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Questions

Discuss contraception and different types with details of any five.

Answers

Contraception is a method used to stop egg production in females, to keep the egg and the sperm apart, it also stops the combination of the sperm and the egg attaching to the lining of the womb. Contraception could also be used as a method of family planning by using it as a form of birth control. There are some methods of contraceptions that are permanent such as female sterilization and male sterilisation also known as vasectomy.

Types of contraception

1. Caps
2. Combined pills
3. Condoms for both male and female
4. Contraceptive implant
5. Contraceptive injections
6. diaphragms
7. vaginal ring
8. natural family planning
9. Contraceptive patch
10. Intrauterine device (IUD).

1. Caps

A diaphragm or cap is a barrier method of contraception. It fits inside your vagina and prevents sperm passing through the cervix (the entrance of your womb). You need to use it with a gel that kills sperm (spermicide).

You only have to use a diaphragm or cap when you have sex, but you must leave it in for at least 6 hours after the last time you had sex. You can leave it in for longer than this, but don't take it out before.

2. **Combined pills**

The pill prevents the ovaries from releasing an egg each month (ovulation). It also:

- thickens the mucus in the neck of the womb, so it is harder for sperm to penetrate the womb and reach an egg
- thins the lining of the womb, so there is less chance of a fertilised egg implanting into the womb and being able to grow

3. **Female condoms**

Female condoms are a barrier method of contraception worn inside the vagina. They prevent pregnancy by stopping sperm meeting an egg.

A female condom can be put into the vagina before sex, but make sure the penis does not come into contact with the vagina before the condom has been put in.

Semen can still come out of the penis even before a man has had an orgasm (fully ejaculated).

When used correctly, condoms are the only method of contraception that protects against both pregnancy and STIs.

4. **Male condoms**

Condoms are a "barrier" method of contraception. They are made of very thin latex (rubber), polyurethane or polyisoprene and are designed to prevent pregnancy by stopping sperm from meeting an egg.

They can also protect against STIs if used correctly during vaginal, anal and oral sex.

Make sure that a man's penis does not touch a woman's vagina before a condom has been put on – semen can come out of the penis before a man has fully ejaculated (come).

5. **Vaginal rings**

The ring steadily releases the hormones oestrogen and progestogen into your bloodstream, which prevents the release of an egg each month.

It also thickens the cervical mucus, which makes it more difficult for sperm to move through the cervix, and thins the lining of the womb so a fertilised egg is less likely to implant itself.