



Dr. Varshali's
Gynecology Clinic

Contraception Methods

How to avoid pregnancy ?

By

Dr. Varshali Mali

M.B.B.S, DNB (OBGY)

Diploma in Gynecological Endoscopy - Germany

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Introduction

There are number of contraception and family planning methods. These methods can be categorized as natural methods, barrier methods, intrauterine devices, oral contraceptive pills, injectable contraceptives, emergency contraception, and permanent contraception methods. Few methods are very effective to avoid pregnancy, and few are less effective. Few methods are easy to use and few needs doctor's attention and medical procedure. Along with help to avoid pregnancy, few methods also give protection against sexually transmitted disease (STD). Here, we will discuss each method in brief and evaluate them based on effectiveness, cost, ease of use, frequency of use and protection against STD.

Confused with many contraception methods out there? Not sure which one to use? This book will help you figure it all out.

Take a moment while selecting a contraception method. Involve your partner in this decision. Understand the pros and cons of each method, its effect on your lifestyle and your future plans. Sometimes it is better to use combination of these methods to be fully sure to avoid pregnancy and provide protection against STDs.

How to choose ?

There are many contraception methods available, and no single method is suitable for everyone. Choosing the right family planning method is very important and depends on your needs, lifestyle and situation. Think carefully about how easy it is to use, how frequently you need to use it, and most importantly are you comfortable using it. Following are the few important questions to consider while choosing your contraception and family planning method:

- » Does it contain some sort of hormones and how it affects the pregnancy chances in future?
- » Does it protect against sexually transmitted diseases (STDs)?
- » Does it require a consultation and prescription from doctor?
- » Does it require any medical procedure by doctor?
- » How does it affect the sex life, and does it require any preparation before sex?
- » Is it a permanent or reversible method?
- » How easy it is to use it and is it noticeable?
- » Is it safe to use it?
- » Do I need to remember what is the frequency and when to take it?
- » Do I need to take it every time before or after the sex?
- » How does it affect my partner, and do I need to make him aware of it?
- » What is the cost of it?
- » How effective the method is to avoid pregnancy?

Natural contraception methods

Avoid pregnancy without using any medication or contraception device.

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Few men and women are not comfortable using any [contraception device](#) or take a [medicine](#) to prevent unplanned pregnancy. How to avoid pregnancy naturally without any external aid is a topic of discussion among many couples. Natural family planning (NFP) refers to the variety of contraception methods which are used to avoid pregnancy by understanding the body, its natural rhythms, and cycles. In these natural contraceptive methods, you need not use any medication or contraception devices to avoid pregnancy. There are many natural contraceptive methods and practices.

Fertility awareness methods (FAMs) are ways to track your menstrual cycle to understand what your fertile days are and when is the high chance of getting pregnant. This understanding of the menstrual cycle and fertility is used to avoid pregnancy naturally. The abstinence and withdrawal or pull-out method avoid pregnancy by keeping sperms away from women's egg. Breastfeeding or Lactational Amenorrhea Method (LAM) method avoids pregnancy by stopping ovulation. This article contains details about these natural contraceptive methods and how to avoid pregnancy effectively using these methods. Before we start going into the details of each method, let's first understand what menstrual cycle is and how pregnancy happens.

In this section

Menstrual cycle and how pregnancy occurs?

Breastfeeding as a contraception method

Rhythm or fertility awareness methods (FAMs)

Abstinence contraception method

Withdrawal or pull-out contraception method

Considerations while selecting natural contraception methods



Menstrual cycle and how pregnancy occurs?



Day 1 to 7

Uterus lining breaks down, menstruation occurs.



Day 8 to 11

The lining of the womb thickens in preparation for the egg.



Day 12 to 17

Ovulation occurs (usually on day 14).



Day 18 to 25

If fertilization has not taken place, the corpus luteum fades away.



Day 26 to 28

The uterine lining detaches leading to menstruation.

Usually, a normal female has a 28-days of the menstrual cycle. She may be having 4 days here and there which is considered normal too. The complete cycle can be divided into three phases.



First phase

This is the phase where bleeding happens. Normally, this period lasts for 5 to 7 days. During this period there is shedding of your endometrial lining to later form a new lining.



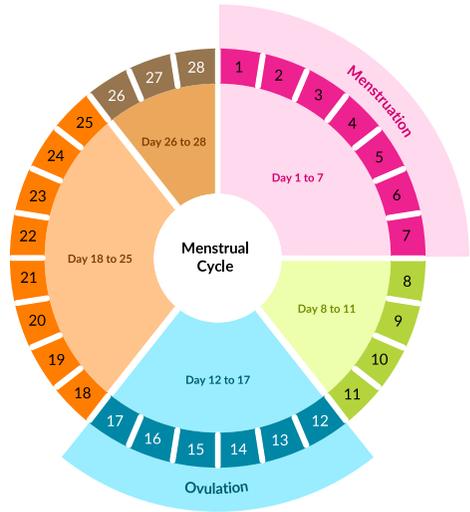
Second phase

This is the time during which uterus lining builds. Usually, it lasts for 7 days till the date when the ovum is released from your ovaries, that is usually the [day of ovulation](#).



Third phase

During this phase, your uterus waits for the sperm to enter and fertilize the egg. If the pregnancy does not occur, then the endometrial lining starts to degenerate. Finally, it starts shedding, which starts a new cycle of menstruation.



The pregnancy happens when the male’s sperm meets a female’s egg. When a woman’s ovary releases an egg, it lives only for 12 to 24 hours. Whereas male sperm can live for about three days. Considering a typical female menstrual cycle of 28 days, a woman typically ovulates around day 14. In some cases, the ovulation may happen around days 12, 13 or 14. Ovulation is when a woman releases an egg for fertilization. If a man’s sperm is available in the uterus, the pregnancy may occur.

Ovulation can vary based on a woman’s menstrual cycle. Some woman has a longer cycle than normal, and some have a shorter cycle than normal 28 days. Thus, it is important to know what the menstrual cycle is and when the ovulation is going to happen? How to avoid pregnancy naturally depends on how accurately you can [predict your ovulation day?](#)

Now we have understood the menstrual cycle and how pregnancy happens, let’s see different natural contraception methods and how to avoid pregnancy using these methods.

Ovulation period calculator

Use this ovulation calculator to know your ovulation period, symptoms, and ovulation days. Based on your inputs, the calculator will estimate the fertility window for next three menstrual cycles.

Know your ovulation days to avoid pregnancy.

[Calculate fertility days >>](#)



Rhythm or fertility awareness methods (FAMs)



Type | Natural contraception methods



Effectiveness | 76 to 88%



Frequency of use | Daily

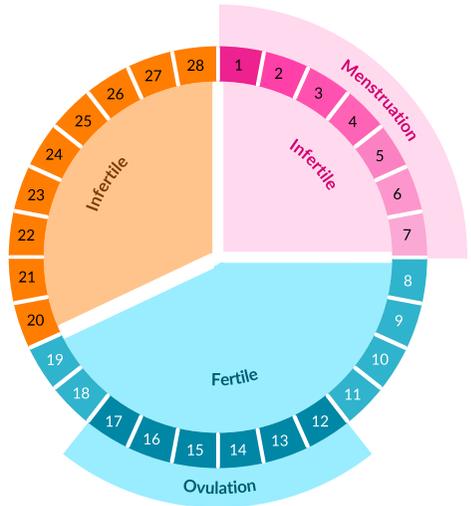


Protection against STDs | No

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Fertility awareness methods (FAMs) are the methods to avoid pregnancy naturally and considered as one of the preferred [contraception methods](#) for family planning. These are the ways to keep a track of your menstrual cycle so that you will know when there is a high chance of getting pregnant. The days near ovulation or the period when ovaries release an egg is a period when you're most likely to get pregnant. These days are considered unsafe for sex without any other contraception methods. Considering your menstrual cycle to be for 28 days, the days between 7 to 21 favors the pregnancy. These are the days when your egg is released, and sperms can easily fertilize them. Once you [accurately know your ovulation and fertilization days](#), you can avoid pregnancy by avoiding sex during these days or use some other contraception methods.

How to avoid pregnancy naturally by fertility awareness methods depends on how accurately you can predict [your ovulation and fertilization days](#). Predicting this accurately is difficult. Tracking your fertility signs needs a discipline and methods to detect the fertility signs. There are three main methods to track the fertility signs. The temperature method where you measure the temperature everyday morning, the cervical mucus method where you check your cervical mucus (vaginal discharge) every day, and the calendar method where you chart your menstrual cycle on a calendar. It is a good idea to use a combination of these methods to effectively detect the fertility signs and increase the accuracy of this natural contraception method.



Advantages

The major advantage of this contraception method is that there is no health risk involved, no hormones or chemicals will enter your body. It does not have any adverse effect on sex life and pleasure. It does not involve any expenses and requires no medical attention and prior preparation to avoid pregnancy.

Disadvantages

How to avoid pregnancy by fertility awareness methods depends on how accurately you can [predict your ovulation and fertilization days](#). Detecting the fertility signs needs skills and discipline. You must really keep a close eye on the calendar and keep track of your menstrual cycle. This option is available to those who have regular periods. As with other contraception methods to avoid pregnancy naturally, this method also does not protect against sexually transmitted diseases. You need to use condoms [barrier contraception methods](#) to get protected from STDs. It is not very effective if you use this as only contraception method to avoid pregnancy. It is observed that many couples rely on only the fertility awareness method to avoid pregnancy and mostly encounter unplanned pregnancy. If you are using only this contraception method to avoid pregnancy or for family planning, consult the doctor to understand your menstrual cycle and fertility days.

Ovulation period calculator

Use this ovulation calculator to know your ovulation period, symptoms, and ovulation days. Based on your inputs, the calculator will estimate the fertility window for next three menstrual cycles.

Know your ovulation days to avoid pregnancy.

Calculate fertility days >>



Withdrawal or pull-out contraception method



Type | Natural contraception methods



Effectiveness | 78%



Frequency of use | Every time

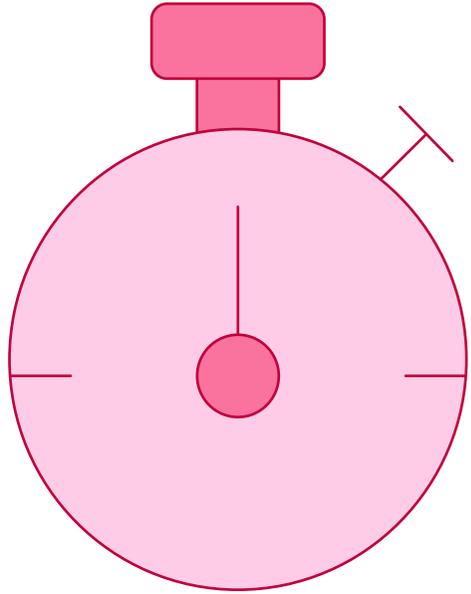


Protection against STDs | No

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Withdrawal or pull-out method is another way how to avoid pregnancy naturally. This contraception method works by keeping the semen or sperms away from the vagina. In this method, the male partner will withdraw himself just before ejaculation to prevent sperms from getting into the vagina. So, ejaculating away from a vulva or vagina prevents pregnancy. Pull out must happen before any semen comes out as a single drop of semen may cause a pregnancy.

For the pull-out method to work best to avoid pregnancy, it must be used with other contraception methods like a [ring, contraceptive pills](#) or condoms. This way, if there is spilling, you are still protected. [Condoms](#) are the great contraception methods which work best with withdrawal. Along with protection in case of spill out, they also protect against sexually transmitted diseases. You can also practice pull-out while using the condoms to learn to pull out in time. How to avoid pregnancy effectively using pull-out contraception method depends on how accurately you can calculate the time. You need a practice and good control. If you are relying only on this natural contraception method to avoid pregnancy or for family planning, it is always better to keep one of the emergency contraception methods handy in case if there is some problem in withdrawal.



Advantages

This natural contraception method does not have any health risk involved, and no hormones or chemicals will enter your body. There is no cost involved and no preparation to be done before or after the sex. If you have good control, then you can use this effectively to avoid pregnancy naturally.

Disadvantages

This method is considered one of the most unreliable contraception methods to avoid pregnancy and has the highest rate of failure. This needs a lot of control and may affect sexual satisfaction. How to avoid pregnancy naturally with the pull-out method is directly connected to your control. Sex is a very active process and there is a very high chance that this method will fail. So, it's highly advisable to use some other [contraception methods](#) along with the withdrawal method to avoid pregnancy and for better family planning. Also, note that this contraception method does not protect against sexually transmitted diseases. So, condoms are the good option to go along with the pull-out method, it protects from STDs and acts as an extra layer of security to avoid pregnancy.



