

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists Excellence in Women's Health

## Contraception

## The prevention of pregnancy – what are my options?

Most effective	Contraception method	How to use the method and duration of use
Less than 1 pregnancy per 100 women in 1 year	Long-acting reversible methods (LARCs)	<ul> <li>LARCs are inserted by your doctor and last up to:</li> <li>Implant (in your arm): 3 years</li> <li>IUD (in your womb/uterus): 5–10 years</li> </ul>
Less than ' per 100 wo	Surgical methods Full ligation or salpingectomy	<ul> <li>Surgical procedures: permanent contraception.</li> <li>Tubal ligation: female tubes tied</li> <li>Salpingectomy: female tubes removed</li> <li>Vasectomy: male tubes 'snipped'</li> </ul>
6–12 pregnancies per 100 women in 1 year	Hormonal methods	<ul> <li>Injectable: injected by doctor every 12 weeks</li> <li>The pill: take at the same time every day</li> <li>Ring: replace in the vagina every month</li> </ul>
18 or more pregnancies r per 100 women in 1 year	Other methods         Image: Condom             Fertility tracking             Withdrawl	<ul> <li>Condom: use during sex</li> <li>Fertility tracking: abstain from sex on fertile days</li> <li>Withdrawal: ejaculate outside the woman's vagina</li> </ul>
Reast effective	No contraception	<ul> <li>Use emergency contraception after unprotected sex to lower your risk of pregnancy:</li> <li>Morning-after pill: within 3 days</li> <li>Copper IUD: within 5 days</li> </ul>





When choosing a method of contraception it is important to consider the following:

- Your individual needs and circumstances
- How effective they are at preventing pregnancy
- Possible side effects and risks •
- Cost and availability
- Protection against sexually transmitted infections • •
- Can it be reversed so pregnancy is possible?

Detailed further information on each of these methods of contraception can be discussed with your health care provider, your local Family Planning organisation or found via the following link:

www.fpnsw.org.au/health-information/individuals/contraception/ contraception-choices



## **Questions?**

RANZCOG © 01 | 2020 Reproduction of any content is subject to permission from RANZCOG unless permitted by law

available at the time of its preparation, but its currency should be determined having regard to other available information. RANZCOG disclaims all liability



College House, 254-260 Albert Street East Melbourne, Victoria 3002, Australia. Ph: +61 3 9417 1699 Fax: +61 3 9419 0672 Email: ranzcog@ranzcog.edu.au ranzcog.edu.au