

Things to consider:

- Can be inserted into the vagina before sex
- Can be used in conjunction with other methods to increase effectiveness.



Diaphragms

A diaphragm sits inside the vagina and covers the cervix to prevent semen from entering the uterus. They can be purchased from sexual health clinics, some pharmacies and online.



Effectiveness with typical use: 82%

Things to consider:

- Lasts 1-2 years
- One size fits all; needs a bit of practise to fit
- Can be inserted into the vagina before sex
- Needs to stay in the vagina for six hours after sex.

Other methods of contraception

Withdrawal (pulling out)

Removing the penis from the vagina before ejaculation. **Effectiveness with typical use: 78%**

Fertility Awareness Methods (FAM)

FAM is based on an understanding of the fertile time of a woman's menstrual cycle. The risk of pregnancy is reduced by avoiding unprotected sex during this time. **Effectiveness with typical use: 75%**

Sterilisation

Permanent methods of contraception available for men and women. **Effectiveness with typical use: 99.5%**

Abstaining from sex

Abstaining from (not doing) any activity that involves semen in or around the vagina or vulva will prevent pregnancy.

Emergency contraception reduces the chance of pregnancy after unprotected sex. There are two types – the Copper IUD and Emergency Contraceptive Pills (ECPs)

Copper IUD

The copper IUD is the most effective method of preventing pregnancy when inserted during the first five days after unprotected sex, or during the first 12 days of the menstrual cycle (whichever is latest).

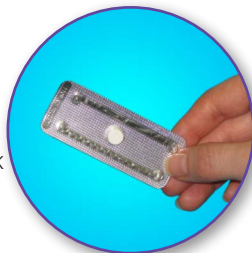


Things to consider:

- Provides immediate and ongoing contraception
- Needs to be inserted by a trained health professional at short notice
- Costs more than ECPs.

Emergency Contraceptive Pills (ECPs)

There are two types of emergency contraceptive pills. Both types work by delaying ovulation, and do not cause an abortion.



One type is most effective for up to four days after unprotected sex, while the other type can be used up to five days. The effectiveness of both pills reduces over time after the incident of unprotected sex.

Things to consider:

- Can be obtained from most pharmacies, GPs and sexual health clinics
- Ongoing contraceptive needs (ECPs are not an ideal form of ongoing contraception as they are less reliable long term than other methods).

For more information, please see the resources area of our website.

For more information contact:

SHQ (Sexual Health Quarters)

70 Roe Street, Northbridge WA 6003

Ph 08 9227 6177 | info@shq.org.au

Sexual Health Helpline

Metropolitan callers 08 9227 6178

Country callers 1800 198 205

sexhelp@shq.org.au

Counselling

70 Roe Street, Northbridge WA 6003

Ph 08 9228 3693 | counselling@shq.org.au

Your local contact is:

shq.org.au



SHQ is on Whadjuk land. We acknowledge the traditional owners of country across Western Australia.

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Contraception choices



What is Contraception?

Contraception is something you do or use to prevent pregnancy. Long-acting reversible contraceptives (LARCs) are the most effective methods of preventing pregnancy. Shorter-acting reversible contraceptive methods are also available.

A health professional can help you choose the best type for you. It's also a good idea to discuss contraception with your sexual partner/s before sex.

Condoms are the only method of contraception that also protect against sexually transmissible infections (STIs).

Long-acting reversible contraception

LARCs are the most effective methods of preventing pregnancy. They are 'fit and forget' methods that need to be inserted and removed by a trained health professional. Fertility returns immediately upon removal.

Contraceptive Implant

The contraceptive implant is inserted under the skin of the upper arm. The main action of the implant is to release progesterone into the bloodstream which stops ovulation.



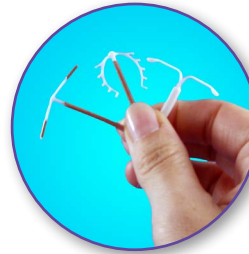
Effectiveness with typical use: 99.9%

Things to consider:

- The most effective method of contraception
- Very safe and suitable for most women
- A cheap option that lasts for three years, but can be removed easily at any time
- Bleeding patterns may change.

Intrauterine Devices (IUDs)

There are two types of IUDs - copper and hormonal. Both are inserted into the uterus and affect sperm movement and prevent implantation. The hormonal IUD also releases progesterone (hormone) which alters the lining of the uterus, thickens the mucus in the cervix and may stop ovulation.



Effectiveness with typical use: Hormonal IUD 99.8%; Copper IUD 99.2%

Things to consider:

- More effective and longer lasting than other methods
- Very safe and reliable
- A cheap option (over time) that lasts 5-10 years, depending on the type, but can be removed easily at any time
- Bleeding patterns may change.

Shorter-acting hormonal contraception

A regular prescription is needed for hormonal methods of contraception.

Contraceptive Injection

The contraceptive injection is given into the bum, thigh or upper arm. The main action of the injection is to release progesterone into the bloodstream which stops ovulation.



Effectiveness with typical use: 94%

Things to consider:

- An injection given by a health professional that lasts for 12 weeks
- Bleeding patterns may change
- May delay the return of fertility in some women, but returns to normal after time.

Oral Contraceptive Pills

Oral contraceptives rely on regular and consistent daily use to be effective. There are lots of different pills available to try; if one doesn't suit, another may be appropriate. Certain medication, vomiting or diarrhoea can decrease the effectiveness of these methods.

Combined Oral Contraceptive Pill (COCP or the Pill)

The Pill contains oestrogen and progesterone hormones which stop ovulation.



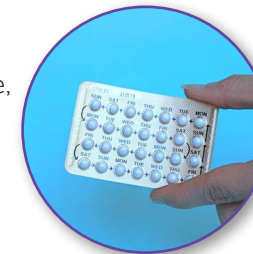
Effectiveness with typical use: 91%

Things to consider:

- Need to remember to take every day
- Bleeding patterns may change
- Allows a woman to choose the timing of her period or not have a period at all some months
- Some medical conditions make this method unsuitable for some women.

The Progesterone Only Pill (POP or Mini Pill)

The POP contains only one hormone, progesterone, which thickens the mucus in the cervix so sperm can't pass into the uterus.



Effectiveness with typical use: 91%

Things to consider:

- Needs to be taken at the same time each day to be most effective (if taken more than three hours late, the risk of pregnancy increases)
- Bleeding patterns may change.

Vaginal Contraceptive Ring

The vaginal contraceptive ring contains the hormones oestrogen and progesterone, which stop ovulation. The ring is inserted into the vagina by the woman and remains in place for three weeks. After a one week break, a new one is inserted.

Effectiveness with typical use: 91%

Things to consider:

- Must remember to insert a new ring every four weeks
- Bleeding patterns may change.



Barrier methods of contraception

Condoms

Condoms are physical barriers which prevent semen (cum) from entering the vagina during sex. **Condoms are the only method of contraception that also protect against STIs.**

Male Condoms

Male condoms are readily available and there are lots of different varieties for you and your partner/s to try. If you like using extra lubricant, make sure that it is water-based as other kinds may reduce effectiveness.



Effectiveness with typical use: 82%

Things to consider:

- It may be useful to practise putting on a condom in private. See packet for instructions
- Options are available if you or your sexual partner/s are allergic to latex
- Can be used in conjunction with other methods to increase effectiveness.

Female Condoms

While not widely available, female condoms can be purchased from sexual health clinics, some pharmacies and online.

Effectiveness with typical use: 79%