Breastfeeding as a contraception method



Type | Natural contraception methods



Effectiveness | 98%



Frequency of use | Every 4 to 5 hours



Protection against STDs | No

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Feeding the breastmilk not just offers a mental and physical growth benefits to your child, but also acts as a very effective contraception method how to avoid pregnancy naturally. Your body stops ovulating when you exclusively feed your baby at regular intervals. Typically, you need to feed your baby or nurse the baby every 4 hours during a day and every 6 hours at night. No ovulation means no pregnancy and no period either. That's why breastfeeding as a natural contraception method is also called as lactational amenorrhea method (LAM). "Lactational" means breastfeeding, and "amenorrhea" means not having your period.

This natural contraception method won't work if you feed your baby anything other than breastmilk. It also doesn't work if you use a breast pump. You need to nurse your baby if you want to use breastfeeding to avoid pregnancy. It is also important to note that this contraception method can be used for family planning only for the first 6 months after your baby is born, or until your period returns. After this period, this breastfeeding contraception method becomes less effective and you need to consider some other effective [contraception methods](#) to avoid pregnancy and for better family planning.



Advantages

Breastfeeding is an effective method to avoid pregnancy naturally. It is an easy, safe and free way to prevent pregnancy. Once you start breastfeeding, it immediately starts preventing pregnancy. This contraception method does not need any doctor's prescription or medical procedure. This method also does not interrupt sex or cause any adverse effect on sex life and pleasure.

Disadvantages

How to avoid pregnancy naturally using breastfeeding has some limitations and disadvantages. The first disadvantage is that you need to feed your baby exclusively after regular interval. You may not have time and energy to do the regular nursing, or your baby may not be good at sucking the milk. The main limitation is that this natural contraception method works best only for the first 6 months after your baby is born. For better family planning, you need to consider and use other contraception methods like [condoms](#), [contraceptive pills](#). If you want to keep good gap between kids, you may also consider [long-acting reversible contraception methods](#). This method also does not protect from sexually transmitted diseases. Condoms works best with this method which avoids STDs as well as adds an extra layer of protection from pregnancy.



Abstinence contraception method



Type | Natural contraception methods



Effectiveness | 100%



Frequency of use | Every time



Protection against STDs | Yes / No

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Abstinence is complete avoidance of sex. Abstinence is one of the most effective contraception methods and is 100% effective to avoid pregnancy naturally. Abstinence can mean different for different people. For some people, abstinence means not having any kind of sex. For other people, abstinence means only not having vaginal sex, but other sexual activities are allowed. When it comes to preventing pregnancy by abstinence, only vaginal sex needs to be avoided. How to avoid pregnancy naturally with abstinence depends on how effectively you can avoid getting into sexual activity.

Abstinence prevents pregnancy by keeping semen away from the vagina, so the sperm cells in semen can't get to an egg and cause pregnancy. If you're abstinent 100% of the time, pregnancy can't happen. People sometimes only use abstinence to prevent pregnancy on days they're fertile or most likely to get pregnant. Abstinence might be interpreted differently by your partner. So, it always a good idea to talk about why you don't want to have a sex. Remember that there are many very effective [contraception methods](#) you can choose from. So, if your partner is not comfortable with abstinence, you or your partner can use other effective contraception methods like [condoms](#), or [contraceptive pills](#) and avoid pregnancy. In long run, it is not a good family planning method. Sex with your partner is an important aspect of the healthy relations. It's not a good idea to rely only on abstinence for family planning and avoiding sex to prevent pregnancy. If you are looking for no-interruption, nothing to remember contraception method, you may also consider [long-acting reversible contraception methods](#).



Advantages

It's a 100% effective method to avoid pregnancy naturally. There is no cost involved in this method and does not have any health impact. This neither needs attention by the doctor nor any medical procedure.

Disadvantages

How to avoid pregnancy naturally with abstinence depends extremely on your self-control. If you are not sure about your self-control or the situation where you might not control yourself, it better to rely on other [contraception methods](#) to prevent pregnancy. This does not provide any protection if you change your mind and decide to have sex. This demands to always have access to another contraception methods in case if you lose your control. If abstinence is considered as avoiding only vaginal sex, this method does not fully protect from sexually transmitted diseases. You may get sexually transmitted disease from oral sex or skin-to-skin contact.



END NOTE

There are many advantages of using natural contraception methods to avoid pregnancy. No medication, no prescription from a doctor or no medical procedure. These are the natural ways to avoid pregnancy. How to avoid pregnancy naturally depends on how good you are in understanding your body, controlling your sex desires, and how much you are in control during the sex. So, in long run, it is not a good idea to rely only on natural contraception methods. There are so many other contraception methods you can choose from which are easy to use and very effective to avoid pregnancy. So, understand the limitations along with the benefits of these natural contraception methods before you choose any of them.



Barrier contraception methods

Quick, convenient and easy to use contraception methods

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Barrier contraception methods work by creating a physical barrier between sperms and egg. The barrier created by these methods does not allow sperms to reach the egg and hence avoid pregnancy. The barrier contraception methods include spermicide, diaphragm, male condoms, female condoms, contraceptive sponge, and cervical cap.

A few barrier contraception methods like spermicide, condoms, and sponge, can be bought from most of the medical stores and does not need any prescription from the doctor. The [other methods](#) like a diaphragm and cervical cap must be prescribed by a doctor. To avoid pregnancy, these methods need to be used every time you have a sex. Barrier contraception methods are not as effective as other methods to prevent the pregnancy. You may need to keep your emergency contraception ready in case if barrier method breaks, dislocated, or if you forgot or unable to use it. Both male and female condoms contraception is one of the most frequently used family planning methods. This also helps to protect against sexually transmitted diseases (STDs).

In this section

Male condoms contraception

Female condoms contraception

Diaphragm contraception

Cervical cap contraception

Spermicide contraception

Contraceptive sponge



Male condoms contraception method



Type | Barrier contraception methods



Effectiveness | 85%



Frequency of use | Every time

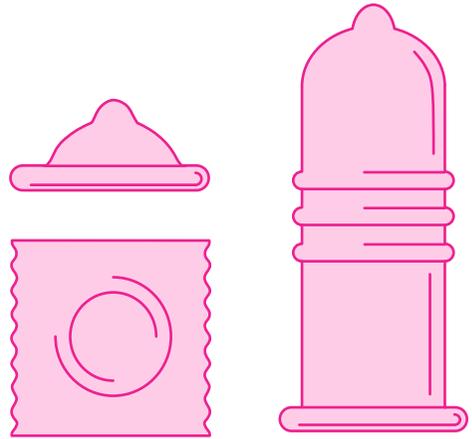


Protection against STDs | Yes

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Male condoms are latex/rubber made wearables for men which is used to prevent the sperms from entering the vagina. Male condoms are one of the oldest and most widely used contraception for family planning. Male condoms also prevent sexually transmitted diseases by preventing contact with semen and vaginal fluids, and by limiting skin-to-skin contact. Condoms are the only contraception methods that help to protect against STDs. So even if you are using other contraception methods like [contraceptive pills](#), [IUD](#) to avoid pregnancy, it's advisable to use condoms to prevent sexually transmitted infections.

Male condoms are very easily available at any medical store. Buying condoms does not need any doctor's prescription. Even though its most commonly used method to prevent pregnancy, they do come with significant failure rates of around 15%. The failure is mostly due to breakage, slippage, improper techniques and sometimes use after its expiration date.



Advantages

Male condoms are very easy to get and easy to use. Male condoms do not cost much when compared to [other contraception methods](#). Condoms are the only contraception methods which help to avoid pregnancy as well as gives protection against sexually transmitted diseases. Condoms help other contraception methods even work better. Adding condoms as a backup helps you prevent pregnancy in case if you do some mistake with other method or it fails. You do not need any medical procedure and chances of pregnancy return to normal the moment you stop using it. Like the [hormonal contraception methods](#), condoms do not cause hormonal changes in your body.

Disadvantages

How to avoid pregnancy using male condoms depends on how accurately you use them every time you get involved in sex. To avoid pregnancy, you must use condoms contraception methods every time you have sex. You need to use the new male condom every time. To avoid STDs, male condoms need to be used before any skin-to-skin contact and you need to keep it on until you are done with sex. You always need to keep the male condom handy and need to remember to always use them. Using the condoms properly may take some efforts. Few people also feel that using a condom may not give full satisfaction and pleasure during sex. Few of them also do not like the interruption between sex and do not feel comfortable with male condoms as contraception.



Female condoms contraception method



Type | Barrier contraception methods



Effectiveness | 79%



Frequency of use | Every time

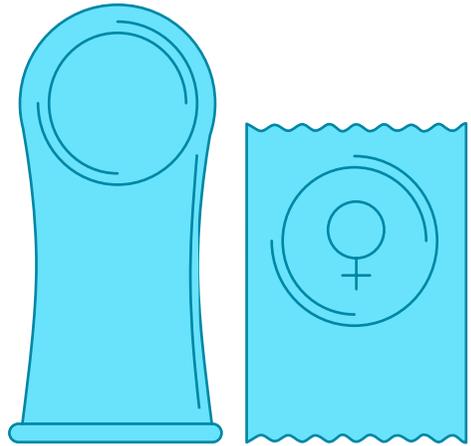


Protection against STDs | Yes

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Female condoms are a novel contraception methods device developed for women to avoid pregnancy, prevent STDs, and to do appropriate family planning. It is made up of a soft plastic called polyurethane. Female condoms have a cylindrical shape with one end open and held in position by a ring at another end. Its closed end covers the cervix and open end is positioned at the entrance of the vagina. Female condoms are sometimes called as internal condoms and can be inserted into the vagina even 8 hours before having intercourse.

As a contraception methods, female condoms create a barrier between sperm and an egg and hence prevent pregnancy. As female condom covers the inside part of the vagina and some part of the vulva, it helps to prevent sexually transmitted diseases. It decreases the chance of coming in contact with semen, pre-cum, or skin which can spread STDs. To make effective use of female condoms and avoid pregnancy, you need to fit it properly and place it right. If you use it perfectly every single time, they are about 95% effective. Some people aren't perfect, so in real life, this barrier contraception methods is 79% effective to prevent pregnancy. You should NOT use the men condom together with a female condom. Each kind of condoms is designed to be used on its own. Even if you are using other contraception methods like [contraceptive pills](#), [IUD](#), it is advised to use condoms to protect against STDs.



Advantages

As that of male condoms, female condoms also avoid pregnancy as well as gives protection against STDs. Female condoms are made of a material called nitrile and are totally hypoallergenic. So, it's a good choice for those who are allergic to latex and cannot use male condoms as contraception methods. As you can wear this well before your sex, there is no interruption during the sex and few people have also experienced the increase in sex pleasure while using the female condom. It is one of the women-controlled contraception methods which gives you an upper hand in taking care of your sex life. Like the [hormonal contraception methods](#), condoms do not cause hormonal changes in your body.

Disadvantages

How to avoid pregnancy using female condoms depends on how accurately you use them every time you get involved in sex. You must use the female condoms contraception methods each time you have a sex to prevent pregnancy. You must use the new one every time. You need to use them all the time during your sex. Using the female condoms properly may take some efforts. Some people may feel irritation on their vagina, vulva, or penis when they use the female condoms.



Diaphragm contraception method



Type | Barrier contraception methods



Effectiveness | 88%



Frequency of use | Every time



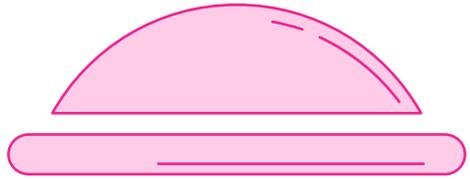
Protection against STDs | No

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A diaphragm is a small oval device inserted into your vagina that snugly fits into your cervix. The diaphragm is made of thin, soft silicone and shaped like a cup which is bendable. There are several types of diaphragm like arching spring, coil spring, flat spring, and wide seal rim diaphragm. Arching spring diaphragm is the most common type. It has a firm rim, easier to insert, and suitable for women with poor vaginal muscle tone. Diaphragm comes in different sizes and correct size matters for the comfort of use, and effectiveness to avoid pregnancy. Consult the doctor to find the best size for you. You also need a prescription from a doctor to purchase it from a medical store.

Diaphragms are effective [contraception methods](#) when you use it properly every time you have a sex. But many times, people do a mistake and so in real-life diaphragms are about 88% effective family planning and contraception methods. It is advised to use a diaphragm along with a spermicide. In this combination, the diaphragm acts as a barrier between the sperms and egg, and spermicide stops sperm from moving so they can't get to an egg. The diaphragm can be inserted in vagina 1 hour before the sex and should be in place for at least 6 hours after sex. You must not leave the diaphragm in the vagina for more than 24 hours. In case of repeated sex without changing the diaphragm, you must apply more spermicide for making it effective. You need to take care of the diaphragm to use it again. Make sure to clean it properly and check for any cracks, holes, wrinkles or weak spots before you use it next time.

Diaphragm contraception methods do not give protection against sexually transmitted diseases. In some cases, like if you have toxic shock syndrome, if you are sensitive or allergic to silicone or spermicide, if you have given birth or had an abortion in last 6 weeks, diaphragm contraception methods are not advisable. Few women who use diaphragms get urinary tract infections (UTIs) a lot. So, check with the doctor before taking a decision about using a diaphragm.



