

MEDICAL AND ARTIFICIAL METHODS					
	BARRIER METHODS			INTRAUTERINE METHODS	
Contraceptive	Male Condom	Female Condom	Diaphragm, Cap	Copper Intrauterine Device (IUD)	Hormone Intrauterine System (IUS)
Known as ...	Rubber			Coil	Hormone coil, Mirena (brand name)
How it works	Non-latex or latex sheath traps sperm during sexual intercourse.	Thin plastic sheath placed in vagina to trap sperm.	Dome of rubber placed over cervix to prevent sperm entering uterus. Spermicides required.	Plastic and copper device fitted in uterus. Prevents egg and sperm meeting.	Small plastic device with progestogen fitted in uterus. Prevents egg and sperm meeting.
Advantages	Readily available. Use only during sexual activity. Can be used as a back-up for other methods.	Use only during sexual activity.	Only use during sexual activity.	Stays in place for up to five years or 10 years depending on the type. Cost effective over time.	Stays in place for up to five years. Cost effective over time.
Disadvantages	Can reduce spontaneity.	Can reduce spontaneity.	Must remain in place for six hours after sex. Danger of urinary tract infections.	May make periods heavier, resulting in up to 50% greater blood loss. Side effects may include increased period pains and back pain. Danger of ectopic pregnancy if pregnancy does occur.	Spotting and irregular bleeding common initially, though periods usually become lighter and shorter. Side effects may include cramps, and one in 1,000 women will suffer perforation of the uterus.
Reliability	98% effective if used correctly, 85% with typical use.	95% effective if used correctly, 80% with typical use.	95% effective if used correctly, 85% with typical use.	99% effective.	99.9% effective.
STI and HIV protection	Helps protect against STIs or HIV/AIDS.	Helps protect against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.
Availability	Pharmacies, supermarkets, family planning clinics.	Family planning clinics.	Family planning clinics and some GPs.	GP, family planning clinics.	GP, family planning clinics.
	METHODS POST-SEXUAL INTERCOURSE		PERMANENT METHODS		
Contraceptive	Emergency Contraceptive Pill	Copper IUD	Female Sterilisation	Vasectomy	
Known as ...	Emergency method, morning-after pill	Coil	Tubal ligation, tubal occlusion, Essure (brand name)		
How it works	A single-dose pill. Stops or delays the release of an egg.	Fitted to prevent egg and sperm meeting.	Fallopian tubes closed, which prevents egg and sperm meeting.	Closes off the sperm-carrying tubes.	
Advantages	Most effective if taken within 24 hours of intercourse or as soon as possible, but is effective for up to 120 hours (five days) after unprotected intercourse.	Fitted up to five days after sex.	Permanent method of contraception.	Permanent method of contraception.	
Disadvantages	The longer you wait before taking it, the less likely it will work.	May make periods heavier, resulting in up to 50% greater blood loss. Side effects may include increased period pains and back pain. Danger of ectopic pregnancy if pregnancy does occur.	Small medical risk during procedure.	Must use alternative method of contraception until sperm count is clear (usually three months).	
Reliability	Can be 85% effective if taken within 120 hours (5 days) of unprotected sex.	98%–99% effective.	Over 99% effective.	Over 99% effective.	
STI and HIV protection	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	
Availability	GP, family planning clinics.	GP, family planning clinics.	Requires referral to specialist. Usually done in hospital.	GP referral to specialist.	

For informational purposes only. Does not constitute medical advice. See a qualified health provider prior to making your contraception choice.

