

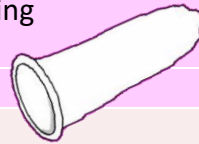
## Barrier contraception

\$0.50-1.50

/use

**Male condom** placed on penis before sex

Effectiveness	82-98%
Action	Prevents sperm from entering the vagina
STD Protection	Yes (except lambskin)

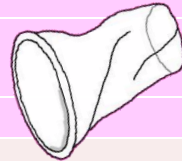


\$5-10

/use

**Female condom** placed inside vagina before sex

Effectiveness	79-95%
Action	Prevents sperm from entering the vagina
STD Protection	Yes



\$60-80/2y

**Diaphragms** placed on cervix by you before sex.

Fitted by doctor. Needs to be combined with spermicide

Effectiveness	88-94%
Action	Prevents sperm from entering the uterus
STD Protection	Some

Must remain in place for 6-8 hours after sex

May be less effective after vaginal delivery

Can be difficult to learn placement



\*NOTE: even barrier protection does not completely protect against Genital Herpes, Genital warts, pubic lice or other diseases passed on through contact.

\*NOTE: effectiveness of all barrier methods are increased by combining with spermicides.

## Natural Family Planning

Effectiveness	76- 99.6%
Action	Uses methods such as cervical mucous, temperature, cervix or calendar to predict and avoid fertile times
STD protection	None

\*Effectiveness stats adapted from the SOGC contraceptive guidelines 2015

## Hormonal Contraceptives: Most contain both

estrogen and progesterone. \*SE: nausea, headaches, spotting, blood clots. Should not be used by women over 35 and smoking

\*Prices per month

\$10-25

**The pill:** take a pill once a day

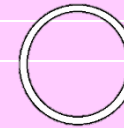
Effectiveness	91-99.7%
Action	Stops ovulation, thickens mucous to stop sperm
STD Protection	None
Gives menstrual control and decreases symptoms PMS	
Must be taken regularly within the same 30 min each day	



\$20

**The ring:** Insert into vagina yourself once a month

Effectiveness	91-99.7%
Action	Stops ovulation, thickens mucous to stop sperm
STD Protection	None
Gives menstrual control and decreases symptoms PMS	
May cause some vaginal irritation	



\$20

**The patch:** patch on skin, replace every week

Effectiveness	91-99.7%
Action	Stops ovulation, thickens mucous to stop sperm
STD Protection	None
May cause skin irritation, does not often fall off	
Gives menstrual control and decreases symptoms PMS	



\$40/3m

**The injection:** Injection once every 3 months

Effectiveness	94-99.8%
Action	Prevents ovulation, thickens mucous to stop sperm, thins uterus lining to prevent implantation
STD Protection	None
Does not contain estrogen. Stops period. Delayed return to fertility. Weight gain, decreases bone density	



\*first % = typical use, second % = perfect use

## Intra Uterine Devices (IUD)

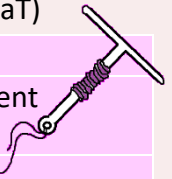
Inserted into the uterus by your doctor and then removed when finished.

\$50-80/5-10y

\$180/3y

**Copper** (Liberté, FlexiT, NovaT)

Effectiveness	99.2-99.4%
Action	changes uterus lining to prevent implantation, kills sperm
STD Protection	None
May increase menstrual bleeding and cramps	

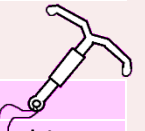


\$360/5 years

\$290/3 years

**Hormonal** (mirena, jaydess)

Effectiveness	99.8%
Action	Thickens mucous to stop sperm, thins uterus lining to prevent implantation
STD Protection	None
May reduce/stop bleeding. Progesterone only	



\*is risk of bleeding, infection, perforation and expulsion with insertion

**Nexplanon** (similar to hormonal IUD) Implanted in arm skin (99% effective)– \$350/3yrs

## Permanent

**Tubal Ligation** – female internal procedure

Effectiveness	99.9%
---------------	-------

**Vasectomy** – male external procedure

Effectiveness	99.5%
---------------	-------

## During Breastfeeding:

Contraceptives that contain estrogen can decrease breast milk

- Any form of intrauterine device, barrier or natural contraception will not affect breast milk
- Hormonal contraceptives: progesterone only options are available such as the injection and the “mini-pill” micronor (Effectiveness 90-99.5%. Needs to be taken within a 15min window daily. Action: thickens mucous to stop sperm, impairs sperm motility. STD protection: none. Price: \$20/month)
- Breast feeding: can be up to 98% effective if
  - more than three quarters of all feeds are exclusive breast milk
  - you are less than 6 months postpartum
  - you have not yet had your period

Written and Illustrated By Dr H Siemens: Version 3 2022