

EASY ENGLISH

Contraceptive Options

What can I choose?

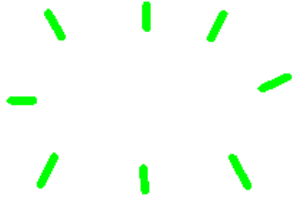


**Contraception can also
be called protection**



**family
planning
victoria**

Reproductive & Sexual Health
Care. Education. Advocacy.



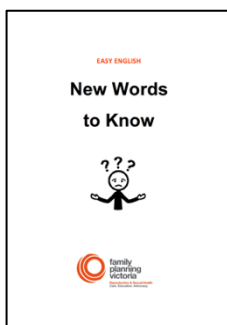
New words



There may be words in this factsheet

- that are new to you
 - you may **not** know what they mean
- or**
- you may be unsure what they mean.

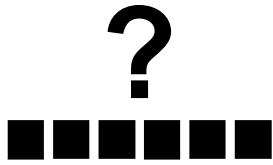
We will make them **blue** the first time we use them.



Read about them in the

Family Planning Victoria fact sheet

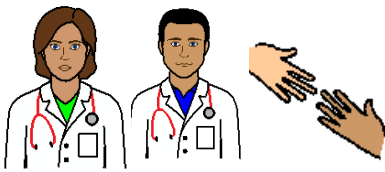
New Words to Know.



There are lots of different types of **contraception**.



It is important to choose the one that is right for you.



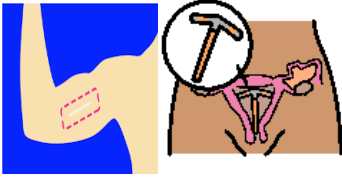
Talk to your doctor or nurse.

They can help you find the right one for you.



Read the Family Planning Victoria Fact Sheet **Contraception**.

It will tell you **why** contraception is important.



Fit and forget

These last for a long time.



A woman has something put into her body.

The doctor does this.

Each type of lasts a different amount of time.



You can have a rod put in your arm.

This is called Implanon.

X 3



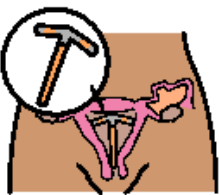
It lasts for 3 years

or

- a special device in the **uterus**.

This is called an IUD.

This means Intrauterine Device.



X 5



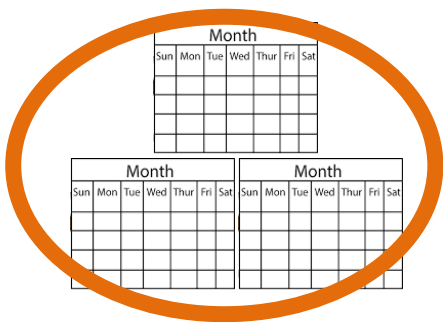
It lasts for 5 years



or

- an injection in your arm. This is called a Depo.

Some people call it a Contraceptive Injection.



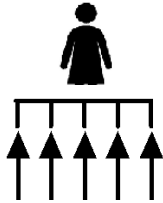
It lasts for 3 months.



The pill

You put the pill in your mouth.

You swallow the pill.

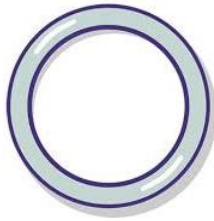


You take a pill every day.

You take it at the **same** time every day.

There are lots of different types of pills.

Talk to your doctor or nurse about the best one for you.



The Vaginal Ring

This is a soft plastic ring.

It has been made with **hormones**.

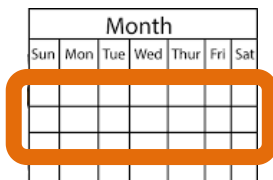
You put the ring in your **vagina**.



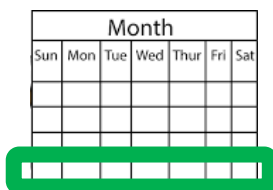
The ring will be in a packet.

There are steps to follow.

It helps you put in the ring in the right way.

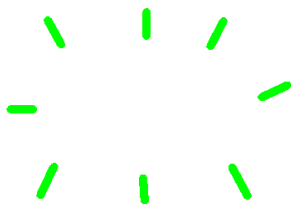


The ring stays inside you for 3 weeks.

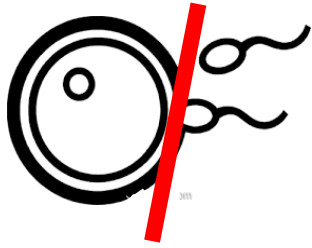


You take it out for 1 week.

This is when you have your period.



After your period you put in a **new** ring.



Barrier method

This puts something between

- the **sperm**
- and
- an **egg**. This is also called an **ovum**.

It stops the egg and sperm meeting.



Like a condom. There are

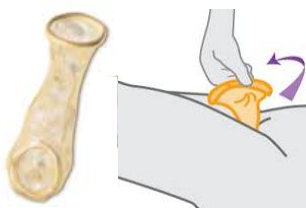
- **penis** condoms
- and
- vagina condoms.



When the penis is stiff it is called an erection.

You put a penis condom over the erection.

or



You put a vagina condom in the vagina.

