

CONTRACEPTIVE CHOICES

WHERE AND HOW THEY WORK

THE PILL

ONCE-DAILY^{2,3}

Pills containing estrogen and progestin

- hormone-containing tablets (also called COCs)²
- Works primarily by preventing the release of eggs from the ovaries (ovulation), thickening cervical mucus and inducing changes in the endometrium^{2,4,5}

Pills containing only progestin

- hormone-containing tablets (also called POPS)³
- Works primarily by thickening cervical mucus which prevents sperm from meeting an egg and disrupting the menstrual cycle, including preventing the release of eggs from the ovaries^{3,4}

99% EFFECTIVE^{1,a}

VAGINAL RING

ONCE-MONTHLY⁶

- a flexible ring placed in the vagina⁶
- continuously releases estrogen and a progestin⁶
- the ring is kept in place for 3 weeks followed by a week long ring-free period⁶

Works by preventing the release of the egg from the ovary, thickens the cervical mucus and induces changes in the endometrial lining^{4,6}

>99% EFFECTIVE^{2,6}

IMPLANT

3-5 YEARS¹

- small, flexible rods⁷
- placed under the skin in the upper arm by a physician⁷
- release progestogen⁷

Works by preventing sperm from entering the womb and meeting the egg (by thickening the cervical mucosa)^{1,4,7}

Prevents the release of the egg from the ovary and induces changes in the endometrium^{4,7}

>99% EFFECTIVE¹

MSD contraceptive product range includes:
The Pill, Vaginal Ring and Implant

INTRAUTERINE DEVICES (IUDS)

5 OR 12 YEARS^{8,9,c}

Copper IUDs

- small plastic device with copper wire/sleeves that is inserted into the uterus⁸

Works by cause a chemical change that damages sperm and egg before they meet⁸

Hormonal IUDs

- plastic T-shaped device inserted in the uterus⁹
- releases small amounts of the progestin hormone (levonorgestrel)⁹

Works by suppressing the thickening of the lining of the uterus⁹

>99% EFFECTIVE¹

PATCH

ONCE-WEEKLY¹⁰

- small, thin, square of flexible plastic worn on the body¹⁰
- continuously releases estrogen and a progestin into the bloodstream, through the skin¹⁰
- a patch is worn every week for 3 weeks, then no patch for the fourth week¹⁰

Works by preventing the release of the egg from the ovary, thickens the cervical mucus and induces changes in the endometrial lining^{4,10}

>99% EFFECTIVE^{2,10}

INJECTION (PROGESTIN-ONLY)

ONCE EVERY 2-3 MONTHS¹¹

- injections containing progestin-like hormones¹¹
- injected once every 2-3 months¹¹

Works by preventing the release of eggs from the ovaries, thickens the cervical mucus and suppresses the endometrial lining^{4,11}

>99% EFFECTIVE^{1,d}

CONDOMS

SINGLE-USE ONLY^{12,13}

Male condoms

- a thin sheath or latex covering¹²
- forms a barrier between the male and female sexual organs¹²

