



Contraception

The prevention of pregnancy – what are my options?

Most effective













Less than 1 pregnancy per 100 women in 1 year

6–12 pregnancies per 100 women in 1 year

18 or more pregnancies per 100 women in 1 year

85 pregnancies per 100 women in 1 year

Least effective

Contraception method	How to use the method and duration of use
<p>Long-acting reversible methods (LARCs)</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Implant </div> <div style="text-align: center;">  Hormonal IUD </div> <div style="text-align: center;">  Copper IUD </div> </div>	<p>LARCs are inserted by your doctor and last up to:</p> <ul style="list-style-type: none"> • Implant (in your arm): 3 years • IUD (in your womb/uterus): 5–10 years
<p>Surgical methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Tubal ligation or salpingectomy </div> <div style="text-align: center;">  Vasectomy </div> </div>	<p>Surgical procedures: permanent contraception.</p> <ul style="list-style-type: none"> • Tubal ligation: female tubes tied • Salpingectomy: female tubes removed • Vasectomy: male tubes 'snipped'
<p>Hormonal methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Injectable </div> <div style="text-align: center;">  The pill </div> <div style="text-align: center;">  Vaginal ring </div> </div>	<ul style="list-style-type: none"> • Injectable: injected by doctor every 12 weeks • The pill: take at the same time every day • Ring: replace in the vagina every month
<p>Other methods</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Condom </div> <div style="text-align: center;">  Fertility tracking </div> <div style="text-align: center;">  Withdrawal </div> </div>	<ul style="list-style-type: none"> • Condom: use during sex • Fertility tracking: abstain from sex on fertile days • Withdrawal: ejaculate outside the woman's vagina
<p>No contraception</p> <div style="text-align: center;">  Unprotected sex </div>	<p>Use emergency contraception after unprotected sex to lower your risk of pregnancy:</p> <ul style="list-style-type: none"> • Morning-after pill: within 3 days • Copper IUD: within 5 days



Contraception



When choosing a method of contraception it is important to consider the following:

- Your individual needs and circumstances
- How effective they are at preventing pregnancy
- Possible side effects and risks
- Cost and availability
- Protection against sexually transmitted infections
- Can it be reversed so pregnancy is possible?

Detailed further information on each of these methods of contraception can be discussed with your health care provider, your local Family Planning organisation or found via the following link:

www.fpnsw.org.au/health-information/individuals/contraception/contraception-choices



Questions?

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