

Family Planning Clinics

For more information or for an appointment contact your nearest Family Planning Clinic:

Whangarei _____	09 438 1986
Auckland - Takapuna _____	09 486 1014
Henderson _____	09 836 0026
Newmarket _____	09 524 3341
Panmure _____	09 570 9871
Manukau _____	09 263 7600
Papakura _____	09 298 4608
Hamilton _____	07 839 4061
Tauranga _____	07 578 8539
Gisborne _____	06 867 1864
New Plymouth _____	06 759 8269
Hawera _____	06 278 9929
Whanganui _____	06 347 9415
Wellington - City _____	04 499 1992
Lower Hutt _____	04 569 5025
Porirua _____	04 237 8895
Blenheim _____	03 578 3047
Greymouth _____	03 768 0895
Rangiora _____	03 313 6697
Christchurch _____	03 379 0514
Ashburton _____	03 308 1221
Timaru _____	03 684 3872
Dunedin _____	03 477 5850
Invercargill _____	03 214 4978

For more information about Family Planning resources, clinics and health promotion services go to our web site, familyplanning.org.nz

Other Family Planning Pamphlets

Contraceptive Implant
The IUD
Depo Provera
The Pill – Combined Oral Contraceptive
The Pill – Progestogen-only
Male Condoms (web only)
Diaphragms (web only)
Fertility Awareness (web only)
Emergency Contraceptive Pill (web only)
Sterilisation (web only)
Vasectomy (web only)
HT- Information about Hormone Therapy (web only)
Menopause
Sexually Transmissible Infections
Vaginal Discharges (web only)
Unplanned Pregnancy (web only)

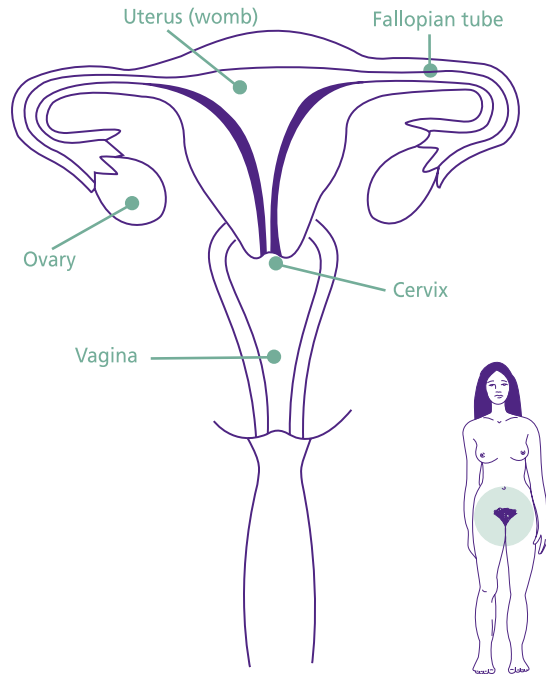
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Contraception Your Choice

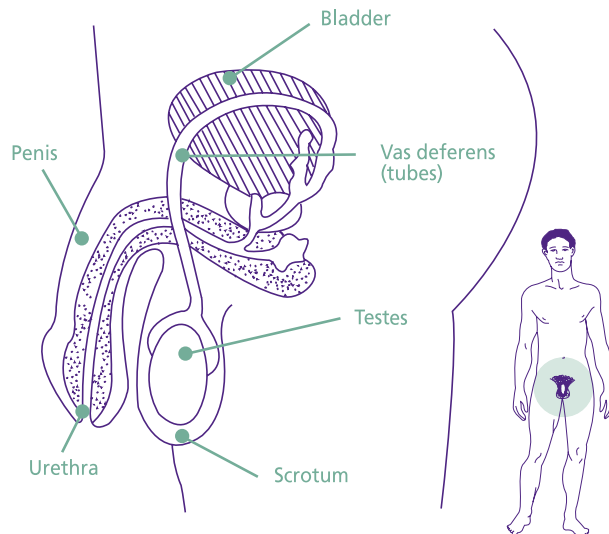
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Family Planning provides confidential and non-judgemental sexual and reproductive health and education services. Please contact us for further information.

WOMEN



MEN



How pregnancy happens

In women, an egg is released from one of the two ovaries, about once a month. This is called ovulation. The egg travels down a fallopian tube.

It may then be fertilised by a man's sperm released when a couple have sexual intercourse. The mucus in the cervix (opening to the uterus) changes just before ovulation and becomes clear and stretchy. This allows sperm to swim through it more easily.

If fertilised, the egg continues down the fallopian tube and attaches to the wall of the uterus where it grows into a baby.

If the egg is not fertilised, the lining of the uterus is shed in the monthly period of bleeding.

In men, sperm are produced in the testes (balls). Sperm travel up two tubes to mix with semen.

When a man ejaculates (cums) during sexual intercourse with a woman the semen goes into the vagina.

