




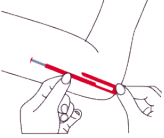



Factsheet 'Methods of Contraception'

Method	How to use?	How does it work?	Characteristics
Condom 	Before sexual intercourse, the condom is opened from the package and rolled down on the erect penis. After ejaculation the condom is taken off.	The condom prevents the sperm cells from the boy to enter the girl's vagina.	<ul style="list-style-type: none"> When used correctly it protects both against pregnancy and STIs including HIV. Access to condoms is easy. You can use a condom without the help of a doctor. <p>If you follow the condom instructions correctly, a condom is very safe! If you don't, it might slip off or burst.</p>
Female condom 	Before sexual intercourse the female condom is inserted into the vagina. After intercourse the condom should be removed.	The female condom prevents the sperm cells from the boy to enter the girl's vagina.	<ul style="list-style-type: none"> When used correctly it prevents you from both pregnancy and STIs including HIV/ AIDS. You can use a female condom without the help of a doctor. It is more expensive than a male condom.
Injections 	A doctor gives an injection to the girl once every 12 weeks.	The injection contains a hormone, a progestogen. The progestogen is injected into a muscle and then is gradually released into the bloodstream. This prevents a girl from ovulating.	<ul style="list-style-type: none"> You only have to think about getting a new shot every 12 weeks. It gives you lighter and shorter periods or your periods even stop altogether. You need a doctor to insert it (some women do this on their own) You may have irregular bleeding (especially in the beginning, but it often decreases after 3 months or stops). If you have side effects, the injection can't be immediately reversed.
Copper IUD 	A doctor inserts the inter-uterine device or IUD into the uterus. The copper IUD may be active for 5 years.	The copper IUD prevents pregnancy by inhibiting the movement of sperm cells and the fertilisation of the egg, and even the implantation of the fertilized egg into the lining of the uterus.	<ul style="list-style-type: none"> You only have to think about replacing it every 5 years. It contains no hormones. Your periods may be heavier and last longer. You need a doctor to insert it. For some women insertion might be painful.

These methods don't protect you against STIs and HIV/Aids, so always use a condom as well!

<p>Hormonal IUD (Mirena)</p> 	<p>A doctor inserts the hormonal IUD into the uterus. The hormonal IUD may be active for 5 years.</p>	<p>The hormonal IUD (Mirena) releases the hormone levonorgestrel into your blood. This prevents sperm cells from entering your uterus. Also it inhibits sperm cells from reaching or fertilizing an egg, and it thins the lining of the uterus which prevents the nestling.</p>	<ul style="list-style-type: none"> • You only have to think about it once every 5 years. • It gives you shorter and lighter periods or your periods even stop at all. • 	<ul style="list-style-type: none"> • Insertion might be painful. • You may have irregular bleeding (especially in the beginning, often that decreases after 3 months or stops). • You need a doctor to insert it.
<p>The Implant</p> 	<p>The implant is as small as a matchstick. A doctor places the implant under the skin of your upper arm. The implant may active for 3 years.</p>	<p>The implant releases the hormone progesterone. This prevents a girl from ovulating (the release of the egg from the ovary).</p>	<ul style="list-style-type: none"> • You only have to think about replacing it once every 3 years. • It reduces menstrual pain. • It gives you shorter and lighter periods or your periods even stop altogether. 	<ul style="list-style-type: none"> • You need a doctor to insert it (that happens with anaesthesia so you'll have almost no pain.) • You may have irregular bleeding (especially in the beginning, often that decreases after 3 months or stops).
<p>The Pill</p> 	<p>A pill is taken every day. After taking all the pills in the pack, you don't take any for one week. In this week you will get your period. During this week you are still protected. You start taking the first pill from the next pack 7 days <i>after</i> you took the last pill from the last pack.</p>	<p>The pill contains two hormones oestrogen and progesterone. This stops you from ovulating each month.</p>	<ul style="list-style-type: none"> • You know exactly when you'll have your period. • You can delay and plan your period. 	<ul style="list-style-type: none"> • You might forget to take the pill.



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