Advantages

Diaphragms is a portable and reusable contraception methods. It becomes effective the moment you start using it and gives a control on when to get pregnant. It is very easy to stop diaphragm contraception methods in case you wish to have a baby. Like the [hormonal contraception methods](#), diaphragms are the hormone-free contraception methods and do not interrupt the sex. The diaphragm can last for 2 years with proper care and you can use it again and again.

Disadvantages

How to avoid pregnancy effectively using diaphragm depends on how accurately you are using it. You must use diaphragm every time you have a sex. For a few women inserting and removing the diaphragm might not feel comfortable. You need to leave the diaphragm in position for at least 6 hours for it to be effective. Diaphragm contraception methods do not protect from sexually transmitted diseases. You need to consult the doctor to get the perfect size for you and get the prescription. Using the only diaphragm is not a safe bet to avoid pregnancy, you need to use spermicide to effectively prevent pregnancy. Spermicide may have side effects if you are using it a lot. Few people also get urinary tract infections (UTIs) after using a diaphragm.



Cervical cap contraception method



Type | Barrier contraception methods



Effectiveness | 71 to 86%



Frequency of use | Every time



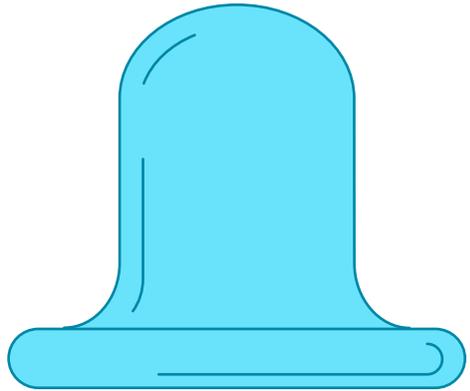
Protection against STDs | No

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A cervical cap is a small cup-shaped device made up of silicon or latex. It looks like a little rubber sailor's hat and is about an inch and a half wide and one inch high. It has a strap which is used for easy removal. Cervical cap generally comes in three sizes, small, medium and large. The appropriate size of the cervical cap is selected based on if the woman was never been pregnant, the woman was pregnant but did not delivered vaginally and the woman was pregnant and delivered vaginally. The cervical cap is much like a diaphragm, but they are much small and less commonly used. Diaphragm looks like a dish and cervical cap looks like a sailor's hat. You can leave the cervical cap much longer (up to 2 days) in vagina compared to the diaphragm (maximum up to 24 hours). You can consult the doctor to understand how to use, what size is suitable for you and what are the side effects.

The cervical cap is inserted deep into the vagina and fits snugly over the cervix. It is used every time you have a sex and avoid pregnancy by preventing sperms to reach the egg. The cervical cap is more effective (about 86%) for a woman who had never given birth before. For a woman who has given birth before, the cervical cap is a bit less effective (about 71%). As with [other contraception methods](#), it is important to use cervical cap correctly to avoid pregnancy. It is highly recommended to use spermicide along with a cervical cap to increase the effectiveness to prevent pregnancy. Male condoms also add more effectiveness to prevent pregnancy and protect against sexually transmitted diseases.

The cervical cap is one of the safe [family planning contraception methods](#) for a woman, but for few, its use might not be comfortable. Cervical cap may not work for you if you are allergic to silicone or spermicide, if you have given birth or had an abortion in last 6 weeks, or if you have cervical cancer or other cervical conditions. Use of cervical cap is not advisable if you have toxic shock syndrome. Use of cervical cap as contraception methods should be avoided during the periods as it increases the chances of infection.



If your cervical cap feels uncomfortable, if your vagina is sore, itchy, red or swollen, if you have discharge from the vagina which is not normal, you should talk to the gynecologist immediately. Also watch for toxic shock syndromes like sudden high fever, a rash that looks and feels like a sunburn, diarrhea or vomiting, a sore throat, aching muscles and joints, dizziness, faintness, and weakness. Consult the doctor immediately if you experience any such symptoms.

Advantages

The cervical cap is a portable and reusable contraception methods to prevent pregnancy. You have a complete control over its use and decide when to avoid pregnancy and when to have a baby. Like the [hormonal contraception methods](#), the cervical cap is hormone-free contraception methods and does not have any hormone-related side effects. It does not interrupt the sex. You can reuse them and last for about a year after proper care.

Disadvantages

How to avoid pregnancy effectively using a cervical cap depends on how accurately you are using it. You need to use cervical cap every time you have a sex and want to prevent pregnancy. It takes some time and practices to learn how to use cervical caps. It comes in different sizes and selecting one suitable for you could be tricky. You also may need to change the cervical cap after you have a baby or a miscarriage as the old size cervical cap might not fit well. When the cervical cap is used alone as only contraception methods, it is not super effective to avoid pregnancy and you may need to use spermicide to increase the effectiveness. Overuse of spermicide can irritate your vagina and increase the risk of getting sexually transmitted infections. For the cervical cap to be effective, you must make sure that you leave the cervical cap in the vagina for at least 6 hours after sex. Don't leave it in the vagina for more than 24 hours.



Spermicide contraception method



Type | Barrier contraception methods



Effectiveness | 78%



Frequency of use | Every time



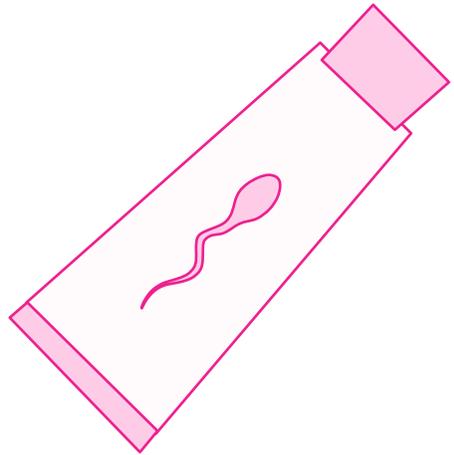
Protection against STDs | No

[VIEW ON WEBSITE >>](#)

Spermicide is a contraceptive substance which comes in different forms like cream, gel, foam, film or suppositories. Most of the spermicide contains the chemical nonoxynol -9. As a contraception methods spermicide prevent pregnancy by two ways: blocking the sperms entering the cervix so that they can't go to the egg, and by substantially reducing the movement of sperms so they can't swim to the egg. The sperm is trapped by the foam or gel barrier and destroyed by the chemical inside spermicide. The "cide" in spermicide means "to kill", but spermicide actually doesn't kill the sperms but slows it down so that it cannot reach the egg.

Spermicide is placed deep into the vagina and close to the cervix. Read the instructions to know about how long before sex the spermicide should be used. Spermicide contraception methods aren't effective right away and must be placed 10-15 minutes before the sex. Many spermicides are effective only for about 1 hour. Timing is a very important factor in the effectiveness of spermicide to avoid pregnancy. If you have any doubt, reach out to the doctor to know how to use it and what timing needs to be followed for this contraception methods to work well. Spermicide is most effective when you use it correctly every time. Using spermicide alone is about 78% effective to prevent pregnancy, means 22 out of 100 women who use spermicide will get pregnant every year. As with other contraception methods, spermicide alone is not effective. So, it is advised to use spermicide with [other contraception methods](#) like a condom, diaphragm, cervical cap, or withdrawal.

Spermicide contraception methods do not protect against sexually transmitted diseases. In fact, using spermicides many times in a day may increase your risk for sexually transmitted infections. The chemical Nonoxynol-9 in spermicide can irritate your vagina and make it easier for STD germs to enter your body. Best way to avoid STDs is to use condoms along with a spermicide.



Condoms are not damaged by spermicides, in-fact they work well together to avoid pregnancy and protect against STDs. Few women are sensitive to the Nonoxynol-9 chemical used in spermicide. This chemical may irritate the sensitive genital tissues especially after overuse of spermicide. Consult the gynecologist immediately when you feel that something is wrong with the use of spermicide. The doctor will understand the problem and may suggest [alternative contraception methods](#) which will be suitable based on your family planning requirements.

Advantages

Spermicide is easy to use, affordable and convenient family planning and contraception methods to avoid pregnancy. You can get it from the medical store even without any prescription from a doctor. The spermicide package is very easy to carry wherever you go. As spermicide is put into the vagina before sex, it does not interrupt the process. Spermicide is a hormone-free contraception method and does not have hormone-related side effects.

Disadvantages

How to avoid pregnancy effectively using spermicide depends on how accurately you are using it. You need to use it every time you have a sex. Spermicide does not protect against sexually transmitted diseases, you need to use condoms to avoid STDs. Few people are allergic to spermicide. Sometimes your vagina or partner's penis may feel irritated. This irritation may cause the increased chances of getting sexually transmitted infections. So, consult the doctor in case if you have any irritation after use of spermicide. Spermicide might feel a bit messy for a few people. So, check how it suits your contraception requirements and if you are not comfortable using it, you can switch to other family planning and contraception methods to avoid pregnancy.



Contraceptive sponge



Type | Barrier contraception methods



Effectiveness | 76 to 88%



Frequency of use | Every time



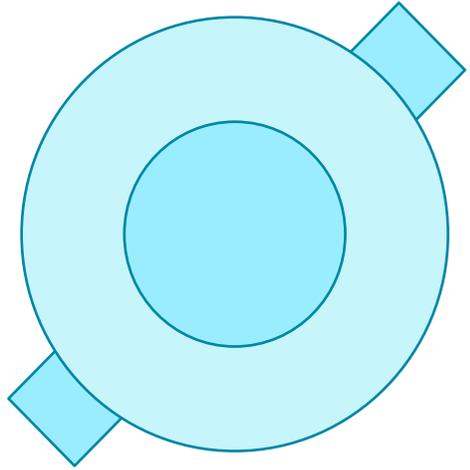
Protection against STDs | No

[VIEW ON WEBSITE >>](#)

Contraceptive sponge or sometimes referred as just a sponge is a round piece of plastic with squishy porous foam inside it. It is shaped like a donut and has a dimple on one side. The contraceptive sponge is typically around 2 inches in diameter and has a nylon loop across the top which is used to easily remove it from the vagina after sex. The contraceptive sponge is inserted deep inside the vagina before sex, covers your cervix and contains the spermicide to help avoid pregnancy. The sponge works in two ways: First, it fits tightly against your cervix, blocking the entrance to the cervix so that sperms cannot reach the egg. Second, it contains spermicides which substantially reducing the movement of sperms, so they can't swim to the egg. You can just use the sponge or use condoms also for extra protection to avoid pregnancy and sexually transmitted diseases.

You can insert the contraceptive sponge immediately before you have a sex. Before using it, just put two tablespoons of clean water, squeeze the sponge once, and insert it deep into the vagina. The water will activate the spermicides inside the sponge and make it ready to fight against sperms. All the directions about how to use contraceptive sponge come with the package. Just read the instructions and follow them. To avoid pregnancy, the sponge can be inserted immediately before sex or maximum up to 24 hours before the sex. You can have sex multiple times without removing this contraception. You should NOT keep the sponge in for more than 24 hours and remember to give at least 6 HOURS AFTER SEX before you remove it for it to be effective to prevent pregnancy. The sponge is NOT reusable contraception methods, and you cannot take them out and put them back in.

As contraception methods, the effectiveness of sponge depends on your pregnancy history. For those, who use the sponge perfectly and had never given the birth, it is about 91% effective. This means only 9 out of 100 women using the contraceptive sponge will get pregnant. Those who have given birth before, it is about 80% effective. Many times, it is difficult to use sponge perfectly. Considering this, in real life, it is about 88% effective for those who have not given the birth before and 76% effective for women who have given the birth. The contraceptive sponge does not protect against sexually transmitted diseases.



In fact, the spermicide inside may actually increase the risk for STDs. It is advised to use condoms contraception methods to avoid STDs. This also adds an extra layer of protection to avoid pregnancy. You can buy the contraceptive sponge from the medical store even without a doctor's prescription. The sponge is considered safe for most of the people. Few people might be allergic to spermicide inside it. If you recently had a miscarriage, or given a birth, or have an infection around the vagina, it advised not to use it. After using a sponge, if you feel any symptom like sudden high fever, rash, diarrhea, vomiting, sore throat, dizziness, faintness, and weakness, consult the doctor immediately.

Advantages

Once you put in the sponge, you need not think about how to avoid pregnancy for the next 24 hours. You can have sex as many times as you want. It is available at the medical store and you can buy it without a doctor's prescription. It is one of the convenient contraception methods, it is small, individually wrapped packet and can easily fit into your bag. Easy to carry, best buddy wherever you go. The contraceptive sponge can be inserted well before the sex and does not interrupt the sex. Like the [hormonal contraception methods](#), contraceptive sponge does not cause any hormonal changes in the body.

Disadvantages

How to avoid pregnancy effectively using contraceptive sponge depends on how accurately you are using it. You must use the sponge every time you have a sex. You must remove the sponge after 24 hours. The contraceptive sponge does not protect from sexually transmitted diseases, and you need to use condoms to avoid STDs. Few people are allergic to spermicide inside the sponge and may feel irritation after its use. Consult the doctor if you feel anything abnormal after its use. The doctor will provide input if contraceptive sponge is suitable for you or you need to use [other contraception methods](#) to avoid pregnancy.



