



CONTRACEPTIVE OPTIONS FOR WOMEN – SHORT ACTING

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 diarrhea 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, its 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.



CONTRACEPTIVE OPTIONS FOR WOMEN - LONG ACTING

	DEPOPROVERA	MIRENA IUD	COPPER IUD	IMPLANON
WHAT IS IT?	Depo-Provera is a long acting contraceptive containing medroxyprogesterone acetate.	Is a small "T" shaped plastic device containing a progestogen (levonorgestrel) This is <u>one</u> of the hormones found in many contraceptive pills.	Is a small plastic and copper device that is inserted into the uterus by a trained doctor.	This is a small matchstick sized device containing progestogen that is inserted into the skin of the upper arm.
HOW LONG DOES IT LAST?	Each injection lasts for three months. It must be given into the gluteal muscle by your local doctor.	Lasts for 5 years but can be removed earlier.	Can stay in the uterus for 5 years then needs to be replaced. Can be removed earlier.	Needs to be replaced every 3 years but can be removed earlier.
HOW DOES IT WORK?	It helps prevent ovulation, thickens cervical mucus and thins the lining of the uterus to prevent implantation.	It will change the lining of the uterus, making implantation difficult and also increase cervical mucus, preventing sperm from entering the uterus.	The copper in the IUD causes a chemical reaction in the lining of the uterus to make it not suitable for fertilization and implantation.	The implant continuously releases a small amount of progestogen to prevent ovulation, and increase cervical mucus.
HOW EFFECTIVE IS IT?	When taken correctly failure rates are as low as 0.5 % (one in 200).	Less than one in 1000 women will fall pregnant.	One in 100 women will fall pregnant each year.	Less than one in 100 women will fall pregnant.
ADVANTAGES	Highly effective. Easy- no pills to remember. Nothing interferes with it working. Inexpensive. Safer for women unable to take estrogen (e.g. smokers)	Very effective for women with very heavy periods as designed to lighten bleeding. Nothing interferes with it working. Safe option for women unable to take estrogen. Can be used during breast-feeding.	Provides an effective option for women unable to take any hormones, provided their periods are not heavy.	Is a good option for women who find remembering the pill difficult and who have not had a child. Can be removed if side effects occur.
DIS ADVANTAGES?	Once injected it cannot be reversed, so if you have side effects (weight gain, mood swings, headaches, irregular bleeding) you need to wait until they wear off. There can be a delay to return to fertility of up to one year.	You need to have it inserted by a trained doctor / gynaecologist. In a woman who has not had a baby an anaesthetic is required as the procedure may be uncomfortable. May cause cessation of periods.	You need to have it inserted by a trained doctor / gynaecologist. Not suitable for women with a history of heavy or painful periods.	Needs to be inserted by a trained doctor. Some women (20%) will experience weight gain. Acne and mood swings also possible.
WILL IT CHANGE MY PERIODS?	50 % of women will stop having periods. Some women will have unpredictable spotting / bleeding which will often settle after 3 months or your second	Many women will experience spotting /irregular light bleeding for first 3 months which normally settles.	Period bleeding can become up to 40 % heavier and period pain might increase.	Approximately 30 % of women will have a normal period, 30 % will not have any periods and 30 % will have irregular bleeding for first 3 months (of which half will settle down)