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QUESTION: WRITE ABOUT CONTRACEPTON AND THE TYPES YOU KNOW

**CONTRACEPTION** is the deliberate use of artificial methods or other techniques to prevent pregnany as a consequence of sexual intercourse . The major forms of artificial contraception are barrier methods, of which the commonest is the condom or sheath, the contraceptive pill which contains synthetic sex hormones which prevent ovulation in the female. 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

**The 15 methods of contraception**

Don't be put off if the first type you use isn't quite right: you can try another.

Read about the different methods of contraception:

* caps
* combined pill
* condoms (female)
* condoms (male)
* contraceptive implant
* contraceptive injection
* contraceptive patch
* diaphragms
* intrauterine device (IUD)
* intrauterine system (IUS)
* natural family planning
* progestogen-only pill
* vaginal ring

There are 2 permanent methods of contraception:

* female sterilisation
* male sterilisation (vasectomy

Contraception methods. 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. Contraception methods allow a couple to prevent an unwanted pregnancy. There are a number of methods that allow a couple control over their fertility. Colloquially they are called birth control measures methods can be broadly classified into barrier methods (that prevent sperm cells from reaching the egg), methods that prevent ovulation such as the birth control pill, and methods that allow fertilization of the egg but prevent implantation of the fertilized egg inside the uterus (womb) such as the IUD (intrauterine device). . Different methods commonly employed by both men and women are mentioned

**Barrier method**

The idea of this contraceptive method is to form a barrier between the egg and the sperm so that conception via fertilization of the egg does not take place. The barrier can be used by the male or female partner. This method offers the additional benefit of preventing sexually transmitted diseases.

* **Male condoms**

A male condom is a thin sheath that covers the penis and collects the sperm as it is ejaculated. The sheath is generally made of latex rubber though a lambskin alternative is available for those who have a latex allergy. They are to be disposed of after single use. Whilst the latex condoms offer some protection against sexually transmitted diseases, lambskin condoms do not.

* **Female condoms**

Similar to the male condoms, the female condoms are also disposed of after a single use. They are made of plastic and are shaped like a pouch. The thin and flexible condom is inserted in the vagina before sexual intercourse.

* **Diaphragms**

Made of latex, the diaphragm is a shallow cup which is inserted into the vagina before sexual intercourse and blocks sperm from entering the uterus. The diaphragm needs to stay inside the vagina for 6 to 8 hours before it can be removed. It is often used in conjunction with a spermicide. In contrast to condoms, this is reusable for a year or two.

* **Cervical caps**

A silicone cup, quite like a diaphragm, the cervical cap is also inserted into the female’s vagina before sexual intercourse. It can be cleaned and reused for two years before it needs to be replaced. A cervical cap is often laced with a spermicide and needs to stay in place for 6 to 8 hours after intercourse to prevent pregnancy.

* **Contraceptive sponges**

These are foam sponges filled with spermicide. The soft sponge is inserted into the vagina before intercourse to form a barrier against the sperm entering the uterus. The spermicide kills the sperm cells. It needs to stay in the vagina for 6 to 8 hours after intercourse to prevent pregnancy.

**Hormonal method**

Hormones released into the bloodstream are responsible for directing the reproductive organs. Ovulation is a direct result of hormonal release, as is the production of sperms. If the hormones are manipulated artificially, conception will not occur.

* **The pill**

Combined Oral Contraceptive Pills (COCs) and Progestin Only Pills (POPs) are the two most common hormone-based birth control devices. The COCs interfere with the ovulation process, while the POPs thicken the cervical mucus, thereby making it difficult for sperm to enter the fallopian tubes. Emergency Contraceptive Pills or “morning after” pills utilize a bit of both these actions to prevent conception.

* **Contraceptive patch**

It is a plastic patch that is placed on the skin and can release hormones into the bloodstream. It lasts about a week and needs to be reapplied for three weeks out of four in the month. The fourth week no patch is used to allow menstruation.

* **Birth control injections**

The chemical depo medroxyprogesterone acetate is an injectable birth control method. The injection is required every 3 months. Unfortunately, it has a tendency to leach calcium from bones causing loss in bone density.

* **Vaginal rings**
* This is a ring about two inches in diameter, which is inserted into the vagina. The ring is removed after three weeks for a week to allow menstruation. A new ring is inserted after 7 days. When in the vagina, the combination of synthetic estrogen and progestin that the ring releases helps prevent conception

**Implantable rods**

A matchstick-sized rod is surgically implanted under the skin of the upper arm. It releases hormones directly into the bloodstream for effective contraception. It lasts for five years.

**Intrauterine methods**

* Intrauterine Devices (IUDs) are small T-shaped objects that are implanted in the uterus by a health care provider and removed if necessary). They can effectively prevent conception for many years **.**

**Copper IUD**

The IUD must be inserted into the uterus by a health care provider. The copper released into the uterus by the IUD causes an inflammation reaction. This prevents the sperm from reaching the egg and, subsequently, allowing fertilization to take place. They can be used for 12 year

**Hormonal IUD**

The hormones released cause the cervical mucus to thicken and prevent the sperm from reaching the egg. The uterus lining is also thinned and the IUD may also prevent the release of eggs from the ovary. The hormonal IUD can be used for 5 years.

The birth control methods mentioned here are all reversible. When the couple chooses to have a child, they may discontinue the use of the contraceptive method and fertility will be restored after a period of time.

**Common side effects of birth control pills**

Nausea

Vomiting

Weight gain

Skin discoloration

Acne

Bleeding between periods or spotting

Mood swings

Change in menstrual flow

Breast swelling or tenderness

Heart attacks, blood clots, and strokes are potential and serious complications of oral contraceptives.

**SURGICAL STERILIZATION**

Surgical sterilization is a form of permanent birth control that is available for both women (tubal ligation) and men (vasectomy). Sterilization implants (a small coil is inserted into the fallopian tubes to block them) are a more recent type of permanent birth control that is available for women that allows women to avoid the surgical procedure associated with tubal ligation .

**RISKS OF VASECTOMY**

The vasectomy procedure is associated with small risks from the procedure as well as some swelling and [pain](https://www.medicinenet.com/pain_management/article.htm) in the days following the procedure. For a time period post vasectomy a man can still be [fertile](https://www.medicinenet.com/ovulation_and_fertility_pictures_slideshow/article.htm) and it is usually recommended that a barrier method or other birth control method is used for 10-12 weeks or 15 to 20 ejaculations post procedure.