CONTRACEPTION: THE OPTIONS

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MSD

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Contraception: The options

Contraception is an important, normal part of life. When was the last time you thought about your options to ensure which method best fits your lifestyle?

Preparing for your doctors appointment in advance is a good way to make sure you’re involved in decisions about your contraception. After all, it’s your body. Below and overleaf is a brief description of all the contraceptive methods available. Check out all the options below and then talk to your doctor about which might be the best one for you.

Contraception whenever the need arises!

1 Condoms

There are both male and female condoms available, both provide a barrier to sperm reaching the womb. Condoms are the only method which helps reduce the chance of sexually transmitted disease but have a low level of efficacy against pregnancy and so should be used with another contraceptive method.

2 Diaphragm or Cap

The diaphragm or cap is a circular dome made of rubber that is inserted to cover the cervix prior to intercourse. It must be used with a spermicide. The diaphragm must be left in place for 6 hours after intercourse.

Everyday Contraception

3 Combined Oral Contraceptive Pill (COC)

The classic pill is called the combined pill by doctors because it contains small amounts of two hormones oestrogen and progestogen. This pill must be taken once a day.

Weekly Contraception

4 Progestogen-only pill (POP)

The POP or “mini - pill” contains a very low dose of progestogen. Suitable for women who can not, or do not want to take oestrogen. This pill must be taken once a day.

5 Patch

The contraceptive patch releases both oestrogen and progestogen. The 4.5 x 4.5 cm patch is applied to clean and dry skin either on the abdomen, buttocks, upper arm or upper part of the body at weekly intervals for three weeks. There is then a patch free week where menstruation occurs. Useful for women who forget to take their pill daily.

Your contraceptive option is as individual as you are. Speak to your GP today about a contraceptive option that best suits your body and lifestyle. Visit www.talkoptions.ie for more detailed information on the options described in this leaflet.
After all it is your body...

For personal stories Log on to www.talkoptions.ie

Find out more about contraceptive options, take the online survey on talkoptions.ie

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