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**Contraception aims to prevent pregnancy.**A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening by:

* keeping the egg and sperm apart
* stopping egg production
* stopping the combined sperm and egg (fertilised egg) attaching to the lining of the womb

Types of contraception includes

1. Condom
2. Contraceptive Implant
3. The Pill
4. Intrauterine System
5. Diaphragm
6. Female Condom
7. Contraceptive Patch
8. Contraceptive Ring

1. CONDOM: A condom is a thin film sheath made of latex or polyurethane that is placed over man’s erect penis before sex.They work by catching the sperm as it is released and stopping it from entering the vagina at all. The tip has a reservoir which collects the man’s semen and prevents it from entering the vagina when he ejaculates.

2. CONTRACEPTIVE IMPLANT:  About same size than a matchstick, the implant is placed just below the skin of your upper arm where it constantly releases the [hormone](https://www.your-life.com/en/your-body/general/%22%20%5Cl%20%22wcd__anchor-nav__anchor-item__hormones) progestin in small doses from a reservoir into your blood stream. The [hormone](https://www.your-life.com/en/your-body/general/%22%20%5Cl%20%22wcd__anchor-nav__anchor-item__hormones) keeps your ovaries from releasing eggs but also thickens your cervical mucus making it hard for sperm to move around in the womb and fertilize an egg.

3. THE PILL: The Pill is a tablet you take once a day – there are a few different types of pill. The combined pill contains estrogen and progestin, which stop the ovaries from releasing eggs. It also thickens the cervical mucus, which keeps the sperm from getting to the egg. The so-called mini pill contains only one [hormone](https://www.your-life.com/en/your-body/general/%22%20%5Cl%20%22wcd__anchor-nav__anchor-item__hormones), a progestin, which offers an alternative to those affected by the [hormone](https://www.your-life.com/en/your-body/general/%22%20%5Cl%20%22wcd__anchor-nav__anchor-item__hormones)estrogen.

4. INTRAUTERINE SYSTEM: The IUS is a small, soft, T-shaped device with a reservoir containing the [hormone](https://www.your-life.com/en/your-body/general/%22%20%5Cl%20%22wcd__anchor-nav__anchor-item__hormones) progestin that is placed in the womb by your healthcare provider. The IUS works by continuously releasing a low dose of progestin from the intrauterine system into the womb. It thickens the mucus of your cervix, which makes it harder for sperm to move freely and reach the egg and it also thins the lining of your uterus. At 99.8% effectiveness, you’re about as protected as you possibly can be by a contraceptive method. It’s a great method for the super organized, the forgetful, the frequent traveller and pretty much anyone else who is keen on staying not pregnant.

5. DIAPHRAGM: The diaphragm is a simple tool, it looks like a tiny hat and it just stands in the way stopping any sperm from getting anywhere near your uterus. The dome-shaped flexible disc has a flexible rim and is made from latex rubber or silicone. It is inserted into the vagina to form a barrier between the sperm and the entrance of the woman’s womb.