END NOTE

Barrier contraception methods create a physical barrier between sperms and egg. These methods avoid pregnancy by not allowing sperms to reach the egg. The barrier contraception methods are easy to use and available at the majority of the medical stores. Male condoms, female condoms, and contraceptive sponge can be used only once. You need to use the new one every time you have a sex. With good care, you can use the diaphragm and cervical cap for multiple times. Make sure that you never share your diaphragm or cervical cap with anyone else.

Male condoms are very widely used barrier contraception methods. Its wide availability and ease in use make it the preferred contraception methods. Both male and female condoms also help to protect from sexually transmitted diseases. So even if you are using any other contraception methods, it is advised to use condoms for protection from STDs. How to avoid pregnancy using barrier contraception methods depends on how accurately you use them. Many of the unplanned pregnancies happen due to incorrect use. If you are sexually very active women, it is advised to think about [long-acting reversible contraception methods \(LARC\)](#).



Pills and hormonal contraception methods

Contraception methods by regulating the change in hormone levels

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Hormonal contraception and family planning methods mainly works on regulating the change in hormone levels during the menstrual cycle. These contraception methods use different forms of artificial hormones that mimic the production of estrogen and progesterone in a woman's body. The hormonal contraception methods act on the endocrine system, a chemical messaging system consisting of hormones, a group of organisms who carries the hormones to target organs and a feedback loop. How to avoid pregnancy question has been answered by these contraception methods since 1960. Over the years, many delivery methods are developed, but oral contraceptive pills and injectable methods are the most popular method amongst all. Of all the [contraception methods](#), altogether, about 18% of the women rely on hormonal methods to avoid pregnancy.

There are mainly two categories of hormonal contraception methods or formulation: First is the combined method which contains both an estrogen and progestin. Second is the progesterone-only method which contains only progesterone or one of its synthetic analogs like progestins. The combined method suppresses the release of eggs from ovaries (ovulation) and thickens the cervical mucus. The progestogen-only method reduces the frequency of ovulation. Although these methods are used in quite different ways, most of them prevent mature eggs from being released by ovaries. Hormonal contraception methods are reliable to prevent pregnancy, but they can have side effects like headaches and spotting or breakthrough bleeding between periods. There are numbers of hormonal contraception methods including different types of contraceptive pills, vaginal ring, and contraceptive or transdermal skin patch.

In this section

Combination oral contraceptive pills
(COC / COCP)

Progestogen-only contraceptive pills
(POP / Mini-pills)

Transdermal patch

Contraceptive or vaginal ring



Progestogen-only contraceptive pills (POP / Mini-pills)



Type | Hormonal contraception methods



Effectiveness | 91%



Frequency of use | Everyday

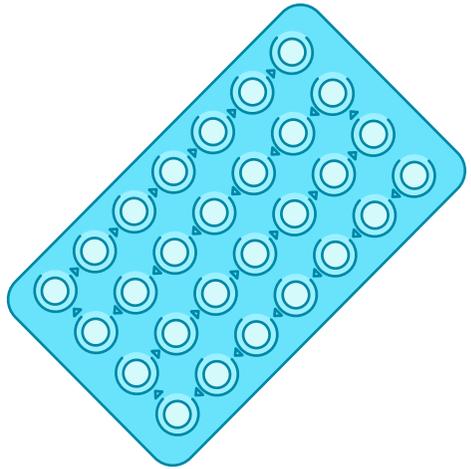


Protection against STDs | No

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Progestogen-only pills or progestin-only pills (POP) are contraceptive pills which contain hormone progestogens (progestins). As that of combined contraceptive pills, this does not contain estrogen hormone. Progestogen-only pill is an “every day” pill and contains 28 pills in a pack. There is no hormone free or “reminder” pills. You need to take one pill every day within the same three hours to avoid pregnancy. For example, if you have taken your progestogen-only pill at 8.00 in the morning, you need to take it BETWEEN 8.00 to 11.00 in the morning to get protection from pregnancy. Taking it after 11.00 in the morning will put you at risk of getting pregnant. This is one of those contraception methods where you need to follow the schedule very strictly. Alarm or reminders can help you keep track of your pill and take it on time. So, choose a convenient time to take the pill so that you can follow it. You can also keep it close to your daily used stuff like brush, charger or purse so that it's easy for you to remember.

Progestogen-only contraceptive pills are one of the hormonal contraception methods and work by releasing progestogen which is absorbed into your bloodstream. These POPs work either by avoiding the fertilization (meeting of sperms and egg) or by stopping ovaries from releasing the egg or both. The hormone progestogen thickens the mucus of your cervix or neck of the womb. This thickening makes it difficult for sperms to move through it and reach the egg. All progestogen-only contraceptive pills make the lining of your uterus thinner and make it less likely to accept the fertilized egg.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

28 pills in a pack. Take one pill every day within 3 hours window

3 hours window

Less than 3 hours {PROTECTED}

Missed the exact time to take the pill, but not late than 3 hours? Take the pill immediately and you are still protected from pregnancy.

More than 3 hours {NOT PROTECTED}

Are you late by 3 hours to take the pill? Take the pill when you remember. You are NOT protected for the next 48 hours.

CONTINUE

Progestogen-only contraceptive pills (POP / Mini-pills)

CONTINUE ►

The effectiveness of progestogen-only pills is same that of combination contraceptive pills. But POPs have a more stringent time restriction. You must take the POP pill within 3 hours window. This is one of the very effective contraception methods when you always use it perfectly. With the perfect schedule, POPs are 99% effective, means only 1 out of 100 women on POP will get pregnant. In real-life, considering some uncertainties, it is considered as 91% effective to avoid pregnancy.

The effect of progestogen-only contraceptive pills depends on when you start taking the pill. If you start the pack within the first 5 days of your period, you will be protected from pregnancy immediately. If you start taking the pill on any other day, you will not be protected for first 48 hours. Use some other contraception methods to avoid pregnancy. If you have a short menstrual cycle with your periods coming in 23 or fewer days, taking POP as late as 5th day might put you at risk of pregnancy. In case of doubt, consult the doctor to be sure about when to start taking the pill, if you are protected from pregnancy or not, or in-general counseling about how to avoid pregnancy using [contraception methods](#).

For progestogen-only contraceptive pills to work perfectly, it is important that you take the pill in 3 hours window. If you miss taking the pill, its effect to prevent pregnancy depends on how much late you are. If you have just missed the time, but are still in the 3-hour window, take the pill as soon as you remember it. For example, if you have taken the pill yesterday at 8.00 in the morning. Even if you miss the 8.00 in the morning time, it's OK. Take the pill before 11.00 in the morning and you will be protected. But if you miss the 3-hour window (in the example given, if you are late than 11.00 in the morning), you will not be protected from pregnancy. Please take the pill as soon as you remember. Do not stop taking the pills. You need to take the next pill on regular time (in the above case 8.00 in the morning) and follow the schedule. Remember that you will not be protected from pregnancy for the next two days (48 hours). So, use some [other contraception methods](#) to avoid pregnancy.

Progestogen-only contraceptive pills are safe for most of the women. Taking POPs might not be safe, if you are pregnant, on certain medicines, or if there is a current or past history of certain heart diseases or stroke, liver or breast

cancer. Talk to the doctor who will understand your medical history and suggest if its safe contraception option for you or not. If you are healthy and does not have any medical conditions, you can take the POP as long as you want to avoid pregnancy (until your menopause or until you're 55 years old). POP may develop small fluid-filled cysts on the ovaries. Other risks are the same as that of taking combination contraception pills. But the chances of these problems are really, really small. So please consult the doctor before you come to any conclusion.

Advantages

Many advantages are the same as that of combination contraceptive pills. Convenient, safe and easy to use. This is one of the contraception methods which does not need any medical procedure to start and you can stop using it anytime you want. It is safe to use even during breastfeeding. Some women are allergic or face some health problem due to hormone estrogen (found in combination contraceptive pills, contraceptive patch, vaginal ring). POP is a safe option for them as it doesn't contain hormone estrogen. You can take it at any age even if you have smoking habits (its highly advised to stop smoking as it will have an impact on your pregnancy, fertility and will cause other serious health problems). POP may help you to reduce the painful periods, may reduce the mood swings and symptoms that occur before your period.

Disadvantages

Taking the progestogen-only contraceptive pills may change the period and for some women, it is a bit difficult to accept. How to avoid pregnancy effectively depends a lot on how strictly you are following the POP schedule. Taking progestogen-only contraceptive pills may have some side effects like spotty skin, breast tenderness, and headaches. But these should stop in the first few months. Talk to the doctor to know about all the side effects and most importantly if the side effects are not stopping ever after a few months. Also take the advice of doctor about [contraception methods](#), family planning and how to avoid pregnancy.



Combination oral contraceptive pills (COC / COCP)



Type | Hormonal contraception methods



Effectiveness | 91%



Frequency of use | Everyday



Protection against STDs | No

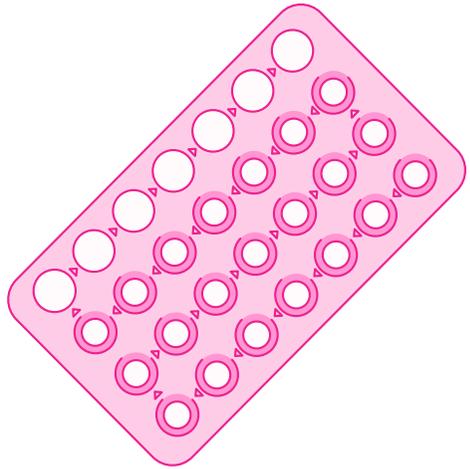
[VIEW ON WEBSITE >>](#)

Combined contraceptive pills, sometimes also referred to as just “the pill”, is a tablet you take once in a day for a month to avoid pregnancy. It contains two hormones: estrogen and progesterone. These are the same hormones produced by women in their ovaries. The contraceptive pills are safe, affordable and effective contraception methods to avoid pregnancy. The combined contraceptive pills are taken orally and when taken correctly, alters the menstrual cycle to eliminate ovulation and prevent pregnancy. This is one of the most widely used contraception methods for how to avoid pregnancy and family planning.

Estrogen and progesterone hormone in combined contraceptive pills stop the ovaries from releasing the eggs. Pregnancy can't happen if no eggs are released. These hormones also thicken the cervical mucus, which makes it hard for sperms to swim to the egg. No ovulation means no pregnancy. In case if few sperms meet the egg and fertilization happens, the hormones contraceptive pills make the lining of your uterus (womb) thinner so it's less likely to accept the fertilized egg.

The contraceptive pills are an effective hormonal method to prevent pregnancy. When the pills are used perfectly (taken every day at the same time), it's more than 99% effective to avoid pregnancy. It means only 1 out of 100 women taking the pills will get pregnant. But in real life, it can be hard to maintain and follow the schedule. So, in real life, it is about 91% effective to avoid pregnancy.

How to avoid pregnancy effectively with this contraception methods depends on the schedule you follow to take these combined contraceptive pills. These pills typically come in 28-days or 21-days pack. In case if you are using 28-days contraceptive pills pack (also referred as everyday pills), you must take one pill each day at around same time. The last 7 pills in the pack are colored differently and do not have any hormones in it. Sometimes these 7 pills are also referred



as “reminder” or “placebo” pills. Even if you don’t take these 7 contraceptive pills, you will be protected from pregnancy. It’s advisable to take them as it helps to maintain the routine and may also contain some iron or other supplements which will help you to remain healthy. In case if you are using 21-days contraceptive pills pack, take 1 pill every day in a row.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



21 hormonal pills

First 21 pills in the pack are hormonal pills. Take one pill every day approximately at the same time.



7 reminder pills

After 21 pills, there are 7 no hormones pills which helps to keep a schedule. You may skip these pills.



If you wish to avoid periods, you may skip the reminder pills and start a new pack immediately.

CONTINUE ▶

Combination oral contraceptive pills (COC / COCP)

CONTINUE ►

Once the pack is complete, take a break of 7 days. You will get your periods during these 7 days while you are not taking the pills. You will be protected from pregnancy during these 7 days. Start your next pack after these 7 days. It's better to use a reminder or alarm to keep the track. If you want to avoid your periods completely, you can use combined contraceptive pills easily. You can skip the "reminder" or "placebo" pills in the 28-day pack and start the new pack immediately. This way you can always avoid the periods or use this technique if something special is coming up and you don't want your periods to come. Read the instructions on your combined contraceptive pills pack carefully. It's important that you follow the given instructions for daily routine or in case if you missed the pill.