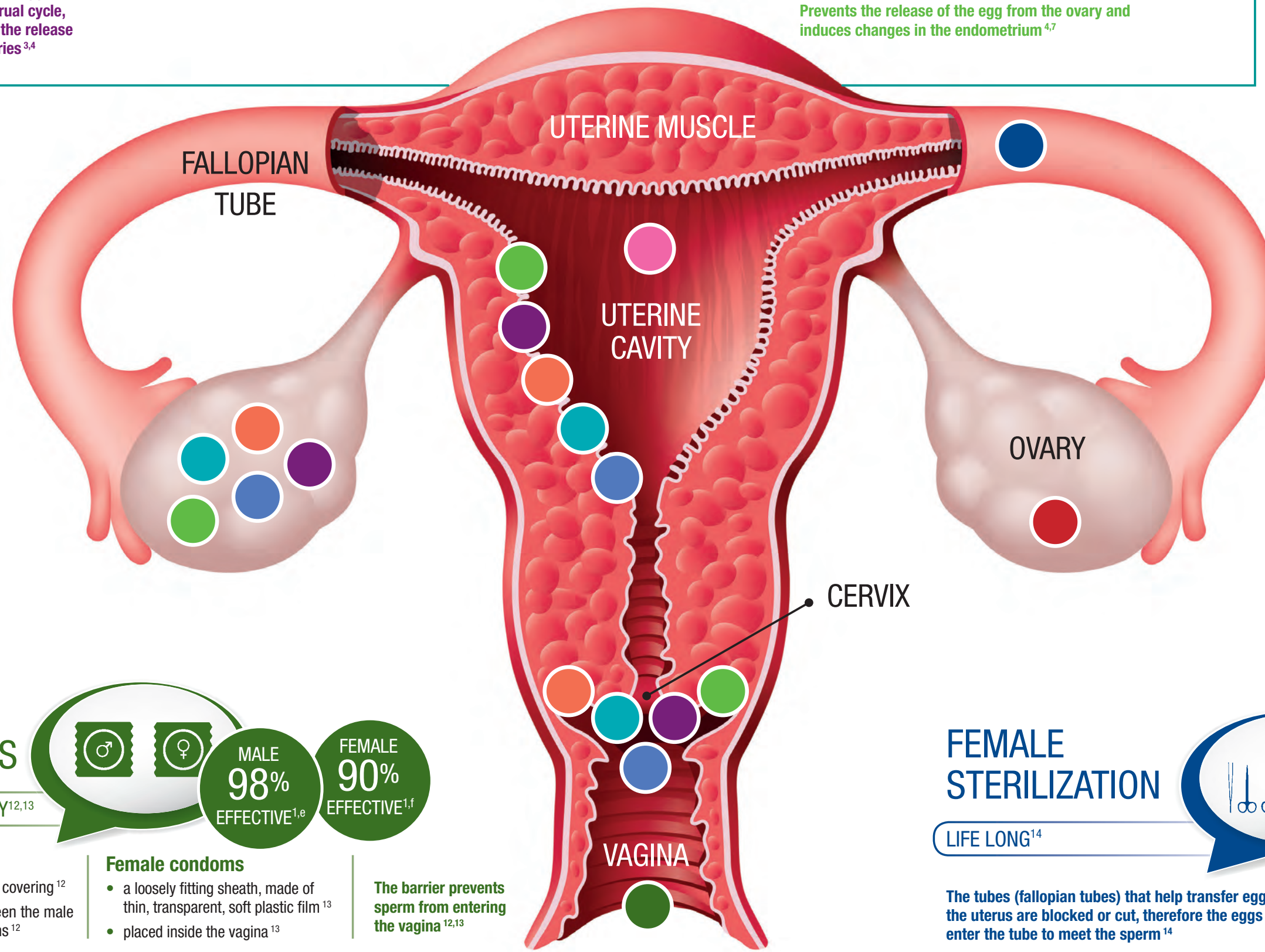
Female condoms

- a loosely fitting sheath, made of thin, transparent, soft plastic film¹³
- placed inside the vagina¹³

The barrier prevents sperm from entering the vagina^{12,13}

MALE 98% EFFECTIVE^{1,e}

FEMALE 90% EFFECTIVE^{1,f}



EMERGENCY METHOD

SHORT-TERM USE ONLY¹⁵

Emergency contraceptive pill

- pill containing progestin only¹⁵
- taken within 5 days after unprotected sex¹⁵

Copper IUDs can also be used as an emergency contraceptive⁸

Works by preventing or delaying the release of eggs from the ovaries; they do not work if the woman is already pregnant¹⁵

60-90% EFFECTIVE^{1,g}

FEMALE STERILIZATION

LIFE LONG¹⁴

The tubes (fallopian tubes) that help transfer eggs to the uterus are blocked or cut, therefore the eggs do not enter the tube to meet the sperm¹⁴

>99% EFFECTIVE¹

MALE STERILIZATION

The tubes (vas deferens) that carry sperm are blocked or cut, therefore the ejaculated semen does not contain sperm¹⁶

>99% EFFECTIVE^{1,h}

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