

# YOUR CHOICE Contraceptive methods

## BARRIER METHODS

- Based on creating a barrier that prevents sperm and eggs from meeting.
- In this group, female and male condoms are the only barrier contraceptives that protect against sexually transmitted infections (STIs).

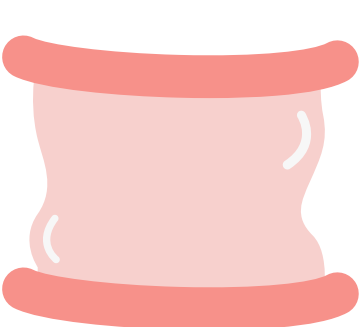
### MALE CONDOM

Most used method.  
Placed over the penis.  
Used typically: **88%** efficacy.  
Used perfectly: **98%** efficacy.



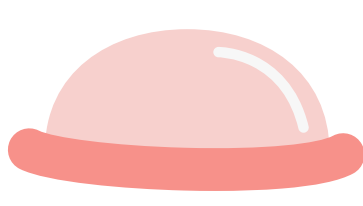
### FEMALE CONDOM

Placed inside the vagina.  
Used typically: **79%** efficacy.  
Used perfectly: **95%** efficacy.



### DIAPHRAGM OR CAP

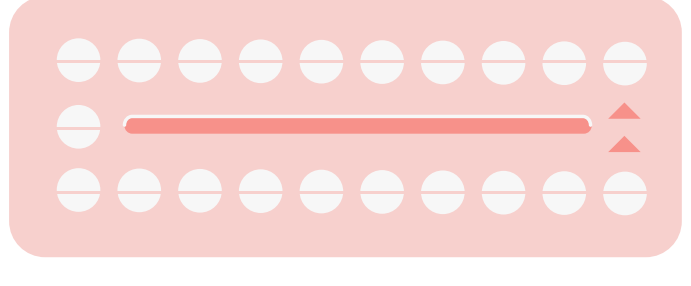
Inserted before sexual intercourse and should not be withdrawn until six hours after ejaculation.  
Used typically: **82%** efficacy.  
Used perfectly: **86%** efficacy.



## HORMONAL METHODS

### PILL

Taken the same time everyday.  
Used typically: **93%** efficacy.  
Used perfectly: **99.5%** efficacy.



### Combined pill

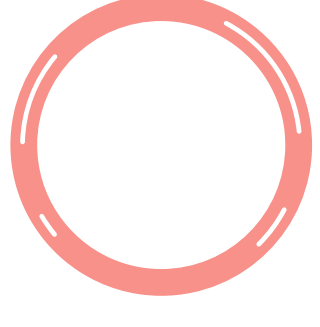
Contains two hormones (progestin and estrogen).

### Progestogen-only pill

Contains only a low dose of progestogen.

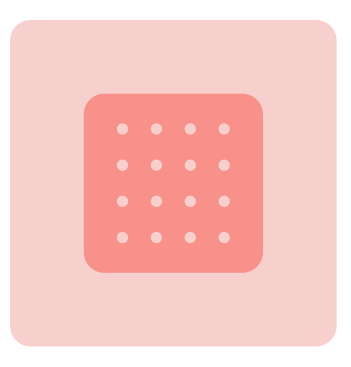
### VAGINAL RING

Soft plastic ring inserted into vagina. It slowly releases low doses of estrogen and progestin.  
Duration of three weeks, removed in the fourth week.  
Used typically: **93%** efficacy.  
Used perfectly: **99.5%** efficacy.



### CONTRACEPTIVE PATCH

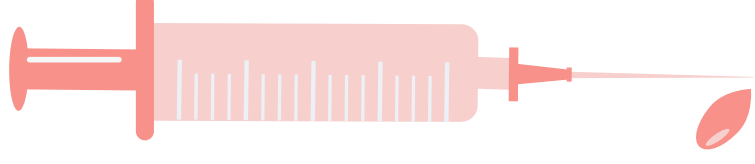
Small patch which contains contraceptive hormones. These hormones are released and absorbed through the skin.



Patch should be changed every week for the duration of three weeks, and removed on the fourth week.  
Used typically: **91%** efficacy. Used perfectly: **99%** efficacy.

### CONTRACEPTIVE INJECTION

Intramuscular Injection of progesterone.  
Every thirteen weeks.



Ideal for women who cannot take hormonal contraceptive pills.  
Used typically: **96%** efficacy. Used perfectly: **99.8%** efficacy.

### CONTRACEPTIVE IMPLANT

Small rod inserted under the skin of the arm. It releases progestogen.  
Duration of three years.  
Efficacy **99.95%**.



## INTRAUTERINE DEVICE

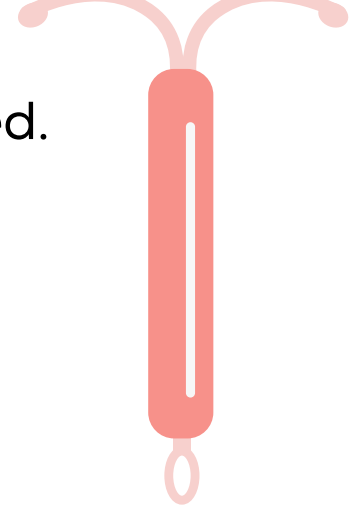
- T-shaped device made of plastic or copper.
- Inserted into the uterus by a specialized doctor.

### HORMONAL IUD

Releases progestin constantly.  
Duration of five years.  
Efficacy: **99.9%**.

### COPPER IUD

No hormones released.  
Duration 5-10 years.  
Efficacy: **99.95%**.



ABBREVIATIONS: **IUD:** Intrauterine device; **STIs:** Sexual transmitted infections.