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**MATRIC NUMBER:18/MHS01/295**

**DEPARTMENT: ANATOMY**

**COURSE CODE: PHS 204**

**Points to include:**

**Write what you know about contraception and the types you know.**

**Give examples of the types of contraceptives and major on any five.**

Contraception and fertility control, is a method or device used to prevent pregnancy.

The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse.

1. Long Acting Reversible Contraception **Contraceptive implant**
2. Hormonal Methods **Contraceptive injection**
3. Barrier Methods **Diaphragm**
4. Emergency Contraception **Copper IUD**
5. Sterilization

**sterilization implant**

**EXAMPLES OF CONTRACEPTION**

1. **Contraceptive implant**
2. **Contraceptive injection**
3. **Contraceptive patch**
4. **Diaphragm**
5. **IUD (intrauterine device, coil)**

**Contraceptive implant**

The contraceptive implant is a thin, flexible 40mm long rod that's inserted under the skin of your upper arm.

The implant stops the release of an egg from the ovary by slowly releasing progestogen into your body. Progestogen also thickens the cervical mucus and thins the womb lining. This makes it harder for sperm to move through your cervix, and less likely for your womb to accept a fertilised egg.

1. If implanted correctly, it's more than 99% effective. Fewer than one woman in 1,000 who have the implant as contraception for three years will get pregnant.
2. It's very useful for women who know they don't want to get pregnant for a while.
3. It can be useful for women who can't use contraception that contains oestrogen.

**How the implant works**

The implant steadily releases the hormone progestogen into your bloodstream. Progestogen is similar to the natural hormone progesterone, which is released by a woman's ovaries during her period.

The continuous release of progestogen:

1. stops a woman releasing an egg every month (ovulation)
2. thickens the mucus from the cervix (entrance to the womb), making it difficult for sperm to pass through to the womb and reach an unfertilised egg
3. makes the lining of the womb thinner so that it is unable to support a fertilised egg

**Advantages and disadvantages of the implant**

The main advantages of the contraceptive implant are:

* it works for three years
* the implant does not interrupt sex
* it's suitable if you can't use oestrogen-based contraception, such as the combined contraceptive pill, contraceptive patch or vaginal ring
* Fertility should return to normal as soon as the implant is removed
* after the contraceptive implant has been inserted, you should be able to carry out normal activities

**Disadvantages**

* Periods may change significantly while using a contraceptive implant. Around 20% of women using the implant will have no bleeding, but almost 50% will have infrequent or prolonged bleeding. Bleeding patterns often remain irregular.

Other side effects that some women report are:

* headaches
* acne
* nausea
* breast tenderness
* changes in mood
* loss of sex drive

**Contraceptive injection**

The contraceptive injection (Depo-Provera, Sayana Press or Noristerat) releases the hormone progestogen into your bloodstream to prevent pregnancy.

* If used correctly, the contraceptive injection is 99% effective. This means than 1 woman in 100 who use the injection will become pregnant in a year.
* In real world use about 3 women in 100 become pregnant in a year because people forget to get the next injection (97% effective).
* The injection lasts for eight, 12 or 13 weeks (depending on the type)

**How the injection works**

The contraceptive injection steadily releases a progestogen hormone into your bloodstream. Progestogen is similar to the natural hormone progesterone, which is released by a woman's ovaries.

The continuous release of progestogen:

* stops a woman releasing an egg every month (ovulation)
* thickens the mucus from the cervix (neck of the womb), making it difficult for sperm to pass through to the womb and reach an unfertilised egg
* makes the lining of the womb thinner, so that it is unable to support a fertilised egg
* The injection can be given at any time during your menstrual cycle.

**Advantages and disadvantages of the injection**

Advantages of the contraceptive injection are:

* each injection lasts for either eight, 12 or 13 weeks
* the injection does not interrupt sex
* the injection is an option if you cannot use oestrogen-based contraception, such as the combined pill, contraceptive patch or vaginal ring

**Disadvantages of the contraceptive injection are:**

**Disrupted periods**

Periods may change significantly during the first year of using the injection. They will usually become irregular and may be very heavy, or shorter and lighter, or stop altogether. This may settle down after the first year, but may continue as long as the injected progestogen remains in your body.

It can take a while for periods and natural fertility to return after you stop using the injection. It takes around eight to 12 weeks for injected progestogen to leave the body.

Until you are ovulating regularly each month, it can be difficult to work out when you are at your most fertile. In some cases, it can take three months to a year for your periods to return to normal.

**Weight gain**

May put on weight when you use the contraceptive injection, particulaly if under 18 years old and are overweight with a BMI (body mass index) of 30 or over.