The contraceptive pills are immediately effective if you start taking the pills within 5 days after your period starts. If you start the pills on any other day, it will take 7 days to start protecting you from pregnancy. So, use some other contraception methods during these 7 days to avoid pregnancy. For combined contraceptive pills to be effective, you must take them every day at around the same time even if you don't have a sex. Missing the pill or starting the pack late makes these contraception methods less effective. The chances of pregnancy depend on when and how many contraceptive pills you have missed. Missing the pill for a day or starting the pack one day later is not a problem. But if you miss two pills or start the pack two days later, you might get pregnant. If you are not sure about what to do, continue taking the pills and use some other contraception methods to be sure about the protection from pregnancy. In case of doubt, always consult the doctor.

Taking the combined contraceptive pills may cause some side effects. It is important to know that most of the side effects will go away in 2-3 months. Some women experience headaches, nausea, sore breasts, or spotting (light bleeding) between periods. Taking the contraceptive pills may change your period or stop them completely. If you are experiencing the side effects even after 2-3 months, if you are not comfortable with the change in your periods, talk to the doctor. The doctor may suggest another brand or another contraception methods altogether.

Contraceptive pills are safe for almost every woman. It's been there for more than 50 years and used by millions of women. But, it might not be suitable contraception methods for few. If you are over 35 and have smoking habits,

it's not a good idea to take combined contraceptive pills. You may consider progestin-only pills (mini-pills) to avoid pregnancy. Also avoid taking combination contraception pills in case if you have health problems like blood clots, a blood-clotting disorder, breast cancer, heart attack, stroke, angina, or other serious heart problems, migraine headaches, uncontrolled high blood pressure, very bad diabetes or liver disease. Even though combination contraceptive pills are very safe, using the pills can slightly increase your risk of health problems. These include heart attack, stroke, blood clots, and liver tumors. It is important to remember that the chances of these health problems are really, really small. So, please consult the doctor before you come to any conclusion about using contraceptive pills as [your contraception methods for family planning](#).

Advantages

If you follow the schedule of contraceptive pills correctly, these are very effective contraception methods to avoid pregnancy. Apart from preventing the pregnancy, it also has other health benefits. It reduces menstrual cramps, lighten periods, and lower your risk of ectopic pregnancy. Combined contraceptive pills can also reduce or prevent acne, bone thinning, cysts in the breasts and ovaries, endometrial and ovarian cancers, serious infections in the ovaries, fallopian tubes, and uterus, iron deficiency (anemia), and PMS (premenstrual syndrome). Many women like the contraceptive pills as it makes the periods regular and easy to predict. The hormones in the pills may reduce the menstrual cramps and make your period lighter. You can easily get the combined contraceptive pills from the medical store with a doctor's prescription. They are cost effective, very easy to carry and does not interrupt the sex. If taken correctly, the contraceptive pills protect you all day, every day. You can also stop taking the pills whenever you want to get pregnancy. The fertility returns immediately after you stop the pills. You may experience some irregularity in the periods for initial few months, but your chances of getting pregnant returns to normal conditions immediately after you stop taking the pills.

Disadvantages

The effectiveness of these contraception methods depends highly on the schedule you follow. It's important to take these contraceptive pills every day. The protection goes away in a day after you stop taking the pill. If you have a busy schedule, many times it's hard to remember to take the pill. So, keep it next to the things you daily use like a toothbrush or phone charger, or makeup material. These are hormonal contraceptive methods and can have some side effects. These hormones can change the sexual desire, you may experience bleeding between periods, sore breast or nausea. These should go within the first 2-3 months. If you experience these side effects, talk to the doctor and just don't stop taking the contraceptive pills without any [other contraception methods](#). Very rarely, taking combined contraceptive pills might cause serious health problems. Talk to your doctor immediately in case if you are experiencing something different than usual. The contraceptive pills do not protect you from sexually transmitted diseases. You need to use other contraception methods like [condoms](#) for protection against STDs.



Contraceptive or vaginal ring



Type | Hormonal contraception methods



Effectiveness | 91%



Frequency of use | 3 weeks



Protection against STDs | No

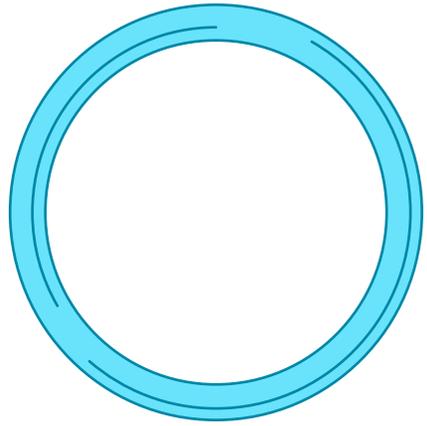
[VIEW ON WEBSITE >>](#)

The contraceptive ring also referred to as a vaginal ring, is a small plastic ring that is placed inside your vagina to prevent pregnancy. It is a clear and flexible ring of polyethylene vinyl acetate and about 4 mm thick and 5.5 cm in diameter.

Like most other hormonal contraception methods, the vaginal ring contains the hormones estrogen and progesterone. These are the same hormones your body make naturally. Once you wear the ring inside your vagina, it releases these hormones slowly which are then absorbed by your vaginal lining. The hormones released by vaginal ring prevents pregnancy by stopping the ovaries from releasing the eggs or ovulation. No ovulation means there is no egg for sperms to fertilize and so no pregnancy. These hormones also thicken the mucus at the entrance to the womb, making it hard for sperm to swim through and reach the egg. Even if some sperms meet the egg, the thinning of the lining of the womb done by these hormones makes it very difficult for a fertilized egg to grow.

The vaginal ring is one of the very effective hormonal contraceptive methods to prevent pregnancy. How to avoid pregnancy effectively depends on how old you are, how often you have a sex and whether you follow the instruction and schedule properly. When you use the vaginal ring perfectly, it is 99% effective to avoid pregnancy. It means only 1 out of 100 women using the ring will get pregnant over the year. In reality, there are few challenges to maintain the schedule and use the ring perfectly. So, the ring is considered as 91% effective. The effectiveness of a contraceptive ring might be affected by certain medicines like antibiotics Rifampin, Rifampicin, and Rifamate, antifungal Griseofulvin and HIV medicines. Talk to the doctor about all the medicines you are talking before you start using the contraceptive ring and see if this or any [other contraception methods](#) are suitable for you.

If you are not pregnant and wish to avoid pregnancy, you can start using the vaginal ring on any day during your menstrual cycle. If you start using the ring on the first to fifth day of your period, you will be immediately protected from pregnancy. If you start using the ring on any other day, it will take 7 days to become effective to prevent pregnancy.



During these days, you need to use other contraception methods to avoid pregnancy. If you have a short menstrual cycle with your periods coming in 23 or fewer days, inserting the contraceptive ring as late as 5th day might put you at risk of pregnancy. In case of doubt, consult the doctor to be sure about when to start using the ring, to know if you are protected from pregnancy or not, and to understand how to avoid pregnancy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			○			
			○			
			○			



Ring in day

A day when the ring is inserted. Ring will be effective for 21 days and you will be protected from pregnancy.



Ring out day

Take out the ring on 22nd day. You will get 7 ring-free days. You will be protected for these 7 days.



If you wish to avoid periods, you may skip the ring free days and insert the new ring immediately after 21 days.

CONTINUE ▶

Contraceptive or vaginal ring

CONTINUE ►

Once the vaginal ring is inserted, it is effective for 3 weeks (21 days). Insert the vaginal ring and mark it as “ring in” day. Take the ring out after 3 weeks (21 days). This day is marked as “ring out” day. After 3 weeks, you will get 7 “ring free” days. During these ring-free days, you need not use any other contraception methods and you will be protected from pregnancy. You will also get your periods during these 7 days. After completing the 7 ring-free days, start the new ring cycle by inserting the new ring on the 8th day. Repeat this cycle to avoid pregnancy. You can also use the contraceptive ring to skip your period. Just make sure that the ring is in for all the days in a month. You can follow the schedule of changing the ring on a particular date. For example, you can decide to change the ring on 1st of every month irrespective of how many days are there in the month. You can also follow a schedule of changing a ring on a particular day. For example, you can change the ring on 4th Saturday in a month. If you use the vaginal ring to skip your periods, you may have some bleeding or spotting for the first six months. It’s normal and if it does not go away, consult the doctor. If the ring is not in use, store it at normal room temperature and away from direct sunlight. If its left over for more than 4 months, put it in the refrigerator. Read the storage instruction given on the package carefully.

Sometimes it is hard to follow the “ring in”, “ring out” and “new ring day” schedule. If you forgot to take the ring out after 3 weeks, the protection from pregnancy depends on for how many days ring has left in since the ring out the day. If the ring is in for less than seven days since the ring out the day, remove the ring as soon as remember it and start your 7 days “ring-free interval”. Put the new ring in on the 8th day. You don’t need to use any other contraception methods to avoid pregnancy. If your ring is left in for more than 7 days after your “ring out” day, remove the ring as soon as you remember and insert the new ring immediately. Mark this as new “ring in” day and start your new ring

cycle. For the next 7 days, you need to use another contraception methods to avoid pregnancy. If you had a sex during the ring spill over days, ask the doctor about the chances of pregnancy and if there is need of [pregnancy test](#).

The vaginal ring is one of the safe contraception methods for most of the women. But, it might not be suitable for a few. If you are over 35 years old and have smoking habits, it's not a good idea to use the contraceptive ring. Also avoid vaginal ring in case if you have health problems like blood clots, a blood-clotting disorder, breast cancer, heart attack, stroke, angina, or other serious heart problems, migraine headaches, uncontrolled high blood pressure, very bad diabetes or liver disease. Even though the contraceptive ring is very safe, using the ring can slightly increase your risk of health problems.

These include heart attack, stroke, blood clots, and liver tumors. It is important to remember that the chances of these health problems are really, really small. So, please consult the doctor before you come to any conclusion about not using the vaginal ring to avoid pregnancy. The doctor will be also able to guide you about [other contraception methods](#) and how to avoid pregnancy effectively.

Advantages

When used correctly, the contraceptive ring is one of the very effective contraception methods avoid pregnancy. Like contraceptive pills, you don't have to think about it every day, just change the ring once in a month. You are protected from pregnancy 24x7 and it does not interrupt the sex. You need to have a prescription from the doctor, but you can buy multiple rings at a time from the medical store. Unlike the contraceptive pills, hormones don't need to be absorbed by the stomach. It usually makes your periods regular, lighter and less painful. This contraception method may help with premenstrual symptoms and improves acne in some people.

Disadvantages

How to avoid pregnancy effectively depends on how accurate you are in following the vaginal ring "in" and "out" schedule. Using a reminder will help you to remember the "ring in" and "ring out" day. You may not feel comfortable inserting and removing it. You may experience some side effects like increased vaginal discharge, headaches, nausea, breast tenderness and mood changes. You may also have breakthrough bleeding and spotting. All this should go away during the first few months. If not, consult the doctor. The contraceptive ring does not protect from sexually transmitted diseases. You need to use condoms contraception methods to protect you from STDs. The contraception doesn't have to be very uncomfortable or make you feel sick. There are many contraception methods to choose from. You can talk to the doctor to choose the best suitable [contraception methods](#) based on your requirement and medical conditions.



Transdermal patch



Type | Hormonal contraception methods



Effectiveness | 91%



Frequency of use | Weekly



Protection against STDs | No

[VIEW ON WEBSITE >>](#)

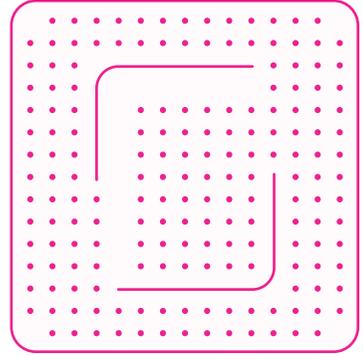
NOTE : The transdermal patch is not recommended in India considering the weather conditions. The atmospheric temperature and resulting sweat make patch remain on skin very hard. Before you decide to use a transdermal patch as your contraception method, please consult the doctor.

The transdermal patch or contraceptive patch looks just like a shiny plaster. It is a small, square, beige-colored patch of nearly 5cm x 5cm in size. The patch generally comes in the pack of three. This is one of the easy to use contraception methods, you simply stick the patch on your skin to avoid pregnancy.

You stick the patch on clean, dry skin on your belly, upper outer arm, buttocks (butt cheeks), or back. Clean and dry the skin before putting the patch, do not apply any cream, lotion, oil, powder or makeup to the skin. Do not touch the sticky part of the patch. Put the patch and press and hold for 10 seconds to make sure it is applied firmly. The contraceptive patch is designed to stay while swimming, sweating, or taking bath. Check your patch every day to make sure it is still there.

The transdermal or contraceptive patch contains hormones estrogen and progesterone. These are the same hormones produced by women in their ovaries. This is one of the hormonal contraception methods, and the hormones in the patch are released into your bloodstream through the skin. These hormones prevent pregnancy by stopping ovaries from releasing eggs. They also thicken the cervical mucus which makes it hard for sperms to swim through and meet the egg.

