a pill every day. • Your periods are often lighter, less painful and more regular. • If you have sickness or runny stools the contraceptive patch is still effective. 	<ul style="list-style-type: none"> • Some women have skin irritation. • Despite its discreet design, some women still feel that the contraceptive patch can be seen. • It may come off and then not be so effective. • It has similar risks (such as blood clots) as the pill.
<p>Contraceptive vaginal ring</p> 	<p>The contraceptive vaginal ring contains the same hormones as the COC (the pill). These hormones have effects on your body which prevent you from becoming pregnant. It is a flexible, see-through ring which is just over 5 cm in diameter. It sits in your vagina for three weeks and then you have one week without it. After one week, you put a new ring into your vagina. It is about as effective as the pill in preventing pregnancy.</p>	<ul style="list-style-type: none"> • It is effective and easy to use. • You do not have to remember to take a pill every day. • If you have sickness or runny stools the vaginal ring is still effective. • Your periods are very regular. 	<ul style="list-style-type: none"> • Some women (and their partners) feel it during sex. • It may irritate your vagina and cause soreness or discharge. • It has similar risks as the pill (such as blood clots.)
<p>Natural family planning</p> 	<p>Natural family planning involves getting to know your menstrual cycle and when you are fertile. You can then avoid sex at these times. This has very variable effectiveness, as it depends how careful you are. As many as 25 women in 100 can become pregnant using this method. You have to be very committed and check your fertility regularly. This is done by checking your temperature or your vaginal discharge.</p>	<ul style="list-style-type: none"> • There are no side-effects or medical risks. • Anybody can use this method safely as long as they are taught how to use it. 	<ul style="list-style-type: none"> • This method is not as reliable as other methods. • Fertility awareness needs proper instruction and takes 3-6 menstrual cycles to learn properly. • If your cycles are not very regular, this can be very unreliable.

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Mirena coil—Long Acting Reversible contraception.

See the next page for details

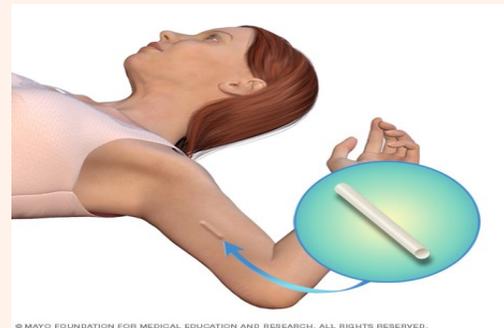


Depot injection (DPMA) - Long Acting Reversible Contraception. See the next page for details



Contraceptive implant—Long Acting Reversible Contraception.

See the next page for details



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Long acting reversible contraception	Marina Coil	Depot Progestogen Injection –DPMA	IMPLANT (administered under the skin of the undersurface of the non-dominant upper arm)
How it works ?	Preventing implantation, sometimes by preventing fertilization and thickening of cervical mucus	Preventing Ovulation and thickening of cervical mucus	Preventing Ovulation and thickening of cervical mucus
Duration of use	5 years or until contraception is no longer needed if the woman is 45yrs or older at the time of insertion and has no periods with mirena in place	Repeat injections every 12 weeks	3 years
Failure rate	Less than 1% over 5 years. Expulsion rate is 5% over 5 years	Less than 0.4 % over 2 years.	Less than 0.1 % over 3 years
Effects on periods	Erratic bleeding pattern in first 9 months. Periods may stop by the end of the first year	Periods may stop. However, bleeding may also be persistent	Bleeding patterns are likely to change during use of implant. Periods may stop, become more or less frequent. Periods may be prolonged. Pain during periods may be reduced
Risks	<ul style="list-style-type: none"> • Uterine perforation (less than 1 in 1000) • Discomfort during insertion • Will not provide contraceptive cover if incorrectly placed • Small risk of infection in 1st 3 weeks after insertion – less than 1% • Ectopic pregnancy – 5% risk if pregnancy occurs with mirena coil • Acne • Change in mood or libido 	<ul style="list-style-type: none"> • Loss of bone mineral density. Depot injection use is associated with a small degree of bone mineral density loss. Bone mineral density is largely recovered when the injection is stopped. There is no evidence of increased risk of Fractures 	<ul style="list-style-type: none"> • Difficulties with Insertion and removal of implant: pain, bleeding and bruising • Itching at the site of insertion
Advantages	<ul style="list-style-type: none"> • No need to take medication daily • Treats heavy and painful periods • Can help in endometriosis • Suitable for woman who have not been pregnant before • No weight gain 	<ul style="list-style-type: none"> • No need to take medication daily • Can help in endometriosis • No evidence of effect on depression, acne or headaches 	<ul style="list-style-type: none"> • No need to take medication daily • Can help in Endometriosis • Most effective contraceptive



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Live well. Be well.