Other side effects that some women report are:

* headaches
* acne
* tender breasts
* changes in mood
* loss of sex drive

**Contraceptive patch**

The contraceptive patch is a sticky patch, a bit like a nicotine patch, measuring 5x5cm. It delivers hormones into your body through your skin.

It contains the same hormones as the combined pill, and it works in the same way. This means that it prevents ovulation (the release of an egg); it thickens cervical mucus, which makes it more difficult for sperm to travel through the cervix; and it thins the womb lining, making it less likely that a fertilised egg will implant there.

* When used correctly, the patch is more than 99% effective at preventing pregnancy.
* As humans make mistakes, in real world use at least 8 women in 100 a year become pregnant (92% effective).
* Each patch lasts for one week. Change the patch every week for three weeks, then have a week off without a patch.

**How the patch works**

Apply a new patch once a week (every seven days) for three weeks, and then stop using the patch for seven days.

* sore or irritated skin
* anywhere it may get rubbed off by tight clothing
* your breasts

**Advantages and disadvantages of the patch**

If it is used properly, the contraceptive patch is more than 99% effective in stopping from getting pregnant. This means that if 100 women use the patch according to the instructions, fewer than one will get pregnant in a year. Other advantages of the patch are:

* it's very easy to use and does not interrupt sex
* unlike the combined oral contraceptive pill, you do not have to think about it every day – you only have to remember to change the patch once a week
* the hormones from the contraceptive patch do not need to be absorbed by the stomach, so it is just as effective even if you vomit or have diarrhoea

disadvantages of the patch are that:

* it may be visible
* it can cause skin irritation, itching and soreness
* it does not protect against STIs

**Diaphragm**

A contraceptive diaphragm is a circle of silicone inserted into the vagina before sex to cover the cervix so that sperm can't get into the womb (uterus).Need to use spermicide with it (spermicides kill sperm).

The diaphragm must be left in place for at least six hours after sex.

* When used correctly with spermicide, a diaphragm is 92-96% effective at preventing pregnancy – this means that between four and eight women out of every 100 who use a diaphragm as contraception will become pregnant within a year.
* In real world use about 16 women a year become pregnant because people forget to use it or don’t put it in properly (84% effective).
* Diaphragms may be more effective in women who haven't had a baby.

**How the contraceptive diaphragm works**

* A diaphragm is a barrier method of contraception. It fits inside the vagina and prevents sperm from passing through the cervix . Diaphragms are soft, thin domes made of silicone, and come in different shapes and sizes.
* To be effective in preventing pregnancy, diaphragms need to be used in combination with spermicide, which is a chemical that kills sperm.
* Only have to use a diaphragm when you have sex, but must leave it in for at least six hours after the last time you had sex.

**Advantages and disadvantages of a diaphragm**

A diaphragm has the following advantages:

* You only need to use a diaphragm when you want to have sex.
* You can put it in at a convenient time before having sex (but do not forget to use extra spermicide if you have it in for more than three hours).
* There are no serious associated health risks or side effects.

A diaphragm has the following disadvantages:

* It is not as effective as other types of contraception.
* It only provides limited protection against STIs.
* It can take time to learn how to use it.
* Putting it in can interrupt sex.
* Cystitis (bladder infection) can be a problem for some women who use a diaphragm.

**IUD (intrauterine device, coil)**

An IUD is a small T-shaped plastic and copper device that’s inserted into your womb (uterus) by a specially trained doctor or nurse.

The IUD works by stopping the sperm and egg from surviving in the womb or fallopian tubes. It may also prevent a fertilised egg from implanting in the womb.

* There are different types of IUD, some with more copper than others. IUDs with more copper are more than 99% effective. This means that fewer than one in 100 women who use an IUD will get pregnant in one year. IUDs with less copper will be less effective.
* An IUD works as soon as it's put in, and lasts for five to 10 years, depending on the type.
* It can be put in at any time during menstrual cycle, as long as you're not pregnant.
* It can be removed at any time by a doctor or nurse and will quickly return to normal levels of fertility.

**How an IUD works**

The IUD is similar to the IUS (intrauterine system) but works in a different way. Instead of releasing the hormone progestogen like the IUS, the IUD releases copper. Copper changes the make-up of the fluids in the womb and fallopian tubes, stopping sperm surviving there. IUDs may also stop fertilised eggs from implanting in the womb.

**Advantages and disadvantages of an IUD**

**Advantages of an IUD**

* Most women can use an IUD, including women who have never been pregnant.
* Once an IUD is fitted, it works straight away and lasts for up to 10 years (depending on type) or until it's removed.
* It doesn't interrupt sex.

**Disadvantages of an IUD**

* Periods may become heavier, longer or more painful, though this may improve after a few months.
* An IUD doesn't protect against STIs. If you get an STI while you have an IUD, it could lead to a pelvic infection if not treated.