

## What are combined oral contraceptive?

Pills that contain low doses of 2 hormones—a progestin and an estrogen—like the natural hormones progesterone and estrogen in a woman's body. Work primarily by preventing the release of eggs from the ovaries (ovulation).

### Benefits

1. Safe for nearly all women except breast feeding women in the first six month postmortem
2. Highly effective
3. Reversible
4. Easy to use
5. Can be provided by trained non medical staff
6. Usually Menstrual cycle become regular

### Side Effects

- Headaches
  - Dizziness
  - Nausea
  - Breast tenderness
  - Weight change
  - Mood changes
  - Acne (can improve or worsen, but usually improve.)
- Side effects are very rare and treatable

## Progestin Oral Pills (POP)

Also called mini pills. Contain low dose of progestin.

### Benefits

- Safe for nearly all women especially breast feeding women
- Highly effective

### Injectable contraceptives

- Injectable contraceptives contain either one hormone i-e progestin e.g Depo-provera, Norigest or combination of two hormones i-e estrogen & Progestin e.g masigyna
- Depo-Provera® is depot medroxyprogesterone acetate (DMPA) aqueous suspension 150 mg in 1 ml.
- Depo-Provera® is given on a regular basis every 12 weeks
- Norigest 8 wkly
- Masygyna 8 wkly

### Side effects:

#### Some users report the following:

- Changes in bleeding pattern with DMPA
- Weight gain
- Headaches
- Dizziness
- Abdominal bloating and discomfort
- Mood changes
- Less sex drive

## What are implants

Implants are small flexible rods or capsules that are placed just under the skin of the upper arm. Provide long-term pregnancy protection. Very effective for 3 to 7 years, depending on the type of implant, immediately reversible

### Benefits

- Protect from pregnancy
- Symptomatic pelvic inflammatory disease
- Iron-deficiency anemia

### Some users report the following side effects

- Changes in bleeding patterns
- Headaches
- acne
- Weight change
- Breast tenderness
- Dizziness
- Mood changes

## IUD (intrauterine contraceptive device)

Long-term pregnancy protection. Shown to be very effective for 12 years, immediately reversible. Inserted into the uterus by a specifically trained provider.

### Copper-Bearing Intrauterine Device

Studies have found that the Cu-380A (commonly known as CU-T) is effective for 10- 12 years. The Multiload Cu375 is a copper-releasing intrauterine contraceptive device (IUCD) that is effective for 5 years. It is widely used and well known for its unique design, as well as for its effectiveness, ease of insertion, wide margin of safety, acceptability to clients, and low cost.

The Multiload IUCD was originally designed so that the same basic skeleton (stem and arms) could be loaded with different amounts of copper or hormones in the subsequent models.

#### Benefits

- 1.Long term contraception
- 2.Effective just after insertion
- 3.Usually immediate return of fertility
- 4.No interference with sex
5. No effect on breast milk
- 6.No hormonal side effects
- 7.No need of repeated follow up until any problem
- 8.Immediate return of fertility

#### Side effects

- 1 .Heavy bleeding usually in initial 2 to 3 cycles
2. Some time amenorrhea
3. Pelvic inflammatory disease
4. Backach

### What are Condoms?

Condoms are a barrier method of contraception. There are male condoms and female condoms. A male condom is a thin sheath (usually made of latex, a type of rubber) that is worn on the penis. A female condom is a polyurethane sheath with a flexible ring at either end. One end is closed and inserted into the vagina; the other end is open and the ring sits outside the opening of the vagina. The male condom, sometimes called a "rubber" or "prophylactic," is far more commonly used.

### How Does It Work?

Condoms work by keeping semen (the fluid that contains sperm) from entering the vagina. The female condom is inserted into the vagina , sheath then lines the walls of the vagina, creating a barrier between the sperm and the cervix.

### Protection Against STI

When properly used, condoms are effective against most STIs.

### Permanent Contraception

There are two methods of permanent contraception.

**Tubal-ligation** is the permanent contraceptive method for females and vasectomy is the permanent Contraceptive method for males

### Possible Side Effects

Most men and women have no problems using condoms. Side effects that can occasionally occur include:

- Allergy to latex condoms
- Irritation of the penis or the vagina from spermicides or lubricants that some condoms are treated with

### Advantages

- 1.very effective
- 2.Short time procedure
- 3.Need local anesthesia
- 4.Very few complication
- 5.Early recovery
- 6.No interference with sex

### Disadvantages

- 1.Some time complications occur
- 2.Psychological effect