Within minutes the sperm travel through the cervix and uterus and into the fallopian tubes. If a sperm joins with an egg, the egg is fertilised.

Sperm can live up to seven days in a woman's body.

How to prevent pregnancy

Contraception prevents pregnancy by stopping sperm fertilising an egg.

There are a number of ways this can be done. Some methods are more reliable than others.

Your contraceptive needs may change over the years – what suits you at 20 may not be right at 40.

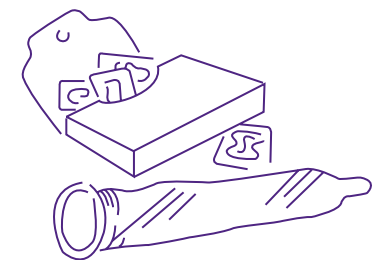
Some of these questions may help you decide which method to choose.

- How important is it that you don't get pregnant?
- Is this a suitable method for your
 - age
 - health
 - lifestyle?


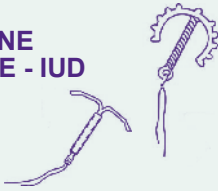

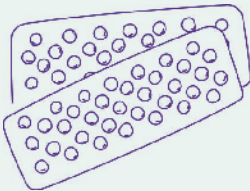
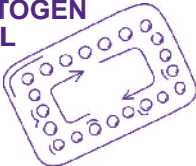


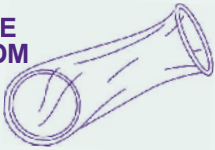

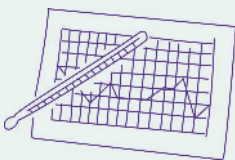

Do you also need protection against sexually transmissible infections (STIs)?

Your nurse or doctor will discuss contraception with you and answer any questions you may have.

If you have a partner, it's a good idea for you both to think about the method which will suit you best.



Condoms help protect against sexually transmissible infections.

