



جامعة الإمام عبد الرحمن بن فيصل
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Contraception



Facts

The use of **contraceptives** and infertility treatment enables family planning and individuals to achieve the required number of children, if any, and to determine the spacing between pregnancies.

Contraceptive information and services are fundamental to the health and human rights of all individuals.

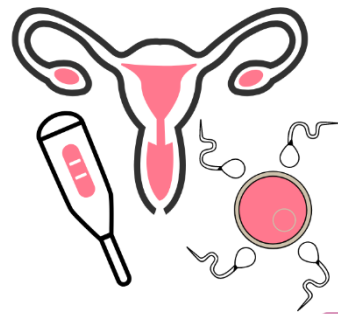


Facts

According to 2017 estimates, 214 million women of reproductive age in developing regions have an unmet need for contraception.

Reasons include:

1. limited access to contraception
2. limited selection of method
3. fear of or experience with side effects
4. cultural or religious opposition
5. inadequate quality of available services



What are the methods of contraception?

Understanding your menstrual cycle

This method requires knowledge of the **days of the month** when conception is possible. If you have a **regular** menstrual cycle, you can calculate your **fertile days** or use a home fertility test available at pharmacies. If you want to **prevent pregnancy during your fertile period**, you can use other contraceptive methods



What are the temporary methods of contraception?

1. Intrauterine device (IUD)

What types of intrauterine device?

1. The **hormonal IUD** is a small **T-shaped** device that women insert into their uterus to prevent pregnancy. It releases small amounts of (**progestin**) daily.



It may **stay in the womb** for up to 5 year

The **copper IUD**: This is a small T-shaped piece that is inserted by an obstetrician-gynecologist, M.D. It can remain in the womb for as long as ten years



Temporary contraceptives can **cause** acne, irregular menstruation, cramps, and vaginal spotting

What are the long-acting methods of contraception?

1 .The implant

It is a thin, matchstick-sized piece that the physician inserts under the skin of the upper arm. The chip contains the hormone progestin, which is released daily in a low and constant amount to increase cervical mucus, thereby preventing sperm from reaching the egg and pregnancy. The chip is valid for up to three years

2. The intramuscular injection

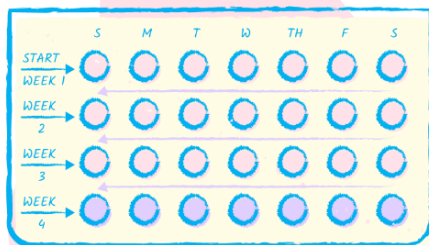
Every three months, the woman receives an injection in the arm or buttocks. It contains the progestin hormone (Progestin), which increases cervical mucus to prevent sperm from reaching the egg, thereby preventing pregnancy



What are short-term contraceptive methods?

1. Progestin pills: These pills contain the hormone **progestin**, which prevents sperm from reaching the egg by thickening the cervical mucus. Your doctor prescribes them based on your health condition. **These pills are taken at the same time every day, every day, without interruption.**

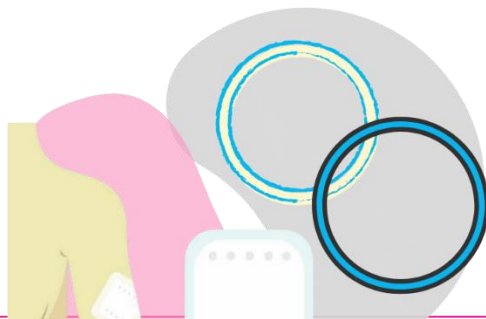
2. Pills that contain estrogen and progestin, which prevent the **ovary** from releasing eggs and increase cervical mucus, preventing sperm from reaching the egg. The doctor prescribes it based on your current health condition. **These pills are taken at the same time every day.**



What are short-term contraceptive methods?

3. The patch contains the contraceptive: hormones estrogen and progestin, it is applied to the lower abdomen, the buttocks, and the upper arm. One patch is applied once a week for three weeks. Similar to the combined oral contraceptive pill, it functions similarly.

4. The vaginal ring: contains estrogen and progesterone. It is inserted into the vagina for three weeks before being removed until menstruation. Similar to the combined oral contraceptive pill, it functions similarly



What are the side effects of short-term contraceptive methods?

Hormonal birth control pills causes

nausea, headache, irregular or

interrupted menstruation, breast pain, mood

changes, irritation, increases the risk of deep vein

thrombosis and heart diseases

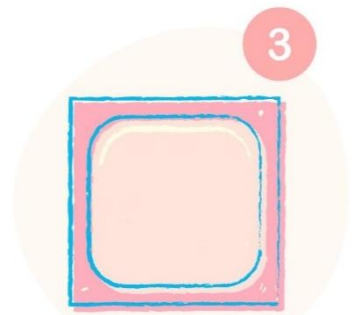


Vaginal ring causes vaginal discharge



Contraceptive patch causes

irritation of the skin



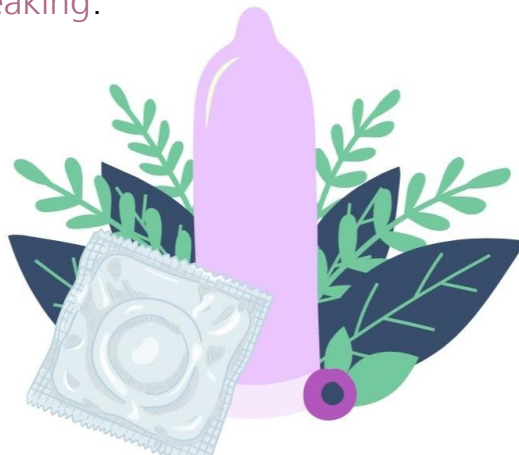
What are the methods of contraception free of hormones?

