

|  |
| --- |
| Contraception methods |
| Medium acting and short acting contraception methods |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Method | Contraceptive injectionDepo-ProveraTM or Depo – Ralovera, (also known as “depo”)  | Vaginal ring  | Combined oral contraceptive pill | Mini pill |
| **Effectiveness\*** | * 94%
 | * Perfect use: 99%
* Typical use: 93%
 | * Perfect use: 99%
* Typical use: 93%
 | * Perfect use: 99%
* Typical use: 93%
 |
| **What is it?** | * An injection provided by a doctor or nurse.
* Contains a progesterone-like hormone.
* Stops ovulation and makes the fluid at the opening to the uterus thicker, stopping sperm from getting through.
 | * A ‘one size fits all’ ring placed into the vagina.
* Slowly releases hormones that move from the vagina into the bloodstream to prevent pregnancy.
* Replaced every four weeks (after the week off when you have your period).
 | * Synthetic hormones prescribed by a doctor.
* Stops ovulation and makes the fluid at the opening to the uterus thicker, stopping sperm from getting through.
 | * Has a synthetic form of one hormone; prescribed by a doctor.
* Makes the fluid at the opening to the uterus thicker, stopping sperm from getting through.
 |
| **How long does it last?** | * **Medium acting -** you don’t have to remember to use it every time you have sex
* It lasts 12–14 weeks
 | * **Medium acting -** you don’t have to remember to use it every time you have sex
* After three-weeks the ring is taken out and a new ring is put in one week later.
 | * **Short acting** - you have to remember to take it every day
 | * **Short acting** - you have to remember to take it every day at the same time.
 |
| **Benefits** | * No one can tell that you are using it.
* Can be used while breastfeeding.
* Not affected by other medications.
* Your period may become lighter or it may stop.
 | * You insert it yourself, and it is as easy to put in as a tampon.
* Can make periods lighter and less painful.
* Does not affect your fertility.
 | * Can be used to skip periods.
 | * Suits those who cannot take oestrogen for health reasons.
* Can be used while breastfeeding.
 |
| **Other considerations**  | * You need to remember to have another dose, on time, every 12 to 14 weeks, otherwise its effectiveness is reduced.
* May take some months to return to normal periods and fertility once you stop using it.
* May cause a decrease in bone density.
 | * Not recommended if you are at risk of heart disease, such as smokers who are over 35 years of age.
 | * Can reduce the risk of endometrial and ovarian cancer.
 | * May not be as effective as the combined pill, because it must be taken strictly on time.
* Can cause some side effects.
 |
| **Who can use it?** | * Safe to use if you are breastfeeding, but may reduce the amount of breastmilk if your baby is younger than six months.
 | * Can be used from 21 days after childbirth.
 | Not recommended for those who are at risk of heart disease, such as smokers who are over 35 years of age. | Not suitable in the presence of some medical conditions (such as breast cancer) or certain medications. |

\* Perfect use = when used exactly as intended.

\* Typical use = when not used perfectly.

**Further information**

Only condoms protect against sexually transmissible infections (STIs).

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, Department of Health and Human Services, January 2019.
Available at <<http://healthtranslations.vic.gov.au/>>