

Non-Hormonal Contraception

Copper Intrauterine Contraceptive

Failure rate	8 of 1000 women
How to use	T-shaped device inserted into the uterus by a health care professional
How it works	Presence of a foreign body creates a hostile environment, leading to prevention of pregnancy
Advantages	<ul style="list-style-type: none"> - Safe, reversible, highly effective - May be suitable for women who cannot take estrogen - May be suitable for breastfeeding women - Cost effective → lasts 5-10 years
Disadvantages	<ul style="list-style-type: none"> - Initial irregular bleeding - May increase menstrual flow and cramps - May increase pain during periods - Some pain or discomfort during insertion - Rare risks with insertion include infection, perforation of the uterus, or expulsion of the device - No STI protection

*Failure rate = amount of people who get pregnant despite using birth control properly

Condoms

- Male and female condoms are available
- Male condoms are worn over the penis, and female condoms are worn in the vagina during sexual activity. They should be put on prior to any skin-to-skin genital contact
- Failure rates:
 - o Typical use: 180 of 1000 women (male condom), 210 of 1000 women (female condom)
 - o Perfect use: 20 of 1000 women (male condom), 50 of 1000 women (female condom)
- Advantages:
 - o Protect against both pregnancy and STI's
 - o Widely available
- Disadvantages:
 - o Potential challenges include slippage and breakage
 - o Must be available at time of sexual activity

Barrier Methods

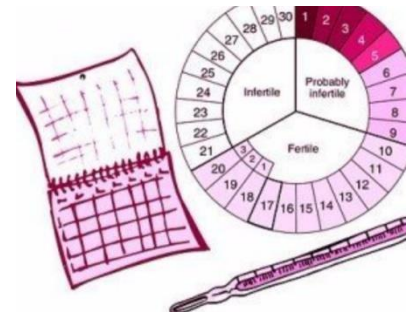
Methods	Diaphragms & Cervical Caps	Sponge	Spermicides
Failure rate	Higher failure rate compared to other types of contraception	Typical use: 120 of 1000 women Perfect use: 90 of 1000 women (the sponge is less effective after giving birth)	Among the least effective of all contraception options, and need to be used with another barrier method
How it works	Caps made of latex or silicone and nylon that cover the cervix and prevent sperm from entering Should always be used with a gel that immobilizes or kills sperm	Small, disposable, foam device that fits over the cervix and slowly releases spermicide over a period of 24 hours	A chemical available in the form of a cream, gel, foam, film, or suppository that is inserted in front of the cervix, destroying sperm on contact
Advantages	<ul style="list-style-type: none"> - Can be used by women who are breastfeeding - Available at pharmacies without prescription 	<ul style="list-style-type: none"> - Available at pharmacies without a prescription 	<ul style="list-style-type: none"> - May also protect against bacterial infections and pelvic inflammatory disease
Disadvantages	<ul style="list-style-type: none"> - Increased risk of recurrent urinary tract infections and toxic shock syndrome - No STI protection 	<ul style="list-style-type: none"> - Higher failure rate compared to other types of contraception - Increased risk of vaginal and cervical irritation - No STI protection 	<ul style="list-style-type: none"> - Not highly effective - May cause irritation - No STI protection

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Natural Methods

Fertility Awareness

- Relies on avoiding unprotected sex during the fertile window – from 5 days prior to 1 day following ovulation
- Women become familiar with their menstrual cycles and determine when ovulation occurs by checking their basal body temperature, observing changes in their cervical mucus, and measuring their urine LH hormone, or a combination of all of these methods
- 24 out of every 100 couples who use this method each year will have a pregnancy, based on typical use
- Advantages:
 - o Safe, no side effects, little cost
 - o Allows you to learn about your own body
- Disadvantages:
 - o Least effective method in preventing pregnancy and requires a lot of practice
 - o Can be tricky, as not all menstrual cycles are regular
 - o Requires both partners to be fully committed
 - o No STI protection



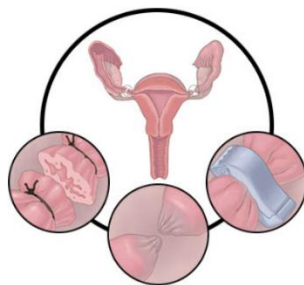
Lactational Amenorrhea

- Used by a woman who has just given birth and is exclusively breastfeeding at least every 4 hours during the day and every 6 hours through the night with no return of her menstrual period
- About 6 out of 100 women who use continuous breastfeeding will become pregnant in the first 6 months, based on typical use
- Advantages:
 - o Safe and convenient
 - o Breastfeeding has many other advantages for the mother and the baby
- Disadvantages:
 - o Effectiveness is limited to only 6 months following childbirth
 - o Exclusive breastfeeding is not always possible
 - o No STI protection

Surgical Methods (Irreversible)

Tubal Ligation:

- Permanent surgical procedure where a woman's fallopian tubes are removed
- Although highly effective, failures do occur and can occur many years after the procedure
- Advantages:
 - o Safe, permanent, highly effective
 - o May reduce risk of ovarian cancer
- Disadvantages:
 - o Permanent and irreversible
 - o Possible short-term surgery-related complications: pain, bleeding, infection, trauma to adjacent organs
 - o Risk of ectopic pregnancy if failure occurs
 - o No STI protection



Vasectomy:

- Permanent surgical procedure where a man's vas deferens are partially removed or blocked so that no sperm is released to fertilize the egg
- Although highly effective, failures do occur and can occur many years after the procedure
- Advantages:
 - o Safe, permanent, highly effective
 - o Less invasive and fewer complications than tubal ligation for women
 - o Simple procedure with no follow up required aside from sperm analysis
- Disadvantages:
 - o Permanent and irreversible
 - o Not effective immediately – must use another contraception methods for 3 months and do a sperm analysis that shows no sperm in semen
 - o Possible short-term surgery related complications: pain, bleeding, infection, bruising or swelling of the scrotum
 - o No STI protection

Resource to check out:

Itsaplan.ca