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**What is contraception**

**It can be described as the use of a device or procedure to prevent conception as a result of sexual activity.**

**A woman can get pregnant if a man’s sperm reaches one of her eggs (ova).**

**Contraception tries to stop this happening by:**

**I) Keeping the egg and sperm apart**

**II) Stopping egg production**

**III) Stopping the combined sperm and egg (fertilized egg) attaching to the lining of the womb.**

**Types of contraception**

**1) Caps or contraceptive diaphragm**

**2) Combined pill**

**3) Condoms ( male and female )**

**4) Contraceptive implant**

**5) Contraceptive injection**

**6) Contraceptive patch**

**7) Intrauterine device**

**8) Intrauterine system**

**9) Natural family planning**

**10) Progestogen-only pill**

**11) Vaginal ring**

**There are 2 permanent methods of contraception**

**12) Female sterilization**

**13) Male sterilization**

**1) Cap or contraceptive diaphragm**

**A contraceptive diaphragm or cap is a circular dome made of thin, soft silicone that's inserted into the vagina before sex.**

**It covers the cervix so sperm can't get into the womb (uterus) to fertilize an egg.**

**Contraceptive cap**

**When used correctly with spermicide, a diaphragm or cap is 92-96% effective at preventing pregnancy – this means that between 4 and 8 women out of every 100 who use a diaphragm or cap as contraception will become pregnant within a year.**

**There are no serious health risks.**

**You only have to think about it when you have sex.**

**You can put in a diaphragm or cap with spermicide any time before you have sex.**

**More spermicide is needed if it's been in place for more than 3 hours.**

**The diaphragm or cap needs to be left in place for at least 6 hours after sex.**

**It can take time to learn how to use it.**

**Some women develop cystitis (a bladder infection) when they use a diaphragm or cap. Your doctor or nurse can check the size – switching to a smaller size may help.**

**If you lose or gain more than 3kg (7lbs) in weight, or have a baby, miscarriage or abortion, you may need to be fitted with a new diaphragm or cap.**

**By using condoms as well as a diaphragm or cap, you'll help to protect yourself against sexually transmitted infections (STIs).**

**2) Condoms (Male and Female)**

**Condoms are the only type of contraception that can both prevent pregnancy and protect against sexually transmitted infections (STIs). There are two types of condoms: male condoms, worn on the penis; and female condoms, worn inside the vagina.**

**Male Condoms**

**Male  condoms are made from very thin latex (rubber), polyisoprene or polyurethane and are designed to stop a man's semen from coming into contact with his sexual partner.**

**Facts about male condom**

**When used correctly every time you have sex, male condoms are 98% effective. This means 2 out of 100 women will become pregnant in one year when male condoms are used as contraception.**

**Oil-based products – such as moisturizer, lotion and Vaseline – can damage latex and polyisoprene condoms, but they are safe to use with polyurethane condoms.**

**Water-based lubricant is safe to use with all condoms.**

**It's possible for a condom to slip off during sex. If this happens, you may need emergency contraception and to get checked for STIs.**

**Condoms need to be stored in places that aren't too hot or cold, and away from sharp or rough surfaces that could tear them or wear them away.**

**If you're sensitive to latex, you can use polyurethane or polyisoprene condoms instead.**

**A condom must not be used more than once. Use a new one each time you have sex.**

**Condoms have a use-by date on the packaging. Don't use out-of-date condoms.**

**Always use condoms that have the BSI kite mark and the CE mark on the packet. This means they've been tested to high safety standards.**

**Female Condoms**

**Female condoms are made from soft, thin synthetic latex or latex. They're worn inside the vagina to prevent semen getting to the womb.**

**facts about the female condom**

**If used correctly, female condoms are 95% effective.**

**They protect against pregnancy and sexually transmitted infections (STIs).**

**A female condom needs to be placed inside the vagina before there's any contact with the penis.**

**Always buy condoms that have the CE mark or the BSI Kitemark on the packet. This means they have been tested to high safety standards.**

**A female condom can get pushed inside the vagina during sex, but it's easy to remove them yourself if this happens.**

**Female condoms may not be suitable for women who are not comfortable touching their genital area.**

**Female condoms should not be reused. Open a new one each time you have sex.**

**3) Contraceptive implant**

**The contraceptive implant (Nexplanon) is a small flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse. It releases the hormone progestogen into your bloodstream to prevent pregnancy and lasts for 3 years.**

**About the Contraceptive implant**

**The implant is more than 99% effective.**

**Once the implant is in place, you don't have to think about it again for 3 years.**

**It can be useful for women who can't use contraception that contains estrogen.**

**It's very useful for women who find it difficult to remember to take a pill at the same time every day.**

**The implant can be taken out if you have side effects.**

**You can have it removed at any time, and your natural fertility will return very quickly.**

**When it's first put in, you may feel some bruising, tenderness or swelling around the implant.**

**Your periods may become irregular, lighter, heavier or longer.**

**A common side effect is that your periods stop (amenorrhoea). It's not harmful, but you may want to consider this before deciding to have an implant.**

**Some medicines can make the implant less effective.**

**It doesn't protect against sexually transmitted infections (STIs), so you may need to use condoms as well.**

**4) Contraceptive injection**

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

**Depo-Provera  lasts for 13 weeks. Occasionally, Noristerat may be given, which lasts for 8 weeks.**

**Sayana Press also lasts for 13 weeks, but it's a newer type of injection so is not available at all clinics or GP surgeries.**

**About contraceptive injection**

**If used correctly, the contraceptive injection is more than 99% effective.**

**It lasts for 8 or 13 weeks (depending on which injection you have) so you do not have to think about contraception every day or every time you have sex during this period.**

**It's very useful for women who find it difficult to remember to take a pill at the same time every day.**

**It does require you to remember to have a repeat injection before it expires or becomes ineffective.**

**It can be useful for women who cannot use contraception that contains oestrogen.**

**It's not affected by other medicines.**

**Side effects can include weight gain, headaches, mood swings, breast tenderness and irregular bleeding.**

**Your periods may become more irregular, heavier, shorter, lighter or stop altogether.**

**It can take up to 1 year for your fertility to return to normal after the injection wears off, so it may not be suitable if you want to have a baby in the near future.**

**It does not protect against sexually transmitted infections (STIs), so you may need to use condoms as well.**

**5) Intrauterine device (IUD)**

**An IUD is a small T-shaped plastic and copper device that's put into your womb (uterus) by a doctor or nurse. It releases copper to stop you getting pregnant, and protects against pregnancy for between 5 and 10 years. It's sometimes called a "coil" or "copper coil".**

**facts about the IUD**

**When inserted correctly, IUDs are more than 99% effective.**

**An IUD works as soon as it's put in and lasts for 5 to 10 years, depending on the type.**

**It can be put in at any time during your menstrual cycle, as long as you're not pregnant.**

**It can be taken out at any time by a specially trained doctor or nurse. It's then possible to get pregnant straight away.**

**Your periods can be heavier, longer or more painful in the first 3 to 6 months after an IUD is put in. You might get spotting or bleeding between periods.**

**There's a small risk of getting an infection after it's been fitted.**

**There's a small risk that your body may push out the IUD or it may move. Your doctor or nurse will teach you how to check it's in place.**

**It can be uncomfortable when the IUD is put in, but painkillers can help.**

**It may not be suitable if you have had previous pelvic infections.**

**It does not protect against sexually transmitted infections (STIs), so you may need to use condoms as well.**