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**DEPARTMENT:** PHARMACOLOGY

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**QUESTION:** write what you know about contraception and the types you know. Give examples of the types of contraceptives and major on any five.

**What is contraception?**

Contraception is the deliberate use of artificial methods other techniques to prevent pregnancy as a consequence of sexual intercourse. Contraception is aimed at preventing pregnancy. Contraception prevents pregnancy by interfering with the normal process of ovulation, fertilization and implantation. There are different types of contraception.

**Types of contraception**.

1. Hormonal contraception method: this involves the use of hormones to prevent ovulation in a woman. Although oral contraceptive pills are the most widely used hormonal method, other options are available including the vaginal ring, hormonal patches applied to the skin and injections of progestin.
2. Barrier contraception method: barrier options prevent fertilization of the egg by a sperm cell. These either prevent contact between the egg and sperm via a physical block or kill sperm cells before they are able to fertilize and egg. Examples are condoms and caps
3. Natural contraception method: methods involve tracking a woman’s menstrual cycle to try and determine when ovulation is most likely to occur and avoid sexual intercourse during that time.
4. Other types of contraception method: this include intrauterine devices and emergency contraception.
5. Surgical sterilization contraception method: it is a form of permanent contraception that is available for both women and men. Sterilization implants are a more recent type of permanent birth control that is available for women to avoid the surgical procedure associated with tubal ligation. this is process of completely taking away the body’s ability to reproduce through open or minimal invasion surgery. It is a permanent method of contraception.

**Examples of contraceptives**

1. Cap (Barrier contraception method)
2. Combined pill: It is a hormonal contraception method. It contains synthetic female hormones, oestrogen and progesterone. The hormones in the pill prevent a woman’s ovaries from releasing an egg. It also makes it difficult for the sperm to reach the egg.
3. Condoms: This is a barrier contraception method. There are two types of condoms: male condoms, which are worn on the penis and female condoms, which are worn inside the vagina. Male condoms are made from very thin latex, polyisoprene or polyurethane and are designed to stop a man’s sperm from coming in contact with his sexual partner. Condoms are the only contraceptives that help prevent pregnancy and STIs.
4. Contraceptive implant: The contraceptive implant is a thin flexible 40mm long rod that’s inserted under the skin of the upper arm. Its inserted by a professional. The implant stops the release of an egg from the ovary by slowly releasing progestogen into the body. Progestogen also thickens the cervical mucus and thins the womb lining. This makes it harder for sperm to move through the cervix.
5. Diaphragm: this is a circle of silicone inserted into the vagina before sex to cover the cervix so that sperm can’t get into the womb. Spermicide needs to be used along side with it.
6. Intrauterine Device: this small T-shaped device is made of material containing progestogen hormone or plastic and copper and is fitted inside a woman’s uterus by a trained healthcare provider. It’s long-acting and reversible method of contraception, which can stay in place for 3-10 years.
7. The contraceptive injection.
8. Contraceptive ring.
9. Emergency contraception.