

### IUCD (NO HORMONE)

#### DESCRIPTION:

- Small plastic device containing copper
- Placed into the uterus (womb)
- Inserted six weeks or more after giving birth

#### ADVANTAGES:

- Lasts for 5 – 10 years but can be removed at any time
- No hormonal side effects

#### DISADVANTAGES

- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING ✓



Typical user failure rate 0.8%\*

### MIRENA - INTRAUTERINE SYSTEM

#### DESCRIPTION:

- Small plastic device containing a hormone which is released slowly
- It is placed into the uterus (womb)
- Inserted six weeks or more after giving birth

#### ADVANTAGES:

- Lasts for up to 5 years but can be removed at any time
- Lighter periods or no periods
- Provides treatment for women with heavy bleeding

#### SIDE EFFECTS & DISADVANTAGES

- Can cause irregular bleeding in first few months, usually settles
- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING ✓



Typical user failure rate 0.2%\*

### JADELLE (IMPLANT)

#### DESCRIPTION:

- Two rods thinner than a matchstick inserted under the skin of upper arm

#### ADVANTAGES:

- Lasts for up to 5 years but can be removed at any time
- May stop periods

#### SIDE EFFECTS & DISADVANTAGES

- Irregular bleeding which may require treatment
- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING ✓



Typical user failure rate 0.05%\*

### DEPO PROVERA (INJECTION)

#### DESCRIPTION:

- Injection every 12 weeks

#### ADVANTAGES:

- May stop periods

#### SIDE EFFECTS

- Can cause irregular bleeding

OK WHEN BREASTFEEDING ✓



Typical user failure rate 6.0%\*

### PROGESTOGEN ONLY PILL (MINI PILL)

#### DESCRIPTION:

- A daily pill that contains one hormone

#### ADVANTAGES:

- May stop periods

#### SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day at the same time (within three hours)
- Can have irregular bleeding or spotting

OK WHEN BREASTFEEDING ✓



Typical user failure rate 9.0%\*

# Options for family planning



“  
It's your choice

“  
Speak to your Midwife/GP  
before baby is 6 weeks old

“  
It could be free of charge. Ask now

### COMBINED ORAL CONTRACEPTIVE PILL (COC)

#### DESCRIPTION:

- A daily pill that contains two hormones

#### ADVANTAGES:

- Periods usually shorter, lighter and less painful
- Regular periods

#### SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day (within 24 hours)
- Cannot be used by some women who are overweight, smoke or have high blood pressure
- Cannot be used whilst breastfeeding



Typical user failure rate 9.0%\*

### CONDOMS

#### DESCRIPTION:

- Thin rubber device that fits over the man's erect penis
- Collects sperm

#### ADVANTAGES:

- Protects against some sexually transmitted infections

#### SIDE EFFECTS & DISADVANTAGES

- Have to remember to carry with you
- Unreliable unless used correctly

OK WHEN BREASTFEEDING ✓



Typical user failure rate 18.0%\*

### TUBAL LIGATION (FEMALE STERILISATION) - TUBE TIE

#### DESCRIPTION:

- Surgery which requires a general anaesthetic
- Usually a "keyhole" procedure where a clip is put on each of the woman's tubes

#### ADVANTAGES:

- Permanent
- If you decide before birth of baby it can be done before you leave hospital after the birth

#### SIDE EFFECTS & DISADVANTAGES

- Only for women who are certain their family is complete

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.5%\*



### VASECTOMY (MALE STERILISATION)

#### DESCRIPTION:

- Minor surgery on a man's scrotum (balls)
- Cut and tie vas deferens (tubes) that transport sperm
- Takes up to three months to be reliable

#### ADVANTAGES:

- Does not interfere with sexual performance
- A very effective method of contraception for men

#### SIDE EFFECTS & DISADVANTAGES

- Only for men who are certain their family is complete

OK WHEN BREASTFEEDING ✓

Typical user failure rate 0.15%\*

