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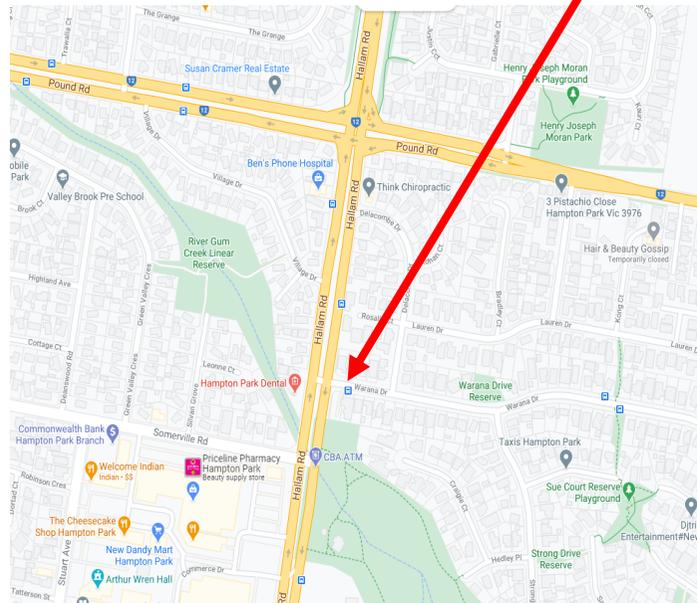


**Hampton Park
Women's Health Clinic**
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**There are many myths
about contraception.**

**Please feel free to
discuss any questions
or concerns that you
have with our fully
trained staff.**

**Our aim is to ensure that
you get accurate,
reliable and the most up
to date information.**



***Contraceptive
Options For
Women
(Short Acting)***

Ph: 03 9799 2817

Contraceptive	Contraceptive Pill	Contraceptive Ring	Mini Pill
What is it?	A small pill taken every day that contains both estrogen and a progestogen.	A small plastic ring a little larger than a 50 cent coin that is inserted into the vagina. It contains the same hormones as the pill.	A small pill taken at the same time every day of the month that contains a progestogen only.
How Long Will It Last?	You need to take a pill each day within 12 hours of the normal time. In each pill packet there are 3 weeks of hormone tablets and one week of sugar pills.	Once inserted into the vagina it should stay inside for 3 weeks then be removed for one week before inserting the next ring.	Needs to be taken at the same time each day. Not reliable if taken more than 3 hours late.
How Does It Work?	The combined Contraceptive pill prevents ovulation and fertilization.	The hormones are directly absorbed into the blood stream from the vagina and work like the Contraceptive pill to prevent ovulation.	The mini pill prevents sperm from entering the uterus by increasing the mucus in the cervix and prevents implantation by changing the lining of the uterus.
Effectiveness	In real terms we see approximately 1 to 2 women out of every hundred fall pregnant each year.	Same effectiveness as for the Contraceptive pill.	Allowing for human error it is quoted that out of every 100 women 2 - 8 will fall pregnant.
Advantages	There are many different pills on the market allowing variation and choice. Some pills help with acne and polycystic ovarian disease. Will often decrease period bleeding and pain. Can be stopped easily.	50 % less nausea than compared to the combined pill. No need to remember tablets daily. As it is absorbed straight into the blood stream, not effected by diarrhoea like the combined pill is.	Safer for women who smoke and for women who suffer migraines. Safe for women breast -feeding in first 6 months. Safer for women over 40 years old and those who have elevated blood pressure.
Disadvantages	You need to remember to take the pill each day. Risk of stroke/ blood clots (DVT) in patients who smoke and are over 32 years old. Can be affected by vomiting, diarrhoea and some antibiotics.	Some women may not like to insert the ring and the cost, it's about \$30 for each ring. Can be effected by some antibiotics.	Need to take it at same time each day otherwise you can have spotting and it might fail. It can be affected by severe vomiting or diarrhoea. Some medications can change its effectiveness (epilepsy medications.)
Will it Change My Periods?	The combined pill often regulates the period to every 28 days. It can make the bleeding lighter and period pain less.	This often provides excellent control of period bleeding where the combined pill has not been able.	You might have irregular bleeding, spotting or no period at all.