'The Pill'

- · Daily method
- Oral contraceptive
- Contains estrogen & progestin
- Must take at the same time every day in order to be 99% effective
- Decreases cramping, thickens cervical mucus and keeps your period regular

'The Patch'

- Weekly method must change patch weekly 3 weeks on, 1 week off
- Patch worn anywhere on your body Releases estrogen & progestin into bloodstream
- 99.7% effective



NuvaRing

- Monthly method
- Flexible oval shaped ring self-inserted into vagina
- Releases low doses of estrogen & progestin
- Wear ring for 3 weeks, take out for one week (to allow for period)
- 99.7% effective



Depo-Provera Injection

- Injection of progestin every 3 months
- 99.7% effective
- Can cause irregular bleeding, weight gain and can affect your bone density later in life

Did you know?...

These methods of contraceptives

<u>DO NOT</u> protect you from

Sexually Transmitted Infections
(STIs)

HOWEVER...

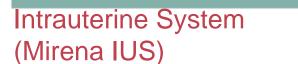
Condoms (male & female) can protect against STIs and unplanned pregnancies

Condom

- Latex barrier placed on penis to prevent sperm from entering vagina
- 97% effective
- Protects against spread of STIs

Female Condom

- Latex barrier placed in vagina to prevent ejaculate from entering female
- 95% effective
- Protects against spread of STIs



- T-shaped device inserted in uterus
- Levonorgestrel (hormone) is slowly released over time to create a cervical mucus plug
- Can stay in uterus up to 5 years
- 99.9% effective

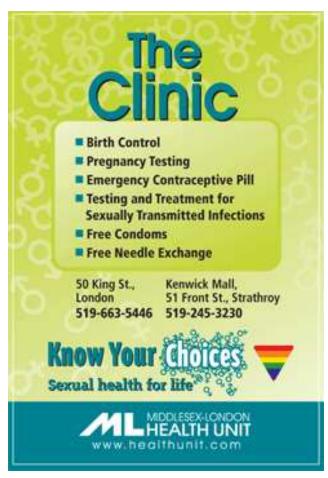


Intrauterine Contraceptive Device (IUD)

- T-Shaped device wrapped in copper
- Impairs sperms ability to swim
- No hormones released into the body
- Can increase menstrual bleeding and cramping
- 99% effective







The Society of Obstetricians and Gynaecologists of Canada, 2012 www.sexualityandu.ca

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