Caroline Chisholm Society

Contraception Choices

Our Values

Respect for Life

Compassionate and Caring

Social Justice

Empowerment of Women and Families

Recognition of Diversity

Accountability and Best Practice



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NATURAL METHODS					
Contraceptive	Billings Ovulation Method (BOM)	Sympto-Thermal Method (STM)	Lactational Amenorrhoea Method (LAM)	Knaus–Ogino Method	Standard Days Method
Known as ...	Fertility awareness method	Fertility awareness method	Breastfeeding as birth control	Rhythm method, fertility awareness method, calendar-based method	Fertility awareness method, calendar-based method
How it works	BOM teaches you to recognise your body's natural signal of fertility – cervical mucus. It makes use of the signals your reproductive system gives you that allow you to identify the fertile and infertile times in your cycles.	STM teaches you to recognise and make use of the signals your reproductive system gives you that allow you to identify the fertile and infertile times in your cycles. These signals are basal body temperature, and state of cervical mucus and of the cervix itself.	LAM refers to the method that makes use of the fact that breastfeeding a newborn has the effect of delaying the return of a new mother's fertility up to six months after the baby's birth.	The Knaus–Ogino method uses records of past menstrual cycles to predict the length of future cycles and to allow you to identify fertile and infertile times in your cycles.	The Standard Days method uses records of past menstrual cycles to predict the length of future cycles and to allow you to identify fertile and infertile times in your cycles.
Advantages	You are able to recognise when you're infertile, as well as when you're fertile. It helps you safeguard your reproductive health. Once you can recognise what is normal for you in your menstrual, you'll be able to identify what isn't normal and you'll know to seek medical assistance. BOM makes no use of drugs or artificial barriers, thus it has no side effects. No cost once learnt.	You are able to recognise when you're infertile, as well as when you're fertile. STM makes no use of drugs or artificial barriers, thus it has no side effects. No cost once learnt.	LAM makes no use of drugs or artificial barriers, thus it has no side effects. No cost.	The Knaus–Ogino Method makes no use of drugs or artificial barriers, thus it has no side effects. No cost.	The Standard Days Method makes no use of drugs or artificial barriers, thus it has no side effects. No cost.
Disadvantages	BOM takes some learning to apply correctly. Can be self-taught, but courses are available. When you want to have a baby, the method can be used to <i>achieve pregnancy</i> and you can optimise your chances of conceiving. BOM requires abstinence or the use of some other contraceptive method during fertile times if pregnancy is to be avoided.	STM takes some learning to apply correctly. Can be self-taught courses are available. When you want to have a baby, the method can be used to <i>achieve pregnancy</i> and you can optimise your chances of conceiving. The method requires abstinence or the use of some other contraceptive method during fertile times if pregnancy is to be avoided.	LAM takes some learning to apply correctly. Courses are available: visit www.acnfp.com.au/index.php?pagelid=breast-feeding LAM is only temporary.	The method makes assumptions about the length of menstrual cycles that do not apply in all cases. When you want to have a baby, the method can be used to <i>achieve pregnancy</i> and you can optimise your chances of conceiving. The method requires abstinence or the use of some other contraceptive method during fertile times if pregnancy is to be avoided.	The method makes assumptions about the length of menstrual cycles that do not apply in all cases. When you want to have a baby, the method can be used to <i>achieve pregnancy</i> and you can optimise your chances of conceiving. The method requires abstinence or the use of some other contraceptive method during fertile times if pregnancy is to be avoided.
Reliability	99.5% effective when followed correctly.	At least 99% effective when followed correctly.	At least 98% effective.	Perfect-use failure rate of up to 9% a year.	Perfect-use efficacy of 95%+ and typical-use efficacy of 88%.
STI and HIV protection	BOM is most advantageous if you are in a monogamous relationship. Therefore, the danger of STIs and HIV does not arise. Otherwise, it offers no such protection.	STM is most advantageous if you are in a monogamous relationship. Therefore, the danger of STIs and HIV does not arise. Otherwise, it offers no such protection.	LAM is most advantageous if you are in a monogamous relationship. Therefore, the danger of STIs and HIV does not arise. Otherwise, it offers no such protection.	The Knaus–Ogino method is most advantageous if you are in a monogamous relationship. Therefore, the danger of STIs and HIV does not arise. Otherwise, it offers no such protection.	The Standard Days method is most advantageous if you are in a monogamous relationship. Therefore, the danger of STIs and HIV does not arise. Otherwise, it offers no such protection.
Availability	Visit www.billings.life/en/ to learn more.	Visit www.acnfp.com.au to learn more.	Visit www.acnfp.com.au to learn more.	GP, visit www.kindara.com/home for app.	GP, visit www.kindara.com/home for app.

MEDICAL AND ARTIFICIAL METHODS					
HORMONAL METHODS					
Contraceptive	Combined Pill	Progestogen-only Pill	Contraception Implant	Contraception Injection	Combined Vaginal Ring
Known as ...	The pill, the contraceptive pill	The mini pill	Implanon, Nexplanon (brand names)	Depo Provera	NuvaRing (brand name)
How it works	One pill consisting of two hormones (oestrogen and progestogen) taken same time daily. Prevents egg from being released.	One pill consisting of progestogen taken same time daily. Prevents sperm from reaching egg.	A small rod containing progestogen is inserted under the skin in the arm by a doctor. Prevents egg from being released and prevents sperm from reaching egg.	Progestogen injection. Prevents egg from being released and prevents sperm from reaching egg.	Vaginal ring releases oestrogen and progestogen, which are absorbed through the wall of the vagina. Prevents egg from being released.
Advantages	Can regulate menstrual cycle and reduce PMS and period pain.	For those who can't take oestrogen due to medical conditions or side effects; for those breast feeding.	Lasts for three years, but easily reversible. Cost effective over time.	Lasts for 12 weeks. No periods may be an advantage for some.	Similar advantages to the Pill but with a lower dose of hormone and once-a-month use (insert for three weeks, remove for one week).
Disadvantages	Not suitable for some medical conditions. If pill is taken more than 24 hours late, extra precautions required. Side effects may include nausea, headaches, weight gain, mood swings.	Unpredictable bleeding pattern if pill is taken more than three hours late, extra precautions required. Side effects may include nausea, headaches, bloating, mood swings.	Side effects may include mild headaches, dizziness, mood swings, unpredictable bleeding pattern.	Unpredictable bleeding pattern initially; delayed return to fertility. Side effects may include weight gain, decrease in bone density.	Not suitable for some medical conditions. May be considered expensive. Inform your doctor of your current medications first. Side effects may include mild nausea, headaches, tiredness, nervousness.
Reliability	99% if taken correctly, 92% with typical use.	98% if taken correctly, 92% with typical use.	99.9% effective.	99% effective.	99% effective if used correctly.
STI and HIV protection	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.
Availability	GP, family planning clinics.	GP, family planning clinics.	GP, family planning clinics.	GP, family planning clinics.	GP, family planning clinics.

The details in this brochure are for informational purposes only and do not constitute medical advice; it is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a doctor or other qualified health provider when considering your contraception choices.

If you need urgent assistance, we encourage you to call one of these 24-hour hotlines:

13 11 14
Lifeline crisis support

13 22 29
Maternal and Child Health (MCH) line