How to avoid pregnancy effectively depends on how perfectly you use the patch. When you use contraceptive patch perfectly, they are 99% effective to avoid pregnancy. You must change the patch after every week and make sure that it's there all the time. In real life, it's difficult to be perfect, so the contraceptive patch is considered about 91% effective. The effectiveness of a contraceptive patch might be affected by certain medicines, like antibiotics Rifampin, Rifampicin, and Rifamate, antifungal Griseofulvin and HIV medicines. Talk to the doctor about all the medicines you are taking before you start using the patch. The time required for the patch to come in effect depends on when you have started the first patch.



If you apply the first patch within the first 5 days of your period, you will be protected from pregnancy immediately. If you apply the first contraceptive patch on any other day, you will not be protected for first 7 days. Use some other contraception methods to avoid pregnancy. If you have a short menstrual cycle with your periods coming in 23 or fewer days, taking contraceptive patch as late as 5th day might put you at risk of pregnancy. In case of doubt, consult the doctor to be sure about when to start using the patch, if you are protected from pregnancy or not, or in-general counseling about how to avoid pregnancy using [contraception methods](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						



Patch change day

Each patch is effective for 7 days. Start the first patch on selected day and replace the old patch with new one after every 7 days at different location.



Patch free week

After use of three patches, the fourth 4th week is patch free week. Don't use the patch and you are still protected from pregnancy.



If you wish to avoid periods using transdermal patch, do not stop using the patch in 4th week also. Keep changing the patch on every week on patch change day.

CONTINUE ▷

Transdermal patch

CONTINUE ▶

The contraceptive patch pack comes with three patches. Put on the first patch and this becomes your “patch change day”. If you start on Monday, Mondays will be the days where you remove your old patch and put the new patch. Don’t keep the patch for more than a week. They will not prevent pregnancy. Put on the first patch and change it every week for three weeks. The fourth week is “patch-free week”. You get 7 days where you need not wear the patch. You are protected from pregnancy during these days and you will get your periods during these days. You can use the contraceptive patch to skip your period. Just skip the “patch-free week” and start the new patch pack immediately after three weeks. You may have some bleeding or spotting for the first six months when you use the patch to skip your period. It’s totally normal and should go away eventually.



48 hours window

Less than 48 hours {PROTECTED}

During your patch days, if the patch is not on the body for less than 48 hours, apply the patch immediately. Follow the regular patch cycle. You are still protected from pregnancy.

More than 48 hours {NOT PROTECTED}

If the patch is not on the body for more than 48 hours, apply new patch. Define a new “patch change day” and follow the new schedule. You are not protected from pregnancy for the next 7 days.

Patch is very sticky and should stay on. But if it comes off, protection from pregnancy and what to do next depends on how long it’s not been on your body. If the patch is off your body for less than 48 hours, reapply the patch immediately. If it’s not sticky enough or you cannot find it, apply the new patch. You are protected from pregnancy and follow the routine of replacing the patch on your regular “patch change date”. If the patch is off for more than 48 hours, you need to break the old patch cycle and start altogether a new cycle. Start with the first patch and this will become your “patch change date”. Use other two patches as per the schedule. You will not be protected for the first 7 days. So, use some other contraception methods. If you forgot to apply any patch, the same rules are applied. If you are late by less than 48 hours, apply the new patch as soon as possible. You are protected from pregnancy and need not change the “patch change day”. If you are late for more than 48 hours, break the old cycle and start the new contraceptive patch cycle. Use [other contraception methods](#) for next 7 days.

The contraceptive patch is one of the safe contraception methods for most of the women. But very few women may develop venous thrombosis, arterial thrombosis, heart attack or stroke. If you've ever had thrombosis, you should not use the patch. The risk of thrombosis is more for the first year especially for those who have a smoking habit, are overweight, are immobile for a long time, use wheelchair or someone in the immediate family has venous thrombosis before they were 45 years old. If you smoke, are diabetic, have hypertension, are very overweight, have migraines with aura, consult the doctor before you start using the contraceptive patch to avoid pregnancy. Also see the doctor immediately if have any symptoms like pain in the chest, breathlessness you cough up blood, painful swelling in your leg, weakness, numbness or bad 'pins and needles' in an arm or leg, severe stomach pains, a bad fainting attack or you collapse, unusual headaches or migraines that are worse than usual, sudden problems with your speech or eyesight, jaundice (yellowing skin or yellowing eyes). Remember that these symptoms and health issues are very rare. So, consult your doctor before coming to any conclusion not using contraceptive patch.

Advantages

The contraceptive patch is one of the very safe, simple and convenient contraception methods to prevent pregnancy. Following the schedule correctly gives you great protection from unplanned pregnancy. Like pills contraception methods, you don't have to think about it every day, just remember to change it every week. You can stop it any time you want to have a baby. It usually takes about 1-2 months for your periods to come back to normal. Unlike contraceptive pills, the hormones need not be absorbed by the stomach, so the patch is not affected if you vomit or have diarrhea. Contraceptive patch helps to make your period regular and reduce the premenstrual symptoms. It also has some health benefits. The patch can also help reduce or help prevent acne, bone thinning, cysts in your breasts and ovaries, ectopic pregnancy, endometrial and ovarian cancers, serious infections in your ovaries, fallopian tubes, and uterus, iron deficiency (anemia), PMS (premenstrual syndrome).

Disadvantages

How to avoid pregnancy effectively is highly depends on the patch change schedule you follow. You must change the contraceptive patch on time. The contraceptive patch is visible which might not be comfortable for few women. The hormones in the patch can cause bleeding between periods, tender breasts, headaches, or nausea. Some people notice a little soreness on their skin where the patch is. But these symptoms should go away in 2-3 months. The patch may cause skin irritation. The contraceptive patch does NOT protect from sexually transmitted diseases. You need to use [condoms](#) contraception methods to protect yourself from STDs.



END NOTE

Hormonal contraception methods act on the endocrine system, the chemical messenger system consisting of hormones, the group of glands and feedback loop. These contraception methods use different forms of artificial hormones that mimic the production of estrogen and progesterone in a woman's body. These hormones prevent pregnancy by stopping the release of eggs, by thickening the cervical mucus, and by making the lining of uterus thinner. How to avoid pregnancy effectively is mainly dependent on the schedule to be followed. Contraceptive pills are by far the most widely used contraception methods and overall 18% of women worldwide use hormonal contraception methods. There are few side effects of using hormonal contraception methods, and they depend on what hormonal formulation is used. Many of the side effects should go away in a few months and the health problems caused by these methods are really, really small. So, please consult the doctor before you come to any conclusion about not using hormonal contraception methods. It's always better to know different contraception methods and how to avoid pregnancy.



Long-Acting Reversible (LARC) Contraception methods

Highly effective fit-and-forget contraception methods

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Long-acting reversible contraception methods (LARC) provides effective and reliable protection against pregnancy for an extended period. These contraception methods can be easily reversed in case if you want to get pregnant and have a baby. Once the method is reversed, the return of fertility is rapid. Out of [all available contraception methods](#), these are the most often used family planning methods. The main reason why they are so popular is that these contraception methods don't depend on you remembering to take or use it before, during or after the sex. You don't need to take any ongoing efforts to prevent pregnancy. These methods offer the great freedom and peace of mind when it comes to family planning.

IUD (Copper T) is one of the most regularly used LARC contraception methods, but there are other "fit-and-forget" LARC methods. These methods include intrauterine system (IUS / hormonal coil), contraceptive injections, and implant. LARC methods are more than 99% effective to prevent pregnancy. This means only 1 woman out of 100 using this method will get pregnant. These methods are very cost effective considering the duration for which they offer protection.

In this section

Intrauterine devices (IUD) / Non-hormonal coil

Hormonal IUD / Intrauterine System (IUS)

Contraceptive implants

Contraceptive injection / shots



Intrauterine devices (IUD) OR Non-hormonal coil contraception method



Type | Long & reversible contraception methods (LARC)



Effectiveness | 99%



Frequency of use | 5 to 10 Years



Protection against STDs | No

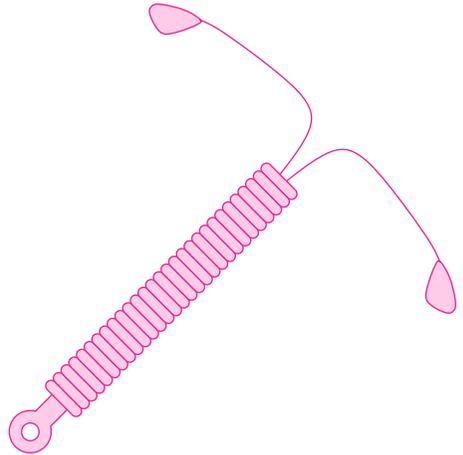
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Intrauterine devices or simply an IUD is a small piece of flexible plastic and copper wrapped around it and looks like a letter T with two threads at one end. IUD is also known as an intrauterine contraceptive device (IUCD or ICD), contraceptive coil, or copper T. There are different types of IUD (copper T) mainly categorized based on the amount of copper and surface area exposed. IUD is the most used contraception methods for family planning. This long-acting and reversible contraception (LARC) method is popular due to its effectiveness to avoid pregnancy, the peace of mind and privacy it offers. The major advantage is that you do not need any on-going effort or attention to avoid pregnancy. That's the reason, sometimes it is also referred as "fit and forget" contraception method. Once removed, even after long-term use, fertility returns to normal condition rapidly.

Copper T is inserted into the uterus or womb with the two threads hanging through the cervix into the top of the vagina. It releases copper ions and changes the fluid inside the womb and fallopian tubes to make it hard for sperms to survive there. Although IUD decreases the absolute number of sperm cells that reach the egg, in some cases few sperms may reach the egg and fertilization may happen. To avoid pregnancy in such cases, IUD stops the egg from attaching to the wall of the uterus and prevent pregnancy.

Copper T is one of the most effective contraception methods with more than 99% effectiveness. It means only 1 out of 100 women using IUD has a chance of getting pregnant. They are so effective because you need not take any efforts to remember to use it and practice to use it correctly. One limitation of Copper T is that it does not offer protection against sexually transmitted diseases. You need to use [condoms](#) to prevent STDs. You also need to consult the doctor to insert the IUD.

IUD / Copper T is perfectly safe for most of the women but there are some conditions that may cause side effects or complications. Using IUD might not be safe if you have certain STDs, cervical or uterus cancer which is not treated if you have a pelvic infection or you are allergic to copper. Consult [the doctor](#)



to find out if IUD is safe for you. It is very rare to get pregnant while using IUD, but if you get pregnant, make sure to get copper T removed as soon as you find out about your pregnancy. If you get pregnant with IUD in place, there is an increased risk of ectopic pregnancy and other serious health problems. That's the reason why you need to consult the doctor in case if you get pregnant while using IUD.

Advantages

IUD / copper T contraception method is very effective and long-term solution to avoid pregnancy. Once fitted, you need not think about how to avoid pregnancy. It offers great peace of mind and privacy. No one needs to know about it and no extra efforts to remember to use it or make effort to make it perfect. It is one of the most effective "fit and forget" contraception methods. Copper T can be easily removed, and it won't affect your fertility or make it harder to get pregnant. Your fertility comes to normal condition very rapidly. It is hormone free contraception methods without any hormone-related side effects. It is very cost-effective compared to [other contraception methods](#) considering the duration for which it offers protection to prevent pregnancy. IUD can also be used as emergency contraception. If copper T is inserted within 120 hours of having unprotected sex, it is over 99% effective to prevent pregnancy.

Disadvantages

Few women may experience some side effects after inserting copper T. Few of the IUD side effect includes pain, cramping or a backache for few days, spotting between periods, irregular and heavy periods. These side effects generally go away in a few months. You can also take some pain medicines to help you with few side effects. Talk to your doctor about what problem you are facing. The doctor will explain all contraception methods available and evaluate if IUD is the best suitable contraception method based on your need. The doctor will also guide you about family planning and how to avoid pregnancy effectively. Another limitation of copper T is, it does not protect against sexually transmitted diseases. You need to use [condoms](#) to protect yourself against STDs.



Hormonal IUD / Intrauterine system (IUS)



Type | Long & reversible contraception methods (LARC)



Effectiveness | 99%



Frequency of use | 3 to 5 Years



Protection against STDs | No

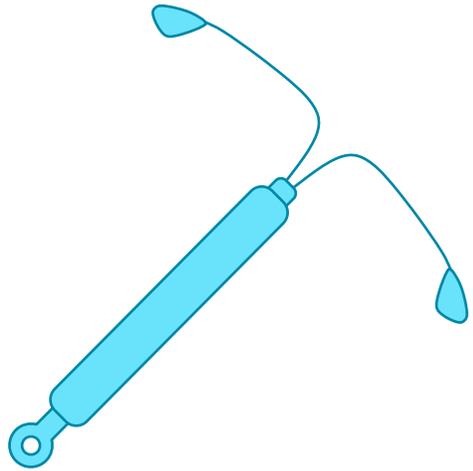
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Hormonal IUD also referred to as intrauterine system (IUS) are a small flexible plastic device that has a shape of letter T. It has a container filled with progestogen hormone which is slowly released inside a womb. The two threads attached at one end, pass out through the neck of the womb or cervix and lie in your vagina. These threads help to check if it is still at the place and used to easily remove it when needed. These threads or none of the part of IUS hangs out of the body and your partner will not feel its presence during sex.

