# CONTRACEPTION

# What is Contraception

Methods, medicines, and devices that are used to prevent a pregnancy. Contraception does not disrupt an already implanted pregnancy.

### **How Contraception Works**

All contraception prevents sperm from fertilizing an egg. Different contraceptive methods go about this prevention in different ways:

### Prevents Ovulation

All hormonal contraception

#### Physical Barriers

- Condoms
- Diaphragm
- Hormonal contraception
   thickens cervical mucus

### Incapacitates Sperm • Copper IUD

# Least Effective

- Fertility-Awareness Method
   Spermicide
  - Condoms

    Withdrawal

Male and Female

- Sponge
- Injectables
  - Oral Contraceptive Pill
  - PatchPing
- Ring
   Diaphr
- Diaphragm
- Long-Acting Reversible Contraception
- (IUDs & Implant) • Sterilization
- Sterilization



Most Effective



# **Types of Contraception**

#### Hormonal Contraception

- Hormonal IUDs & Implant
- Injectables
- Oral Contraceptive Pill
- Patch
- Ring

# Non-Hormonal Contraception

- Abstinence
- Copper IUD
- Sterilization
- Diaphragm
- Male and Female
   Condoms
- Withdrawal
- Sponge
- Fertility-Awareness Method
- Spermicide



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