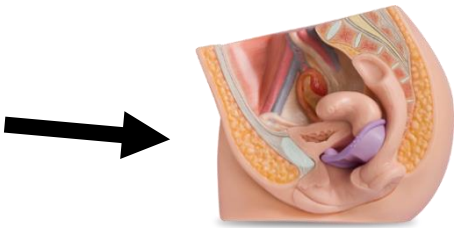
It is called a femidom.

or

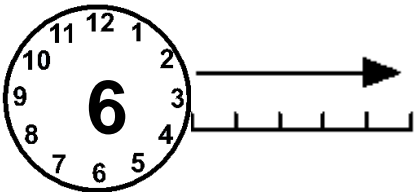


You put a diaphragm in the vagina.

This diaphragm is also called a Caya®.

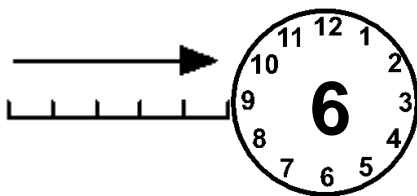


It will look like this.



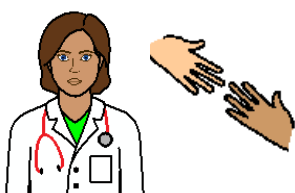
It must be put in before you have sex.

It can go in up to 6 hours before you have sex.



The diaphragm must stay in after you have sex.

You must wait about 6 hours before you take it out.

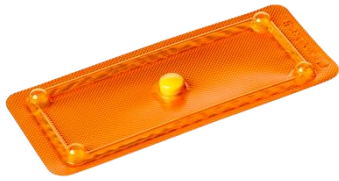


Talk to your doctor about your diaphragm.

The doctor can make sure it covers your

cervix.

Emergency contraception



There are 2 types

- a pill
- or
- a copper IUD.



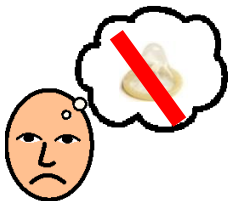
You use 1 in an emergency.

Emergency means to do it right away.



Some types of emergency may be

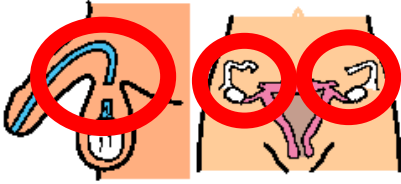
- the condom breaks or has a hole in it



- you forgot to use a condom



- you forgot to take your pill.



Sterilisation

You have your tubes cut.

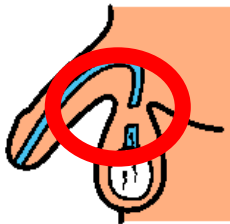


You have an operation.

This is also called surgery.



It can **not** be changed back.



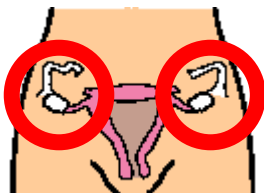
For a male

The tube carries sperm.

The operation cuts this tube.

Now the sperm can **not** come out.

It is called a **vasectomy**.



For a female

The tubes carry eggs.

The operation cuts the tubes.

Now the eggs can **not** come down the tubes.

It is called a **tubal ligation**.

Where to get contraception

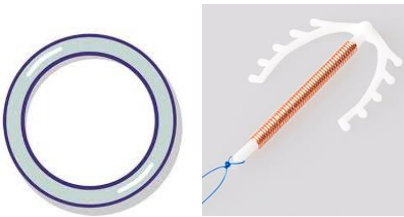


To get the

- implant
- IUD



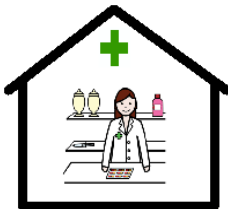
- Depo injection
- Pill



- ring
- Emergency Contraception – Copper IUD



you need to get a script from your doctor.



You take the script to the chemist.

It will cost you money.



Some need to be put in your body by a doctor.

The doctor will tell you if you have to come back.

You can get

- diaphragm
- Emergency Contraception – Pill

at the chemist.

It will cost you money.

You can get penis condoms from

- chemist
- supermarket
- petrol stations
- some public toilets

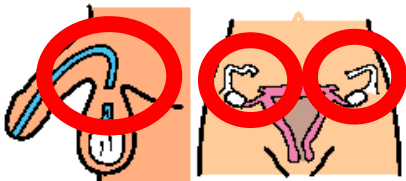
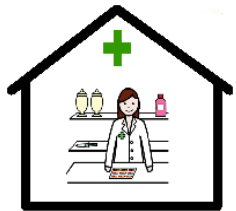
They will cost you money.

You can get vagina condoms

- at some chemists
- through Family Planning Victoria

They will cost you money.

For sterilisation you need to see a doctor.





Any Questions?



Talk to your doctor.



Talk to your chemist.



Contact Family Planning Victoria.



- 03 9257 0100
- Freecall 1800 013 952



- clinic@fpv.org.au

Images

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This information is based on the Family Planning Victoria Your Contraceptive Choices Fact Sheet. 3/08/2018



Access Easy English wrote the original Easy English for this Fact Sheet. May 2018.