

## Contraception

## The prevention of pregnancy - what are my options?

## Most effective **Contraception method** How to use the method and duration of use Long-acting reversible methods (LARCs) LARCs are inserted by your doctor and last up to: Implant (in your arm): 3 years IUD (in your womb/uterus): 5-10 years Less than 1 pregnancy Hormonal IUD Implant Copper IUD Surgical methods Surgical procedures: permanent contraception. Tubal ligation: female tubes tied Salpingectomy: female tubes removed Vasectomy: male tubes 'snipped' Tubal ligation Vasectomy or salpingectomy 6-12 pregnancies per 100 women in 1 year Hormonal methods Injectable: injected by doctor every 12 weeks The pill: take at the same time every day Ring: replace in the vagina every month The pill Injectable Vaginal ring Other methods Condom: use during sex Fertility tracking: abstain from sex on fertile days Withdrawal: ejaculate outside the woman's vagina Condom Fertility tracking Withdrawl No contraception Use emergency contraception after unprotected sex to lower your risk of pregnancy: Morning-after pill: within 3 days Copper IUD: within 5 days

Unprotected sex

Least effective

## 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



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