

Contraceptives

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The purpose of contraception is not only to prevent pregnancy, but also to protect yourself against STDs (See page 65-66). Various methods of contraception, for men and woman, are available.

The most effective method of birth control are sterilization, this is however not recommended when you want to fall pregnant somewhere in the distant future, because it is not reversable. Other options, such as intrauterine devices, pills, injections, vaginal rings, diaphragms and condoms, are reversable. With the reversable contraception the rate of falling pregnant after removal thereof is exactly the same as in women who used no birth control.

The Different Contraceptives

- Hormonal – Birth control pills. Do not cause an increase in the risk of miscarriage or any birth defects. The pills are however only effective when they are taken every single day.
- Barrier – Sperm is physically prevented from entering the uterus. Barrier methods include condoms and diaphragms.
- Intrauterine devices (IUD) – Small T-shaped devices that are placed into the uterus. This is the most effective form of reversible contraception. IUD can be inserted immediately after delivery and has no effect in breast feeding. Once removed, even after long term use, fertility returns to normal immediately.
- Sterilization – This is a permanent form of contraception. This method is highly effective, but it cannot be reversed.
- Emergency – Medication used after sexual intercourse with the hope of preventing pregnancy.
- There are various other contraceptive methods. These are however generally not recommended, due to their high failure rate.
- Always see your doctor if you have serious side-effects to the contraceptive method that you use. Make sure to start using a different contraceptive method, after seeing your doctor, instead of not using any form of contraception!

PLEASE SEE THE ATTACHED SECTION ON VARIOUS CONTRACEPTIVE METHODS AND FAMILY PLANNING. (See Page 36-50)



How to use a male condom?

- The condom should not be too tight at the tip. Leave space for the ejaculation.
- BUT wearing a condom too loose is also a problem.
- Do not invert or spill a condom that has been used.
- Always put the condom on with the correct side on the outside. If the condom has been put on wrong. Throw it away, do not re-use it.
- Be very careful with the condom if it is being handled with long nails.
- Do not use any oil-based lubricants with the condom.
- NEVER re-use a condom. A condom can only be used once. A new condom have to be used during multiple sexual intercourse.

How to use a female condom?

A female condom consists of two rings. The larger rings fits over the cervix and the smaller ring remains outside the vagina.

Misconceptions

There are a number of misconceptions with regards to sexual intercourse and pregnancy.

- Showering after sexual intercourse is not an effective form of preventing pregnancy.
- Women can become pregnant the first time they have sexual intercourse.
- It is possible, although not very likely, to become pregnant during menstruation.