1. **Cervical cap:** It is a reusable **rubber cup** containing **spermicidal material** that is fitted tightly to the **cervix** to prevent sperm from entering the uterus.
2. **The sponge:** is placed in the **cervix**, contains spermicide, and is effective for only **24 hours**. It should be left for at least **6 hours** after the **last** sexual intercourse and then discarded.
3. **Spermicides:** These products are in the form of **foam, gel, cream, or a suppository** that is placed in the vagina. More than an hour **before** the sexual process and left for at least **8 hours**.

What are the methods of non-hormonal contraception?

4. **Female condom**: It is used by women and helps prevent sperm from entering the woman's body. It can be used 8 hours before sexual activity.

5. **Condom**: It is used by the man and acts as a barrier to the entry of sperm into the woman's body. **Latex** condoms aid in the prevention of **pregnancy and sexually transmitted diseases**, including **HIV**. The condom should be **used only once** and discarded if it shows signs of tearing or **breaking**.



What are the Side effects of non-hormonal contraceptives?

Heavy menstrual cycle,



Cramps

Increased sensitivity



Vaginal irritations

What are permanent methods of contraception?

1. **Tubal ligation**: This operation takes place **inside the hospital**, where the fallopian tubes are ligated so that the sperm and eggs do not meet for fertilization

2. **Vasectomy**: This operation takes **place inside the hospital**, where the **vas deferens** is tied to prevent sperm from reaching the penis, and thus the semen **does not contain** any sperm for fertilization



Does breastfeeding and menopause prevent pregnancy?

Yes, breastfeeding and menopause prevent pregnancy.

When you exclusively breastfeed (that is, you nurse your baby at least every 4 hours during the day and every 6 hours at night) your body will naturally stop ovulating, resulting in amenorrhea. You can't get pregnant if you don't ovulate.

But Breastfeeding can only be used as birth control during the infant's first six months of life, or until your period returns



What are the contraceptives for emergency use?

Are contraceptives that are **not intended** for **regular** use.

They can be used if contraception is **forgotten** or if the **method employed fails**, such as:

1. **Broken condom**.
2. **Copper IUD** can be inserted within **5 days** of sexual activity.
3. You can **take emergency contraceptive pills** up to **5 days** after sexual activity. The sooner you take it, the **better** its effect



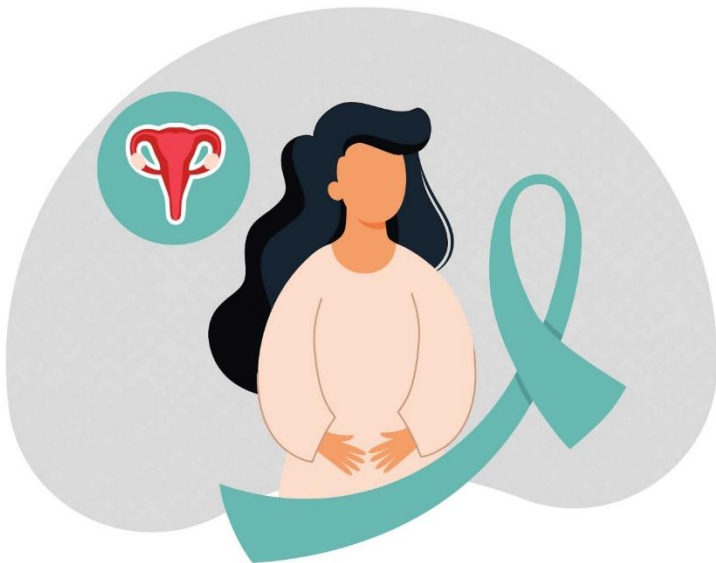
What solutions are necessary for the use of contraceptives?

1. Mensural cramps
2. Ovarian failure
3. Premenstrual syndrome
4. Menorrhagia
5. Acne
6. Polycystic ovary syndrome



What are the cases in which it is forbidden to use a contraceptive

1. Breast cancer
2. Cervical cancer
3. Endometrial cancer
4. Pelvic inflammatory disease or cervicitis
5. Background of thrombosis
6. Sexually transmitted diseases if intrauterine device is used

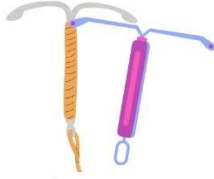


What is the effectiveness of contraceptives?

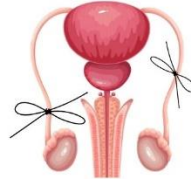
More effective



The implant



the copper and hormonal IUD



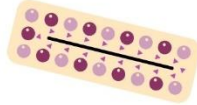
Vasectomy



Tubal ligation



The intramuscular injection



Progestin pills



The patch



The vaginal ring



Condom



Female condom



The sponge



Cervical cap



Understanding the fertility pattern



Spermicides

Less effective

Sources and references:

All images used are from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by consultant obstetricians and gynecologists at King Fahd University Hospital.

Obstetrics and Gynecology Department

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