

IUCD (NO HORMONE)

DESCRIPTION:

- Small plastic device containing copper
- Placed into the uterus (womb)
- Inserted four weeks or more after giving birth

ADVANTAGES:

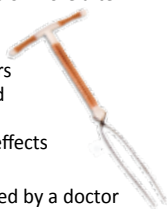
- Lasts for 5 – 10 years but can be removed at any time
- No hormonal side effects

DISADVANTAGES

- Needs to be removed by a doctor or nurse
- Can make periods heavier

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.8%*



MIRENA - INTRAUTERINE SYSTEM

DESCRIPTION:

- Small plastic device containing a hormone which is released slowly
- It is placed into the uterus (womb)
- Inserted four weeks or more after giving birth

ADVANTAGES:

- Lasts for up to 5 years but can be removed at any time
- Lighter periods or no periods
- Provides treatment for heavy bleeding

SIDE EFFECTS & DISADVANTAGES

- Can cause irregular bleeding in first few months, usually settles
- Needs to be removed by a doctor or nurse
- Often not subsidised

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.2%*



JADELLE (IMPLANT)

DESCRIPTION:

- Two rods thinner than a matchstick inserted under the skin of upper arm

ADVANTAGES:

- Lasts for up to 5 years but can be removed at any time
- May stop periods

SIDE EFFECTS & DISADVANTAGES

- Irregular bleeding which may require treatment
- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.05%*



DEPO PROVERA (INJECTION)

DESCRIPTION:

- Injection every 12 weeks

ADVANTAGES:

- May stop periods

SIDE EFFECTS

- Can cause irregular bleeding

OK WHEN BREASTFEEDING ✓

Typical user failure rate 6.0%*



PROGESTOGEN ONLY PILL (MINI PILL)

DESCRIPTION:

- A daily pill that contains one hormone

ADVANTAGES:

- May stop periods

SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day at the same time (within three hours)
- Can have irregular bleeding or spotting

OK WHEN BREASTFEEDING ✓

Typical user failure rate 9.0%*



Options for family planning



“It’s your choice”

“Speak to your midwife/GP”

“It could be free of charge. Ask now”

COMBINED ORAL CONTRACEPTIVE PILL (COC)

DESCRIPTION:

- A daily pill that contains two hormones

ADVANTAGES:

- Periods usually shorter, lighter and less painful
- Regular periods, or no periods if taken continuously

SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day (within 24 hours)
- Cannot be used by some women who are overweight, smoke or have high blood pressure
- Cannot be used whilst breastfeeding

Typical user failure rate 9.0%*



CONDOMS

DESCRIPTION:

- Thin rubber device that fits over the man’s erect penis
- Collects sperm

ADVANTAGES:

- Protects against some sexually transmitted infections

SIDE EFFECTS & DISADVANTAGES

- Have to remember to carry with you
- Unreliable unless used correctly

OK WHEN BREASTFEEDING ✓

Typical user failure rate 18.0%*



TUBAL LIGATION (FEMALE STERILISATION) - TUBE TIE

DESCRIPTION:

- Surgery which requires a general anaesthetic
- Usually a “keyhole” procedure where a clip is put on each of the woman’s tubes

ADVANTAGES:

- Permanent
- If you decide before birth of baby it can be done before you leave hospital after the birth

SIDE EFFECTS & DISADVANTAGES

- Only for women who are certain their family is complete
- Difficult and expensive to reverse

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.5%*



VASECTOMY (MALE STERILISATION)

DESCRIPTION:

- Minor surgery on a man’s scrotum (balls)
- Cut and tie vas deferens (tubes) that transport sperm
- Takes up to three months to be reliable

ADVANTAGES:

- Does not interfere with sexual performance
- A very effective method of contraception for men

SIDE EFFECTS & DISADVANTAGES

- Only for men who are certain their family is complete
- Difficult and expensive to reverse

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.15%*



* Risk of unintended pregnancy within the first year of typical use.