The intrauterine system is like IUD, but instead of releasing copper ions, it releases the progestogen hormone to prevent the pregnancy. These progestogen hormones are similar to those naturally released by the ovaries. These hormones thicken the mucus at the entrance to the womb, making it difficult for sperm to pass and reach an egg. In case if few sperms still reach the egg, these hormones also prevent the growth of the egg by making the lining of womb thin. In some women, IUS sometimes also stops releasing the egg (ovulation).

IUS is one of the very effective contraception methods to prevent pregnancy. It is more than 99% effective and has a very low failure rate of just 1 in 2000 cases. Most of the advantages are similar to IUD which makes IUS also one of the preferred long-acting and reversible contraception methods (LARC). The IUS may also make your periods much lighter, shorter and usually less painful. It may even stop the periods completely after the first year of use.

Fitting IUS is not that complicated procedure and takes very less time. It can be fitted at any time during your menstrual cycle if you are not pregnant. A general examination of the vagina is done by the doctor to see position, size of the womb and any signs of infections. If everything is fine, the procedure will not take more than 20 to 30 minutes. After fitting the IUS, if you feel unwell,



have a pain in your lower stomach, have a high fever or smelly discharge from your vagina, you may have an infection. Visit the doctor immediately for further investigation or for removing IUS. Most of the women can use IUS. But women with breast cancer, cervical cancer, liver diseases, arterial disease or history of serious heart disease or stroke, untreated STI or pelvic infections may not be able to use IUS. Consult your doctor to see if IUS is a best suited for you, and if not, select from [other suitable contraception methods](#) based on your body and your family planning requirement.

Advantages

This is one of the long-acting and reversible contraception methods (LARC) which lasts from 3 to 5 years. This method does is not affected by any other medicines. Along with offering the same benefits as that of IUD, this method also helps to make your periods lighter, shorter and less painful. It may even stop the periods completely. It is safe to use an IUS even if you're breastfeeding.

Disadvantages

The IUS procedure may cause some discomfort. Your periods might become irregular or stop completely, which may not be suitable for a few women. Some women may experience headaches, acne, breast tenderness or mood swing after having the IUS fitted. IUS does not protect from sexually transmitted diseases and you need to use a condom to protect yourself from them. Some women may experience irregular vaginal bleeding and spotting in the first six months. This is one of the contraception methods which causes hormonal changes and may not be suitable for you. [Consult the doctor](#) before taking a decision and to know how to avoid pregnancy effectively.



Contraceptive implants



Type | Long & reversible contraception methods (LARC)



Effectiveness | 99%



Frequency of use | 4 Years



Protection against STDs | No

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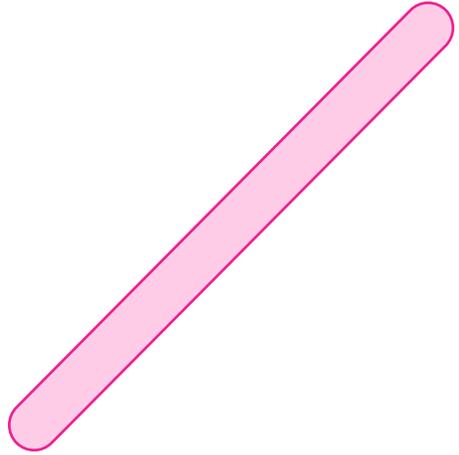
NOTE : The contraceptive implant is mostly not available in India. If you are thinking about using the implant as contraception methods, please check with the doctor about its availability.

The contraceptive implant is a small flexible plastic rod. It is of the size of a matchstick, about 40 mm long and 2 mm wide. The contraceptive implant is placed just below the skin of your upper arm. It is invisible from outside and easy to hide.

This is one of the hormonal contraception methods and contains a progestogen hormone. Progestogen hormone is like what is naturally released by a woman during her period. The progestogen hormone contained in the contraceptive implant is slowly released into your bloodstream to avoid pregnancy. These hormones prevent pregnancy in two ways. First, this hormone thickens the mucus on your cervix and stops sperms from reaching to your egg. As sperms can't meet the egg, pregnancy can't happen. Second, it makes the lining of your uterus or womb thinner. So even in case if sperms meet the egg, it cannot get attached to the uterus and keep growing.

The contraceptive implant is one of the very effective long-acting and reversible contraception methods (LARC). It is more than 99% effective. In one year, only 1 out of 100 women using contraceptive implant will get pregnant. Some medicines like those used to treat HIV, epilepsy, and tuberculosis (TB), may make contraceptive implants less effective. Always tell the doctor about the implant if you are prescribed any of these medicines. It is very important to have the implant changed at a right time. So, keep a reminder about when is the due date to change the implant.

You can insert the implant any time during your menstrual cycle. The implant starts working immediately after you inserted it. If you have just given a birth to a baby and inserted implant within first 21 days, it starts working immediately. If you have inserted the contraceptive implant after 21 days, you need to use



some other contraception methods for the next 7 days to avoid pregnancy. The contraceptive implant is safe for most of the women. It might not suitable contraception methods if you are pregnant, if you want your periods to be regular if you have some medical conditions like breast cancer, liver disease, cirrhosis or liver tumors, diabetes with complications, heart disease or on medication for HIV, epilepsy, and tuberculosis (TB).

Advantages

The contraceptive implant is one of the very effective long-acting and reversible contraception methods (LARC). You don't need any ongoing attention to avoid pregnancy. Just fit it and forget it for the next 3 years. It may make your periods lighter, shorter and less painful. If you are thinking about how to avoid pregnancy even if you are breastfeeding, the contraceptive implant might be a suitable contraception method. The implant is very easy to remove, and fertility returns to normal condition very rapidly. It is one of the best options for women who cannot use estrogen-based contraception methods. The contraceptive implant may give some protection against cancer of the womb.

Disadvantages

The contraceptive implant needs a small medical procedure to fit and remove it. The procedure may cause some tenderness, bruising and swelling when first put in. You will be able to feel it in your arm and sometime may feel discomforting. The major disadvantage of the contraceptive implant is its effect on period. Periods may become irregular, last longer than expected and may stop completely. You may experience other side effects like headaches, acne, nausea, breast tenderness, changes in mood and loss of sex drive. All this should get settled in first three months. If your initial discomfort does not go away, consult your doctor for diagnosis and to understand what is wrong. The doctor will be able to tell you if the implant is suitable for you if not, [the doctor will advise on how to avoid pregnancy using other contraception methods.](#)



Contraceptive injection OR shots



Type | Long & reversible contraception methods (LARC)



Effectiveness | 99%



Frequency of use | 3 Months



Protection against STDs | No

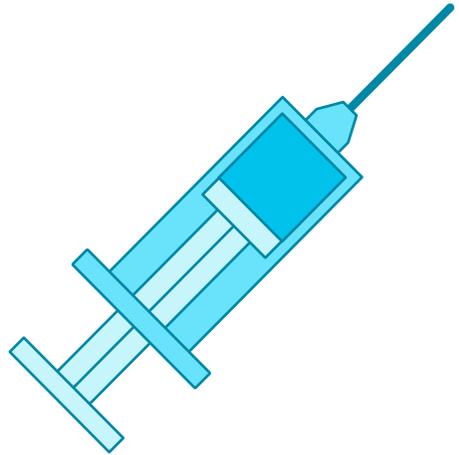
[VIEW ON WEBSITE >>](#)

The contraceptive injection is a shot that contains the hormone progestogen. The Depot-medroxy progesterone acetate (DMPA) is the commonest type of injectable contraceptive. It is marketed as Depo-Provera in India. So, the contraceptive injections are also referred to as Depo-Provera, the Depo shot or DMPA. The contraceptive injection contains a hormone progestogen which is similar to one of the hormones produced naturally by a woman's ovaries.

The contraceptive injection works in the same way as that of implants. Hormone progestogen is released into your bloodstream steadily. It avoids pregnancy by preventing the ovaries from releasing an egg each month (ovulation). When the egg is not produced, you can't get pregnant. It also makes cervical mucus thicker which make it very difficult for sperms to pass and meet eggs. Thus, it prevents pregnancy as egg and sperms can't meet.

Contraceptive injection is one of the very effective long-acting and reversible contraception methods (LARC). When used perfectly, it is effective more than 99% to prevent pregnancy. It means only 1 out of 100 women using contraception injection will get pregnant. Sometimes women may forget to take the shots, so in real life, it is considered as 94% effective. You need to get shots after every 12-13 weeks, about once in 3 months or 4 times in a year. Once you take the contraceptive injection, it cannot be reversed, and you cannot plan for getting pregnant for the next 3 months or want to avoid the side effects. The shot must be given by a doctor, so make an appointment considering the frequency of these shots. If you miss your contraception injection timing, you may not be protected from pregnancy. If you get your shot as late as 15 weeks after your first shot and you have unprotected sex, you might get pregnant. Take the [pregnancy test](#) before taking next shot.

Contraceptive injection is safe for most of the women. This is one of the contraception methods which you can use even if you are breastfeeding or recently have given birth to the baby. Contraception injection might not be a safe option if you have breast cancer, irregular and unexplained bleeding, atrial



disease, heart disease or stroke or risk factors for osteoporosis (thinning of the bones). If you don't want your periods to change, if you are planning for a baby within the next one year, contraceptive inject is not a good choice. This is one of the contraception methods which causes hormonal changes and may not be suitable for you. [Consult the doctor](#) before taking a decision and to know how to avoid pregnancy effectively.

Advantages

This long-acting and reversible contraception methods (LARC) is very effective to prevent pregnancy. It is super private (taken in a doctor's clinic), safe and convenient way to avoid pregnancy. It does not interrupt the sex and protects you 24x7. The contraceptive injection can make your period less often. The periods may stop completely usually after a year of using the shots. This is not a permanent contraception method and very easy to stop. If you are thinking about how to avoid pregnancy even if you are breastfeeding, a contraceptive injection might be a suitable contraception method.

Disadvantages

The contraception injection may make period irregular, heavier or stop completely. This might be discomforting for a few women. Once taken, it cannot be reversed so any side effect might continue for some time. Depo-Provera type of injection may affect your bones especially for women at risk of osteoporosis. If you are planning for a baby in the coming one year, this is not a good choice. It takes about 9-10 months for fertility to return to normal condition. You also need to make sure to take the shot every 3 months. This contraception method does not protect from sexually transmitted diseases and you need to use [condoms](#) to get protection from STDs. There might be a few side effects like nausea, weight gain, headaches, breast tenderness, or depression. Talk to the doctor in case if you experience any of these and discuss other contraception methods and the suitability.



END NOTE

Long-acting reversible contraception methods (LARC) are the most effective contraception methods out there. LARC lasts for many years and you don't have to remember to use it. Its "fit-and-forget" contraception methods and does not need any attention before, during and after sex. The great part of these contraception methods is that they are long-acting but not permanent. All the LARC methods are becoming popular, but IUD or copper T is the most commonly used contraception method in India. This is also a very cost-effective solution in the long run and a great choice for family planning. The cost of other contraception methods over the years is substantially high compared to the cost of IUD and the medical procedure required to fit it.

LARC offers a great protection, peace of mind, and most importantly does not need your attention at all. So, if you are a sexually active woman and worried about how to avoid pregnancy, LARC is a great long-acting solution.



Permanent contraception methods

Contraception methods to stop pregnancy forever



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Male and female sterilization methods are permanent contraception methods which are very effective to avoid pregnancy. These permanent contraception methods are suitable for those who are sure they never want children or don't want any more. Reversal of these methods is very difficult, very costly and many times impossible to do. So, before you decide on any sterilization methods, you should consult the gynecologist. She might be able to help you decide which method to go for and based on your requirement suggest alternative [long-acting reversible contraception methods](#).

There are many sterilization methods, all of them work by blocking the fallopian tubes or vas deferens. When the sperms cannot meet the egg, fertilization and hence pregnancy cannot happen. Sterilization procedure is available for both men and women. For women, it is often called "getting your tubes tied" or "tubal ligation". For men, these sterilization methods are called a vasectomy. Both of these contraception methods are more than 99% effective to prevent pregnancy. The decision about tubal ligation for her or vasectomy for him depends on many factors. Talk to your partner, parents, and doctor about it. Consider the social, emotional and physical impact of these procedures. While deciding any sterilization methods, consider the cost, reversibility and recovery time.



In this section

Vasectomy or male sterilization contraception methods

Female sterilization or tubal ligation contraception methods



Female sterilization or tubal ligation contraception method



Type | Permanent contraception methods



Effectiveness | 99%



Frequency of use | Lasts for life



Protection against STDs | No

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Female sterilization is one of the permanent contraception methods and referred to as tubal ligation. Tubal ligation is a surgical procedure in which fallopian tubes are cut, tied or blocked permanently to avoid pregnancy. The tubal ligation is also known as “getting your tubes tied,” and amount married couples, it is the most popular answer for how to avoid pregnancy question.

