


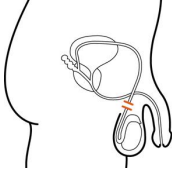


# What Contraceptive Suits You?

	BARRIER METHODS	HORMONAL METHODS	INTRAUTERINE DEVICES	STERILIZATION
				
<b>About</b>	These are common contraceptive methods that involve creating a physical barrier to prevent the sperm from entering the woman's uterus	An effective method where hormones are taken into the body and prevent the ovaries from releasing eggs.	It is a T-shaped device made of flexible plastic and works by making the uterus inhospitable to sperm. It may contain hormones.	This method is a permanent solution for men and women who do not intend to have children in the future
<b>Types</b>	CONDOM (MALE & FEMALE), SPERMICIDES, DIAPHRAM, CERVICAL CAP, CONTRACEPTIVE SPONGE	ORAL PILL, IMPLANTS, INJECTIONS, SKIN PATCHES, VAGINAL RINGS	IUD - WITH AND WITHOUT HORMONES	VASECTOMY, TUBAL LIGATION
<b>Method</b>	Barrier methods can contain chemicals that can add increased protection	Synthetic and natural hormones thicken mucus around the cervix and thin the lining of the womb.	This method works by thickening the mucus around the cervix and making the womb's lining thin so sperm cannot survive, or difficult to accept a fertilised egg	These methods involve a surgical procedure to stop the passage of sperm or ovaries.
<b>Affordability</b>	High	Medium	Low	High
<b>Usage</b>	Must use every time	Daily or regularly	No maintenance required	Permanent
<b>Effectiveness</b>	Moderate, effectiveness is increased if condoms are used with spermicide or in conjunction with withdrawal.	Up to 99.7%	99%	100%
<b>Reversible</b>	Yes	Yes	Yes	No
<b>Benefits</b>	No prescription required Some methods protect against HIV and many other STIs Non-hormonal Can be used with other birth control methods to increase effectiveness Can be used while breastfeeding	Periods may become lighter and cramping may lessen May improve hormonal acne May reduce the risk of ovarian cancer and endometrial cancer Fertility returns soon after discontinuing use	Longest-lasting reversible birth control method available Once removed, you can become pregnant right away Does not have to include hormones Safe to use while breastfeeding Fertility returns soon after discontinuing use, low infection rate,	Long-lasting, continuous method No maintenance and highly effective Non-hormonal Tubal ligation is effective right away Can be done at the time of delivery or c-section
<b>Disadvantages</b>	May break or slip off, requiring the need for emergency contraception Reduces spontaneity (although female condoms can be inserted prior to sex play) May reduce sensation for both partners	Can have side effects Does not protect against HIV or other STIs	Insertion and removal requires a visit to doctor Insertion is quick – 5 to 10 minute – but it's common to experience strong cramping during the insertion. Can be expelled or dislodged, which does not usually pose a health risk but can lead to pregnancy Does not protect against HIV or other STIs	Additional risks depending on the type of sterilization Does not protect against HIV and other STIs
<b>Possible Side Effects</b>	Irritation, allergic reactions, UTI	Menstrual Changes, Mood Swings Or Depressed Mood, Weight Gain, Headache, Acne, Loss Of Bone Density irregular Bleeding/ Bleeding Between Periods, Nervousness, Dizziness, Abdominal Discomfort	Irregular Bleeding, Abdominal/pelvic Pain	Failure of the procedure — the fallopian tubes reconnect and allow sperm to reach the egg— is highly unlikely. However, in the case that it occurs, ectopic pregnancy is possible and can be life-threatening