

WHICH CONTRACEPTIVE METHODS SUITS YOU?

NATURAL METHOD

Fertility Awareness Methods/ Rhythm Method

- Depends on regular period and days between periods because ovum is not released during safe days.
- **Not suitable** for women with irregular menstrual period.
- Need partner's cooperation.



Withdrawal/Coitus Interruptus

- Man withdraws his penis from vagina before ejaculating.
- **Less effective** because small drops of sperms may be released into vagina.

Lactational Amenorrhea Method

- It can be effective **up to 6 months** after childbirth, as long as the mother is exclusively breastfeeding and remains amenorrhea (no period).
- Breastfeeding temporarily prevent the release of the natural hormones that cause ovulation.
- **98% effective as long as the criteria are satisfied.**

SHORT ACTING METHOD

Oral Contraceptive Pills

- Safe, cheap and easy access.
- No serious side effect.
- Low dosage of **progesterone** and **estrogen**.
- **91% rate of effectiveness.**
- Help woman to have regular menstrual cycle.
- Return to fertility with no delay.

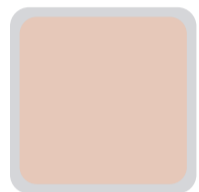


Injection



- Contains synthetic hormone which thicken mucus and prevent sperm from entering womb.
- Can be taken every 2 or 3 months
- **94% rate of effectiveness.**
- Woman will experience irregular menses.
- Return to fertility between 6 months to 1 year.

Patch



91% rate of effectiveness

- A small, thin, square flexible plastic which contain **progesterone** and **estrogen**.
- Can be stuck on abdomen, buttock or upper arm.
- Worn every week for 3 weeks, no patch for the 4th week (menstruation occur).
- Return to fertility with no delay.

Vaginal Ring



91% rate of effectiveness

- Requires keeping a flexible ring in vagina.
- Start each new ring on time for effectiveness.
- Preventing the release of eggs from the ovaries.
- Return to fertility with no delay.

Female Condom/Male Condom

- Cylinder rubber sheath that can protect from pregnancy.
- For male, condom should be wear during erection of penis.
- Remove the collected sperm in the condoms soon after intercourse.
- **The rate of effectiveness is 75%** (depend on user).



Condom is the **only** method that can prevent sexual transmitted infection (STI)

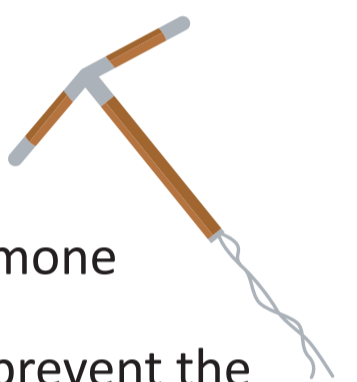
LONG ACTING REVERSIBLE METHOD

Implant



- A small flexible, soft, silastic cylinder rod.
- Inserted under the skin of upper arm performs by doctor.
- Releasing hormone slowly and it is barely visible and last for 3 years.
- For short term and long term use.
- Almost **100% rate of effectiveness.**

Intrauterine Device



Copper type

- Small, flexible, no hormone interference.
- Inserted by doctor to prevent the ovum from becoming embedded in the lining of womb.
- Does not interfere with sexual intercourse.
- **98-99% rate of effectiveness.**
- Return to fertility with no delay.

Hormonal type

- Small flexible T-shaped plastic device.
- Inserted by doctor into uterus (womb) and releases a progesterone hormone to stop ovary from releasing eggs.
- **99.8% rate of effectiveness.**
- Can be used for 3 or 5 years, depend on type and dose.

PERMANENT METHOD

99.5% rate of effectiveness

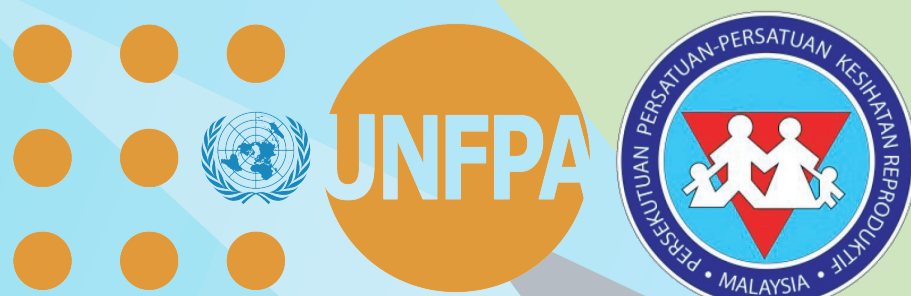
Tubal Ligation/Female Sterilization

- A method where doctor cuts and ties the fallopian tube so that ovum cannot travel down.
- Perform by doctors only.
- No side effect.

Vasectomy

99.8% rate of effectiveness

- A method where doctor cuts and ties the tube that carried sperms to prevent sperm from meeting ovum.
- Perform by doctors only.
- No side effect.



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FOR FURTHER INFORMATION, CONSULT YOUR DOCTOR TODAY!