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Contraception :

is a method or device used to prevent pregnancy. Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century. Planning, making available, and using birth control is called family planning. Some cultures limit or discourage access to birth control because they consider it to be morally, religiously, or politically undesirable.

There are different methods of contraception, including:

- long-acting reversible contraception, such as the implant or intra uterine device (IUD)
- hormonal contraception, such the pill or the Depo Provera injection
- barrier methods, such as condoms
- emergency contraception
- fertility awareness
- permanent contraception, such as vasectomy and tubal ligation.

1] **LONG-ACTING REVERSIBLE CONTRACEPTION** : There are two types which include :

- Long-acting reversible contraception (LARC) is a contraceptive that lasts for the intra uterine device (IUD) that lasts for three, five or ten years
- the implant that lasts for five years.

They are sometimes called “fit and forget” contraception because once it is put in, you don’t need to remember it every day or every month.

LARCs are the most effective types of contraception. They are more than 99% effective at preventing pregnancy.

a long time.

2] HORMONAL CONTRACEPTIVES

Hormonal contraceptives include the pill and the Depo Provera injection.

There are two types of pill:

- combined oral contraceptive pill
- progestogen-only contraceptive pill

You take one pill each day. The pill is more than 99% effective at preventing pregnancy if you take it correctly. However in typical use it is about 92% effective.

The Depo Provera injection is another type of hormonal contraception. You get an injection every three months. If you get your injections on time, Depo Provera is more than 99% effective but typically it is 97% effective.

3] BARRIER METHODS

Barrier methods stop sperm from entering the vagina. The two barrier methods are:

- condoms

- internal condoms

Condoms protect against sexually transmissible infections (STIs) as well as unintended pregnancy

4] **EMERGENCY CONTRACEPTION**

There are two options for emergency contraception: the emergency contraceptive pill (ECP) or a copper IUD.

The ECP is approved to be taken up to three days after unprotected sex. If you are an average weight, the ECP is 98% effective.

If you weigh more than 70kg, the ECP is less effective and a copper IUD is recommended. If you weigh more than 70kg and you choose to take ECP, you should ask if taking a double dose is the right option for you. The copper IUD can be inserted up to five days after unprotected sex, and is more than 99% effective at preventing pregnancy.

5] **PERMANENT CONTRACEPTION**

Permanent contraception, sometimes called sterilisation, prevents all future pregnancies. It is very difficult or impossible to reverse.

Permanent contraception is either a vasectomy or a tubal ligation.