Method	What is it? How does it work?	Chance of getting pregnant	Health concerns	Advantages	Disadvantages
LONG ACTING REVERSIBLE CONTRACEPTION					
IMPLANT 	<ul style="list-style-type: none">• progestogen is released from 1 or 2 rods implanted under the skin of the arm• by thickening mucus in cervix and may stop ovaries from releasing an egg each month	<ul style="list-style-type: none">• less than 1%	<ul style="list-style-type: none">• no serious risk	<ul style="list-style-type: none">• lasts 3 - 5 years - fit and forget• useful for women who can't take combined pill• useful for those who forget pills or injection appointments	<ul style="list-style-type: none">• irregular bleeding often gets better with time and can be controlled with medication
INTRA UTERINE DEVICE - IUD 	<ul style="list-style-type: none">• Put inside the womb• Copper IUD or progestogen-releasing Mirena (IUS)• stops sperm reaching an egg	<ul style="list-style-type: none">• IUD and Mirena – less than 1%	<ul style="list-style-type: none">• very small chance of pelvic infection when IUD put in	<ul style="list-style-type: none">• can stay in place for 5 years or more - fit and forget• doesn't interfere with sexual intercourse• IUS – lighter periods or no period at all, suitable for women with heavy periods	<ul style="list-style-type: none">• needs to be inserted by an experienced doctor or nurse• IUD may cause heavier periods or cramping• IUS may cause irregular bleeding in the first few months
DEPO PROVERA 	<ul style="list-style-type: none">• an injection of progestogen• stops ovaries from releasing an egg each month	<ul style="list-style-type: none">• typically 3% but less than 1% if next injection given on time	<ul style="list-style-type: none">• no serious concerns	<ul style="list-style-type: none">• one injection lasts 12 weeks• doesn't interfere with sexual intercourse• usually no periods• useful for women who can't take combined pill	<ul style="list-style-type: none">• irregular bleeding, no periods or occasional heavy bleeding• periods and fertility take an average of 6 months to return after stopping the injection• may have change in weight
CONTRACEPTIVE PILLS AND RING					
COMBINED PILL 	<ul style="list-style-type: none">• pill made of two hormones, oestrogen and progestogen• stops ovaries from releasing an egg each month	<ul style="list-style-type: none">• typically 8% but less than 1% if used perfectly	<ul style="list-style-type: none">• very small chance of blood clots, heart attacks and strokes. More likely in women over 35 who smoke, are obese or have a family history of the above conditions• very slight increased risk of cervical cancer	<ul style="list-style-type: none">• simple and easy to take• doesn't interfere with sexual intercourse• periods usually regular, shorter, lighter and less painful• less chance of cancer of lining of the womb or ovaries• can be taken up to menopause if a healthy non smoker	<ul style="list-style-type: none">• should not be used by women over 35 who smoke• must remember to take it daily• may have irregular bleeding
PROGESTOGEN ONLY PILL 	<ul style="list-style-type: none">• pill made of one hormone – progestogen• by thickening mucus in cervix and may stop ovaries from releasing an egg each month	<ul style="list-style-type: none">• typically 8% but less than 1% if used perfectly	<ul style="list-style-type: none">• no serious risk	<ul style="list-style-type: none">• doesn't interfere with sexual intercourse• can be used at any age• can be used by breast-feeding women• useful for women who can't take combined pill	<ul style="list-style-type: none">• may have irregular bleeding
VAGINAL RING 	<ul style="list-style-type: none">• NuvaRing contains two hormones, oestrogen and progestogen• Sits inside vagina• Stops ovaries from releasing an egg each month	<ul style="list-style-type: none">• typically 8% but less than 1% if used perfectly	<ul style="list-style-type: none">• very small chance of blood clots, heart attacks and strokes. More likely in women over 35 who smoke, are obese or have a family history of the above conditions	<ul style="list-style-type: none">• Lasts for 3-4 weeks• Useful for those who forget pills	<ul style="list-style-type: none">• Should not be used by women over 35 who smoke
BARRIERS					
MALE CONDOM 	<ul style="list-style-type: none">• a thin rubber barrier• fits over erect penis and catches sperm when the man ejaculates• best used with lubricant (water based)	<ul style="list-style-type: none">• typically 15% but 2% if used perfectly every time• DO NOT USE oil-based lubricant or some anti thrush creams	<ul style="list-style-type: none">• none known	<ul style="list-style-type: none">• easy to use, easy to carry• used only when needed• helps protect against STIs• available from Family Planning clinics and other health care providers• can buy from pubs, clubs, pharmacies and many shops• cheaper on prescription	<ul style="list-style-type: none">• some people are allergic to rubber• must be put on when penis is erect and before sexual intercourse• some people say it reduces sexual feeling• can slip off or break
FEMALE CONDOM 	<ul style="list-style-type: none">• a thin polyurethane barrier• goes into the vagina and prevents sperm entering the woman's body	<ul style="list-style-type: none">• typically 21% but 5% if used perfectly	<ul style="list-style-type: none">• none known	<ul style="list-style-type: none">• helps protect against STIs• women can use it• easy to use	<ul style="list-style-type: none">• relatively expensive• can be noisy• can get them from the internet• need to insert every time
DIAPHRAGM 	<ul style="list-style-type: none">• dome shaped silicone barrier fits inside vagina over the cervix• used with spermicide jelly that kills sperm	<ul style="list-style-type: none">• typically 16% but can be 6% if using spermicide and following instructions perfectly	<ul style="list-style-type: none">• more bladder infections for some women	<ul style="list-style-type: none">• can be put in several hours before sexual intercourse• used only when needed• helps protect against STIs	<ul style="list-style-type: none">• first fitting should be by an experienced nurse or doctor• some women find it hard to put in and take out• can be messy• spermicide may irritate vagina or penis• must be left in place at least 6 hours after sexual intercourse
FERTILITY AWARENESS					
	<ul style="list-style-type: none">• woman checks body temperature, cervical mucus and periods. These body signs show when you are more likely to get pregnant	<ul style="list-style-type: none">• typically 25% but can be 3% if used perfectly	<ul style="list-style-type: none">• none	<ul style="list-style-type: none">• after learning method, no further costs or visits to health professionals required• helps you understand how your body works	<ul style="list-style-type: none">• expert instruction needed to learn method• no sexual intercourse during fertile time• must chart temperature and cervical mucus daily• body signs can be difficult to recognise and may vary
EMERGENCY CONTRACEPTION					
	<ul style="list-style-type: none">• Emergency Contraceptive Pills (ECP) or copper IUD used after unprotected sexual intercourse• delays ovulation or stops sperm reaching an egg	<ul style="list-style-type: none">• ECP – 2% for women of average weight, 6% if overweight• IUD – less than 1%	<ul style="list-style-type: none">• ECP – none known• IUD – risk of pelvic infection if STI present	<ul style="list-style-type: none">• reduces chance of pregnancy after unprotected sexual intercourse• ECP – can be used up to 72 hours after unprotected sexual intercourse• can have ECP at home for future use• can be used if other method fails, eg. broken condom or missed pill• can buy from pharmacies	<ul style="list-style-type: none">• ECP should be started within 72 hours of unprotected sexual intercourse• ECP may not be effective for heavier women• IUD needs to be fitted by an experienced doctor or nurse and can be uncomfortable
PERMANENT CONTRACEPTION					
VASECTOMY & TUBAL LIGATION	<ul style="list-style-type: none">• permanent contraception• an operation• vasectomy – male tubes cut to stop the sperm getting to the penis• tubal ligation – clips put on female tubes to stop the egg getting to the uterus	<ul style="list-style-type: none">• less than 1%	<ul style="list-style-type: none">• vasectomy – rare possibility of long term scrotal pain• tubal ligation – very slight risk from reaction to anaesthetic or damage to internal organs	<ul style="list-style-type: none">• once only• permanent	<ul style="list-style-type: none">• not easily reversible• requires an operation• may have short term side effects, eg. pain, bruising