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

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| Method | Contraceptive injection  Depo-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).

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