



**Contraception.**  
A guide to help  
you choose.



**MARIE STOPES  
INTERNATIONAL**

# CONTRACEPTION CHART.

	Hormonal Methods.					Barrier Methods.			Intrauterine Methods.		Permanent Methods.		Emergency Methods.	
	Combined Pill	Progestogen only Pill	Contraception Implant (Implanon®)	Contraception Injection (Depo-Provera®)	NuvaRing®	Male Condom	Female Condom	Diaphragm – Cap	IUD (Multiload®)	IUS (Mirena®)	Female Sterilisation	Vasectomy	Emergency Contraceptive Pill	IUD
How it works.	1 pill consisting of 2 hormones (oestrogen and progestogen) taken same time daily. Prevents egg being released.	1 pill consisting of 1 hormone (progestogen) taken same time daily. Prevents sperm reaching egg.	A small rod containing the hormone progestogen which is inserted under the skin in the arm by a doctor. Prevents egg being released. Prevents sperm reaching egg.	Progestogen injection. Prevents sperm reaching egg and egg being released.	Vaginal ring containing both oestrogen and progestogen released from the ring and absorbed through the wall of the vagina. Prevents egg being released.	Rubber or latex sheath traps sperm during sexual intercourse.	Thin plastic sheath placed in vagina to trap sperm.	Dome of rubber placed over cervix to prevent sperm entering uterus. Spermicides required.	Copper device fitted in uterus. Prevents egg and sperm meeting.	Small plastic device with progestogen fitted in uterus. Prevents egg and sperm meeting.	Fallopian tubes closed – which prevents egg and sperm meeting.	Tubes carrying sperm closed.	Prevents a fertilised egg implanting itself in the uterus lining.	Fitted to prevent egg and sperm meeting.
Advantages.	Can reduce PMS and period pain. Does not affect spontaneity.	For older women, those breast feeding, those who can't take the combined pill.	Lasts for 3 years.	Lasts for 12 weeks.	Low dose of hormones. Lasts for 4 weeks. Inserted for three weeks, remove for one week.	Readily available. Only use during sexual activity.	Only use during sexual activity.	Only use during sexual activity.	Stays in place for up to 5 years.	Stays in place for up to 5 years.	For those who want a permanent method of contraception.	For those who want a permanent method of contraception.	Taken up to 120 hours after sex.	Fitted up to 5 days after sex.
Considerations.	Not suitable for some medical conditions. If pill is taken more than 12hrs late extra precautions required.	Pills must not be taken 3 hours late, otherwise extra precautions required.	Breakthrough bleeding. Possible weight gain.	Periods can be irregular initially; possible breakthrough bleeding. Possible slight weight gain; delayed return to fertility.	Possible slight weight gain and acne. Some medications can effect the reliability. Inform your doctor of your current medications first.	Can reduce spontaneity.	Can reduce spontaneity.	Stays in place for 6 hours after sex.	May make periods heavy and/or may increase period pains.	May make periods lighter.	Small medical risk during procedure.	Must use alternative method of contraception until all sperm are non-active (takes up to 4 months).	Lapsed time increases failure rate.	May make periods heavy and/or may increase period pains.
Reliability.	99% if taken correctly.	98% if taken correctly.	99% effective.	99% effective.	99% effective if used correctly.	98% effective if used correctly.	95% effective if used correctly.	92%-96% effective if used correctly.	98%-99% effective.	99% effective.	Over 99% effective.	Over 99% effective.	95% effective if taken up to 24 hours after sex.	98%-99% effective.
STI and HIV protection.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	Helps protect against STIs and HIV/AIDS.	Helps protect against STIs and HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.
Availability.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, chemists, supermarkets, local family planning clinics.	Marie Stopes International, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.	GP referral.	Marie Stopes International, GP referral.	Marie Stopes International, over the counter at pharmacies, GP, local family planning clinics.	Marie Stopes International, GP, local family planning clinics.

Remember: No method of contraception is 100% reliable. Only condoms offer dual protection against both STIs and unplanned pregnancies.

Freecall 1800 003 707 (open 24 hours) | [www.mariestopes.com.au](http://www.mariestopes.com.au)

# Choosing Contraception.

---

Contraception is all about choice. Given that many different methods of contraception now exist in Australia, everyone should be able to find a suitable method. The type of contraception you choose depends on your personal circumstances - your age, your way of life, whether or not you have children, whether you have multiple partners, your health and the need to avoid unplanned pregnancy and sexually transmitted infections (STIs). Your choice should also take into account that only condoms offer dual protection against both STIs and unplanned pregnancies.

With centres located in the ACT, QLD, NSW, VIC and WA, **Marie Stopes International** provides a range of specialist sexual and reproductive healthcare services including:

- **Abortion and aftercare**
- **Vasectomy including initial consultation, 10-15 min non-scalpel technique, semen testing and aftercare**
- **Contraceptive advice and insertion including IUD, Implanon®, NuvaRing® and Depo Provera®**
- **STI check-ups**
- **Counselling**
- **Colposcopy (selected centres)**

**Marie Stopes International** ensures every client receives immediate help and support in a non-judgmental, personalised and confidential manner. With no waiting lists, flexible consultation times and Medicare rebates available, our centres combine a comfortable, non-hospitalised environment together with the highest clinical standards.

**For more information on the services offered at a centre near you, or to make an appointment, please contact our National Support Centre on**

**Freecall 1800 003 707 (open 24 hours)**

or visit our website at

**[www.mariestopes.com.au](http://www.mariestopes.com.au)**



**MARIE STOPES  
INTERNATIONAL**

Marie Stopes International aims to provide the best possible service to our clients and your feedback is very important to us. If you have any suggestions about improvements we could make to our information, or other aspects of our service, please use the Client Feedback Form that you are given at the centre, or speak to a Marie Stopes International team member. If you are not satisfied with any aspect of the service provided by Marie Stopes International and wish to make a formal complaint, the Centre Manager will give your complaint their urgent attention, carry out an investigation and respond to you. Should you be dissatisfied with the handling of your complaint, it will be referred to the CEO – Australia.

© 2008 Marie Stopes International. Copyright in this work is owned by Marie Stopes International. The reproduction of this work is expressly prohibited without the author's prior consent.