



Western
Health

Contraceptives

September 2012



Objectives:

You will learn about:

- The about the different methods of birth control.
- How to use each method of birth control.
- Emergency contraception

What are they?

- They are methods of birth control that are intended to prevent a pregnancy from occurring.
- There are many methods of birth control available.
- Your decision in choosing a method of birth control depends on your lifestyle, personal habits, medical history, current status of your family and plans for future pregnancies.



Choosing a method of BC:

- You may wish to review all methods; how they work and their advantages and disadvantages.
- It is important to evaluate all the facts before you choose.
- Every women is different. What works for one may not work for another.

The most appropriate method of birth control may change at different times in your life.

Types of Birth Control:

- Abstinence
- Natural Family Planning/
Rhythm Method
- Barrier Methods
- Hormonal Methods
- Implant Devices
- Permanent Birth
Control Methods
- Emergency Contraceptives



Abstinence:

- Means not having sex (vaginal, anal, oral) at any time.
- It is the only way to prevent pregnancy and protect against sexually transmitted infections (STIs), including HIV.



Natural Family Planning/ Rhythm Method

- This method is when you do not have sex or use a barrier method on the days you are most fertile (most likely to become pregnant).
- To have success you need to learn about your menstrual cycle and keep a written record:
 - of your monthly period
 - what it was like (heavy/light)
 - how you felt(sore breast, cramps)



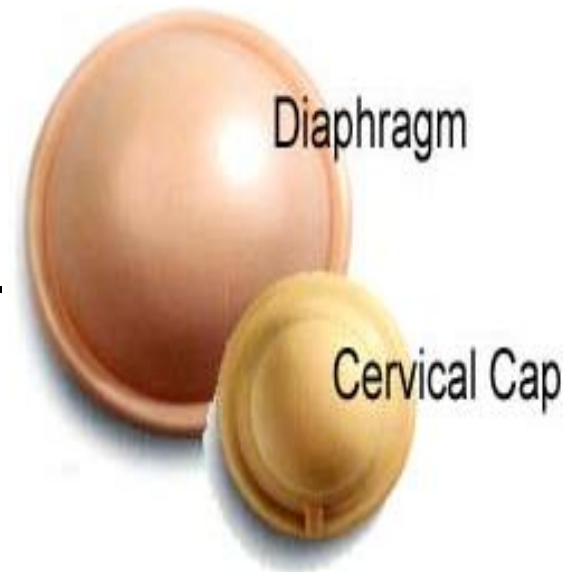
Barrier Method:

- Put up a block, or barrier, to keep sperm from reaching the egg.
 - Contraceptive Sponge
 - Diaphragm and Cervical Cap
 - Female Condom
 - Male Condom
 - Dental Dam



Sponge, Diaphragm, Cap

- The devices that fit over the cervix to block the egg from the sperm.
- It must be inserted before having sex.
- Has to be left in place for a certain number of hours after having sex.
- There is a time limit on how long each can be left in place.
- Effective for a certain number of hours (Diaphragm 6-8).



Condoms:

Female condom: Placed inside a woman's vagina.



Male condom: Fits over the erect penis.

- Sperm is trapped inside the condom which is thrown out after sex.
- Best option for protection against STIs.

Latex condoms protect against sexually transmitted infections.



Choosing a Condom:

- They are available in different sizes and textures.
- When selecting a condom for oral sex, choose one without spermicide or lubrication.
- A flavored condom is a good choice.



Dental Dam:



