

I safer Sex

Contraception, commonly known as birth control, is used to prevent pregnancy. There are many different contraceptive methods you can use to prevent unplanned pregnancies.

Types of Contraception

Hormonal Contraception

- Oral Contraceptive Pill
- Contraceptive Patch
 - Vaginal Ring
- Injectable Contraception
- Intrauterine System (IUS)

Barrier Methods

- Traditional Condom
- Insertive Condom
 - Vasectomy
 - Tubal Ligation
- Copper Intrauterine Device (IUD)

Natural Methods

- Abstinence
- Withdrawal
- Fertility Awareness

More information?

This brochure provides information to help you understand the different methods available. To learn more or discuss your choices, book an appointment with a physician in Health Services (C141).

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Health
Services

Birth Control Options



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Hormonal Contraception

Oral Contraceptive Pill

The oral contraceptive pill works by preventing the ovary from releasing an egg, thickening the cervical mucus (making it difficult for the sperm to reach the egg), and changing the lining of the uterus (making implantation difficult).

Contraceptive Patch

The patch prevents pregnancy primarily by stopping the ovaries from releasing an egg, but it may also thicken the cervical mucus (making it harder for sperm to get into the uterus) and make the uterine lining thin. Its method of action is very similar to the Pill.

Vaginal Ring

The vaginal ring prevents pregnancy primarily by stopping the ovaries from releasing an egg, but it may also thicken the cervical mucus (making it harder for sperm to get into the uterus) and make the uterine lining thin. Its method of action is very similar to the Pill.

Intrauterine System (IUS)

IUS: The small cylinder on the IUS contains the hormone levonorgestrel, which is slowly released. It changes the lining of the uterus to prevent implantation and changes the endometrial chemistry to decrease the sperm's ability to fertilize an egg. The IUS is inserted by a health professional, in a clinic.

The procedure is fairly simple, does not require anesthesia, and only takes a few minutes. Depending on the device, the IUS can remain inserted for 3-5 years, before needing to be replaced.

Injectable Contraception

The injection is given by a healthcare professional in the muscle—commonly in the upper arm or buttocks—of a woman, every 12 to 13 weeks (four times a year). The progesterone hormone prevents the ovaries from releasing an egg. It also thickens the cervical mucus (making it difficult for sperm to reach the egg) and changes the lining of the uterus (making implantation difficult).

Barrier Methods

Traditional Condom

The condom is worn over a penis or sex toy during sexual activity. It should be put on before any skin-to-skin genital contact occurs.

Insertive Condom

The insertive condom is a barrier contraception method, preventing skin-to-skin contact and the exchange of fluids. The external ring at the open end of the condom sits outside the vagina or anus, providing some protection.

The internal ring at the closed end of the condom is inserted into the vagina and helps to keep it in place. The internal ring should not be used when using the condom in the anus.

Vasectomy

In a vasectomy procedure, the vas deferens is partially removed or blocked, so that no sperm is released to fertilize the egg.

Tubal Ligation

Laparoscopy:

Using a general anesthesia, the doctor will make small incisions over the abdomen and either clip, burn or remove the fallopian tubes.

Abdominal:

During a cesarean section, a gynecologist can access the fallopian tubes to either clip or remove them.

Copper Intrauterine Device (IUD)

The presence of the foreign body, the IUD itself, creates a hostile environment leading to prevention of a pregnancy.

The IUD is inserted by a health professional, in a clinic. The procedure is fairly simple, does not require anesthesia, and only takes a few minutes. Depending on the device, the IUD can remain inserted for 3-10 years before needing to be replaced.