Every month, the ovaries release an egg (ovulation). The fallopian tube carries this egg from ovaries to the womb. The egg waits for few days for sperms to come and fertilize the egg in the fallopian tube. Pregnancy happens if a sperm cell meets up with one of your eggs and the fertilized egg implants in your uterus. Tubal ligation female sterilization blocks your fallopian tube carrying this egg from ovaries to the womb. Once the tube is blocked, sperms can't get to the egg and pregnancy can't happen.

There are several female sterilization methods. Tubal ligation procedure involves, either cutting, removing a small piece of tube, sealing or applying clip or ring to block the fallopian tube. In the incision female sterilization method, a small cut on your belly is done to reach to the fallopian tube. Laparoscopy and mini-laparotomy are the two main incision sterilization methods. A non-incision sterilization is done through vagina and cervix. During non-incision sterilization,



the doctor puts a tiny coil into each of your fallopian tubes. Over time, your body naturally grows tissue around the coils and blocks off your fallopian tube. Recovery from the non-incision sterilization method is the fastest and most women can return to their regular work on the same day. If the sterilization is done using one of the incision methods, it takes about 2–3 days to recover. It's a good idea to take a week off from work and avoid lifting anything heavy.

Tubal ligation is one of the permanent contraction methods. It is more than 99% effective to avoid pregnancy, it means only fewer than 1 out of 100 women who are sterilized will get pregnant each year. The female sterilization methods are so effective because it does not need any attention, before, during or after the sex. It protects from pregnancy round the clock, 24x7. There is no way you can forget about it. It is one of the “get-it-and-forget-it” contraception methods. The incision tubal ligation procedure starts to avoid pregnancy right away. The non-incision sterilization method takes about 3 months to start preventing pregnancy, so use some [other contraception methods](#) during this period to avoid pregnancy. The doctor will conduct some test to make sure that it worked and will give you a green single for unprotected sex. Tubal ligation contraception method does not protect you from sexually transmitted diseases. You always need to use other contraception methods like [condoms](#) to avoid STDs.

CONTINUE ►

Female sterilization or tubal ligation contraception method

CONTINUE ►

Tubal ligation or female sterilization is a safe medical procedure. It's very rare to have any serious problems after sterilization. Consult the doctor immediately if you get a rash, swelling or have trouble breathing, have a fever, have severe and continuous pain in your belly, have unusual discharge or odor from your vagina, have fainting spells, have bleeding or pus where the incision (cut) was made. After sterilization, it's very rare that fallopian tubes can reconnect or become unblocked and you get pregnant. If you get pregnant after sterilization, the pregnancy could develop in your fallopian tube which is called ectopic pregnancy. Ectopic pregnancies are dangerous, so pregnancy after sterilization should be reported to the doctor immediately. Female sterilization procedure is permanent and almost impossible to reverse. In some cases, it can be reversed, but if the reversal works or not depends on many things like when the procedure was done, how it healed, and the type of sterilization methods used. So, before you decide on tubal ligation, think about any possible life changes that could affect you in the future and you might want to get pregnant. Also consider that there are other super-effective, [long-acting and reversible contraception methods](#) available. They can be very easily reversed, and you will be ready to get pregnant quickly.

Advantages

Female sterilization or tubal ligation is one of the permanent contraception methods and most effective to prevent pregnancy. Its more than 99% effective to avoid pregnancy and does not need any attention before, during and after the sex. Tubal ligation avoids pregnancy 24x7 and does not interrupt the sex. It is one of those “get-it-and-forget-it” contraception methods. Tubal ligation is a hormone-free contraception method and can be used safely in case if you have some medical conditions and cannot use [hormonal contraception methods](#).

Disadvantages

Female sterilization or tubal ligation one of the permanent contraception methods and your fertility may never come back. If you ever want to get pregnant, the reversal procedure is very complicated and expensive. So, you should get a tubal ligation only if you're totally certain that you never want to get pregnant. If you are looking for a long-acting answer for how to avoid pregnancy, there are other very effective reversal contraception methods which once done, does not need your attention. One of the long-acting and reversible contraception methods like [IUD](#) might be suitable for you. Talk to your doctor about your contraception requirement, she will able to guide you about sterilization and [other contraception methods](#). Sometimes, the female sterilization procedure may cause an infection, but it usually minor and treatable with antibiotics. All the minor side effects should go away within a few weeks, if not, please consult the doctor. Tubal ligation contraception method does not protect against sexually transmitted diseases. You always need to use other contraception methods like [condoms](#) to avoid STDs.



Vasectomy or male sterilization contraception method



Type | Permanent contraception methods



Effectiveness | 99%



Frequency of use | Lasts for life



Protection against STDs | No

[VIEW ON WEBSITE >>](#)

Male sterilization is one of the permanent contraception methods and commonly referred as vasectomy. It is a surgical procedure in which the small tubes in scrotum (a sack of skin, divided into 2 parts, that holds the testicles) that carry sperm are cut or blocked off. The vasectomy procedure is very simple and usually completed in about 30 minutes at the hospital.

Vasectomy sterilization method avoids pregnancy by blocking the sperms from getting to the egg. The sperms are made in men's testicles (balls), leaves the testicles and travel through two tubes called the vas deferens. The sperms then mix with other fluid to make semen. When the semen containing sperm gets into a vagina, it causes the pregnancy. In vasectomy sterilization methods, the doctor will block or cut each vas deferens tube. This keeps the sperms out of semen. After a vasectomy, there is no sperm in your semen. Your testicles will still make the sperms, but they will not mix with semen and will be absorbed by your body. You will still have erections and ejaculate (cum) but the semen will not contain any sperm, so a woman's egg cannot be fertilized, and pregnancy cannot happen.

Vasectomy is one of the permanent contraception methods and super effective to avoid pregnancy. It is over 99% effective and it is very rare to cause pregnancy after vasectomy sterilization. After a vasectomy, it will take about 3 months for semen to become sperm-free. About 12 weeks after the procedure, the doctor will ask you to get a semen test done. If semen is sperm free, that's pretty much it, you don't have to do anything else and need not think more about how to avoid pregnancy. If you have a sex during these three months, you cannot rely only on vasectomy, you must use some [other contraception methods](#) to avoid pregnancy during this period.



There are two ways the vasectomy procedure performed, the incision method and the no-scalpel or no-cut method. In both these sterilization procedures, you'll get local anesthesia to numb your testicles, so you shouldn't feel much during the procedure. In the incision method, the doctor will make a small cut on the skin of your scrotum. Through this small cut, the tubes carrying sperms are blocked off. The tube may be tied, blocked with surgical clips, or closed with an electrical current. Sometimes a tiny part of each tube is removed. In the no-scalpel method, the doctor will make one tiny puncture (hole) on the skin of your scrotum. The tubes are then tied off, sealed, or blocked. The small puncture heals quickly. You won't need stitches, and there's no scarring.

Vasectomy sterilization is a quick medical procedure and you can go home right after the procedure. You may feel discomfort or pain, but it should not be very terrible. You may also have some bruising and/or swelling for a few days. Taking pain relief and wearing tight-fitting underpants or athletic support, will help you to reduce any discomfort. It is advised not to do any heavy physical work or exercise for a week after vasectomy. It's very rare that you will get an infection. Consult the doctor if you have any symptoms like high fever, blood or pus coming from where the cut was made, or a lot of pain or swelling in your scrotum or testicle area. Most of the men need a rest for only a couple of days. If your job is physically demanding, it is advised to take a week off from the work. You can also start having a sex after a couple of days, but for the initial 3 months, remember to use some other contraception methods to avoid pregnancy. Also, remember that vasectomy sterilization does not protect against sexually transmitted diseases. You always need to use [other contraception methods](#) like condoms to avoid STDs.

CONTINUE ►

Vasectomy or male sterilization contraception method

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Advantages

If you want to have a permanent solution for how to avoid pregnancy question, vasectomy is the best answer. Vasectomy sterilization is one of the permanent contraception methods and most effective to prevent pregnancy. Its more than 99% effective to avoid pregnancy and does not need any attention before, during and after the sex. It avoids pregnancy 24x7 and does not interrupt the sex. Nothing to buy from the medical store, no reminders, nothing to put in place before or during sex. Vasectomy is one of the “get-it-and-forget-it” contraception methods. Like the [hormonal contraception methods](#), vasectomy sterilization does not release any hormones in your body does not have any hormone-related side effects. Vasectomy may be a simpler, safer and more reliable alternative to female sterilization.

Disadvantages

Vasectomy sterilization is one of the permanent contraception methods and your fertility may never come back. If you ever want to be a father again, the reversal procedure is very complicated and expensive. So, you should only get a vasectomy if you're totally certain that you don't want to get someone pregnant for the rest of your life. Vasectomy sterilization takes about 12 weeks to 3 months to become effective. During this period, you need to use [other contraception methods](#) to avoid pregnancy. Sometimes, the vasectomy procedure may cause an infection, but it usually minor and treatable with antibiotics. You may feel some pain, bleeding, bruising or swelling after the procedure. All this should go away within a few weeks, if not please consult the doctor. Vasectomy contraception method does not protect against sexually transmitted diseases. You always need to use other contraception methods like [condoms](#) to avoid STDs.



END NOTE

Sterilization is a very effective, permanent answer for how to avoid pregnancy question. Out of male and female sterilization methods, many married couples rely on female sterilization as contraception methods to prevent pregnancy. These sterilization methods are more than 99% effective to avoid pregnancy. The main reason for such reliability is that it does not need your attention. Once a vasectomy or tubal ligation procedure is done, you need not think about “how to avoid pregnancy” at all. This is “get-it-and-forget-it” contraception methods.

All sterilization methods work by blocking the fallopian tubes. In female fallopian tubes carry eggs from ovaries to the womb and male vas deference carry sperms to mix and form semen. In sterilization contraception methods, these tubes cut, tied off, sealed, or blocked. As there is no passage for eggs and sperms to meet, the pregnancy cannot happen. These sterilization methods are permanent. If you ever want to reverse them, it is very difficult, expensive, and complicated medical procedure. If you are looking for the contraception methods which does not need your attention, which are long-acting, which does not interrupt sex, you can have a look at other [long-acting reversible contraception methods](#). They are very easy to reverse in case if you ever want to have a child.

Sterilization is a major decision. The sterilization decision means that a couple has decided not to have a child in the future together. And that’s really a major decision. So, you need to give a deep thought about it. Talk to your partner, parents, and other important family members. Although both men and women can make their own decisions about the procedure, it’s a good idea to consult the people who have a concern for you. In the end, a woman’s or men’s decision to undergo sterilization must be his or her own choice and not forced on by a family, partner, or healthcare provider. It is also advised to consult the doctor before you come to a final decision. The doctor will understand your conception, family planning, and other social requirements and will able to guide you about what you can do to avoid unplanned pregnancy.





Getting pregnant and having a baby is exciting and the best thing that can happen to a woman. Many times, the unplanned pregnancy is undesirable and can bring stress, disturbance in your plans and overall unhappiness about pregnancy. Unintended pregnancy has a major impact on numerous social, economic, and cultural aspects of life. Through a good selection from all contraception methods and appropriate family planning, you can avoid all this and decide when you want to get pregnant.

Sometimes, selecting the best method from all available contraception methods could be confusing. Condoms, contraceptive pills, IUD, there are so many to choose from. It is highly advised to consult the doctor who will help you to choose a contraception method that is best suitable for you. The more you know about these contraception methods and family planning, the more in control you can be of your sexual health. The more you will be in control about when to have children. Motherhood is a life-changing event. Make sure that you plan for it. If you do not want the pregnancy, use appropriate contraception method to avoid pregnancy. Let the pregnancy bring happiness than a stress and worry about what to do next.





Dr. Varshali Mali

M.B.B.S, DNB (OBGY)

Diploma in Gynecological Endoscopy - Germany

Dr. Varshali Mali is an Obstetrician and Gynecologist. She did her MBBS from Dr. D. Y. Patil Medical College, Pune, DNB (Obstetrics & Gynecology) from Jehangir Hospital, Pune, and Diploma in Gynecological Endoscopy from University of Schleswig Holstein - Kiel Germany. She has a number of years of experience working as a gynecologist, pregnancy doctor, and lecturer. Currently, through her practice at various locations, she provides gynecology and pregnancy care solutions to the women. In her patient community, she is known for her welcome nature, smiley face, supportive attitude, intelligence and in-depth knowledge about gynecology and pregnancy. Mother of two daughters, she believes that motherhood is the best gift one can get. As her contribution, she puts her best efforts to make the pregnancy journey most enjoyable for her patients.

This book is a compilation of various blogs written by Dr. Varshali Mali. Refer to www.drvarshaliclinic.com/learn/contraception to read all the blogs related to contraception methods. You can download a PDF copy of this book. Scan the QR code below to download the PDF copy.