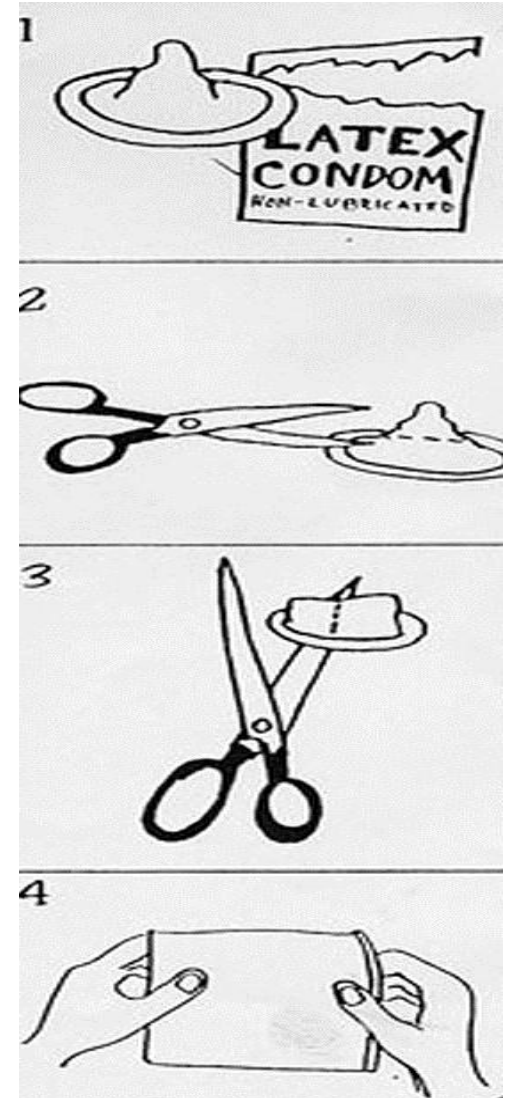
- Is a small piece of latex similar to the material used for latex condoms.
- It can be used during oral sex.
- The dental dam is stretched across a woman's vagina to prevent the exchange of bodily fluids.
- Latex surgical gloves can also be used in activities as a barrier.



How to make a Dental Dam:

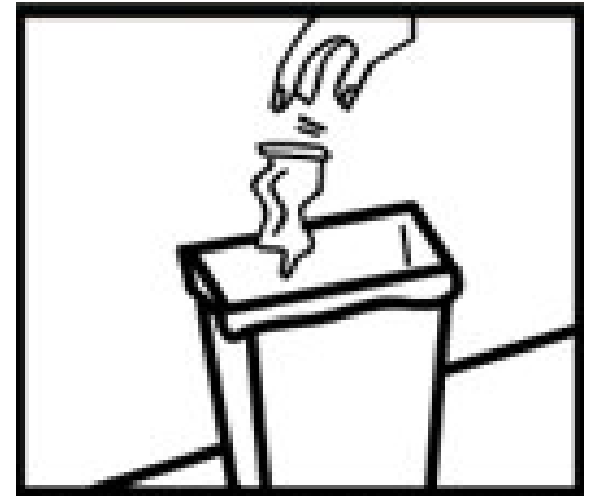
- A latex condom can be cut to create a barrier.

1. Open a new condom.
2. Using scissors, cut off the tip.
3. Cut up 1 side of the condom.
4. Unroll the condom so that it opens up into a rectangle.



General Tips:

- When using latex dental dams, gloves, or condoms, apply only water-based lubricants. They are available at drugstores.
- Use new dental dams, gloves, or condoms each time.
- Do not re-use latex barriers or turn them over and use the other side.



Hormonal methods:

- Prevents pregnancy by interfering with ovulation, fertilization, and/or implantation of the fertilized egg.

- Includes:
 - Birth control pill
 - Patch
 - Injection
 - Vaginal ring

Does not protect against sexually transmitted infections.

Birth Control Pill:



- Must be taken at the same time every day.
- May cause irregular bleeding or spotting.
- Effectiveness may be reduced by other medications.

Does not protect against sexually transmitted infections.

Patch:

- It releases hormones through the skin.
- Can be placed on the buttocks, the outside of upper arms, lower abdomen, or upper torso excluding the breast.



- A new patch is applied once a week for three weeks, then one week without a patch.

Does not protect against sexually transmitted infections.

Injections:

- Depo-Provera
- Contains a hormone called progesterone; does not contain estrogen.
- It is given in the upper arm or the buttocks every 12 to 13 weeks (four times a year).

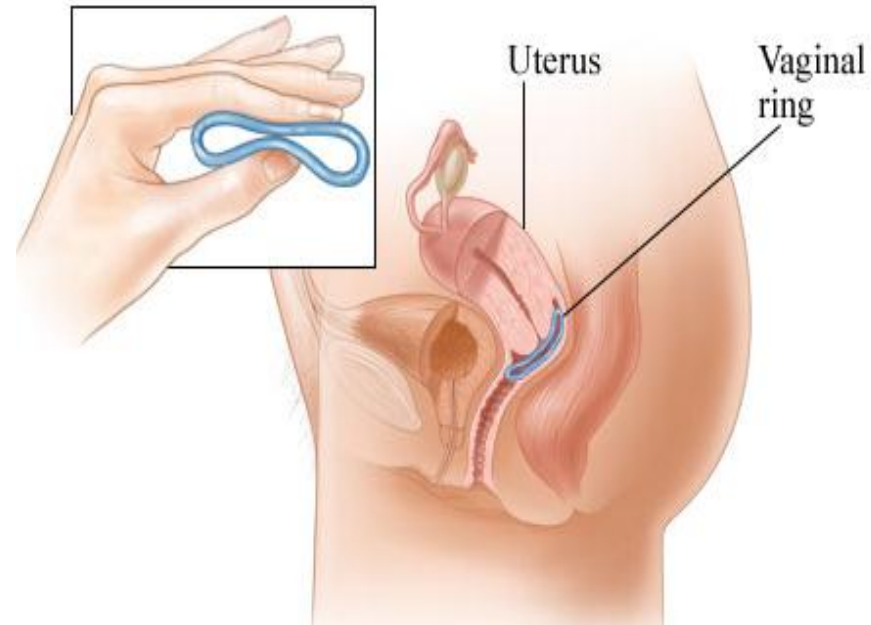
Does not protect against sexually transmitted infections.



Vaginal Ring:

- A flexible, nearly transparent ring that measures 54mm (about 2 inches) across.
- The ring releases a continuous dose of hormones for three weeks while it is in the vagina.

Does not protect against sexually transmitted infections.



Implant Devices:

Intrauterine Device (IUD):



- A T-shaped device with a copper wire around it.
- It is inserted into the uterus by a physician in the doctor's office.
- Long-lasting contraceptive; can be left in place for up to five years.
- Two threads may be felt in the vagina, so a woman can check for herself to ensure that the IUD is still in place.

Does not protect against sexually transmitted infections

Permanent Methods:

For people who are sure they never want to have a child or they do not want any more children.

Surgical Sterilization:

- Tubal ligation - A surgical procedure to close or block the fallopian tubes.
- Vasectomy - A surgical procedure to close or block the vas deferens (the tubes that carry sperm to the penis).

Emergency Contraception:

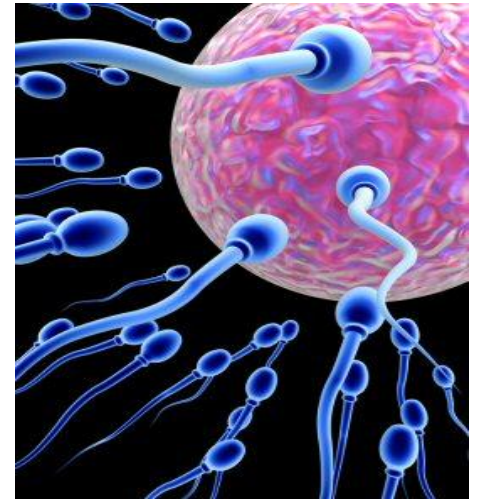
- Is used to prevent pregnancy when unprotected vaginal intercourse has occurred.



- No method of birth control was used or it was used but did not work (condom break).
- Sexual assault.
- Can be taken up to 72 hours after unprotected sex (3 days).

Emergency Contraception:

- Two pills you take together.
- It prevents pregnancy through one of the following:
 - Temporarily stops the release of an egg from the ovary.
 - Prevents fertilization.
 - Prevents a fertilized egg from attaching to the uterus.



Conclusion:

- Abstinence is the only method that is 100% effective against pregnancy and STIs.
- Latex condoms are the only contraceptive that protects against sexually transmitted infections.
- Talk to your health care provider/ school nurse about Pap Tests and screening for STIs.