



EMERGENCY CONTRACEPTION (EC)

Emergency contraception can be used to reduce the risk of pregnancy after unprotected sex (unprotected sex means where semen has entered the vagina, usually when no other form of contraception was used or where a method of contraception failed, such as a condom breaking). There are two types of emergency contraception available, oral emergency contraception or the copper IUD.

ORAL EMERGENCY CONTRACEPTION:

LEVONORGESTREL
This is a hormone-based EC which contains Levonorgestrel which is a hormone. The sooner you take it the better but works up to 72 hours (3 days) after unprotected sex.

IT WORKS BY:
Preventing or delaying ovulation.

WHERE CAN I GET IT?
You can get it from most pharmacies. In the ACT you can also get it from SHFPACT, Canberra Sexual Health Centre, The Junction Youth Health Centre (if you are under 25) and Walk in Centres.

ULIPRISTAL (ELLAONE®)
This is an emergency contraception that can be used up to 120 hours (5 days) after unprotected intercourse. The sooner you take it the better. Ulipristal is more expensive than the Levonorgestrel EC but is considered more effective.

IT WORKS BY:
Delaying or preventing ovulation.

WHERE CAN I GET IT?
EllaOne® is available from most pharmacies.

THE COPPER IUD

The copper IUD (intra uterine contraceptive device) is a method of contraception that can be used as emergency contraception. The copper IUD is inserted into the uterus up to 120 hours (5 days) after unprotected intercourse and is the most effective EC. It is useful if you need a very effective EC or are also looking for an ongoing method of contraception. The hormone releasing IUD is not suitable as emergency contraception.

IT WORKS BY:
The copper IUD works by interfering with fertilisation and preventing implantation of a fertilised egg.

WHERE CAN I GET IT?
The copper IUD needs to be inserted by a specially trained doctor or nurse. For further information contact your local family planning, your GP, or SHFPACT on **02 62473077** if you are in the ACT region.

Contraception: An Australian clinical practice handbook 4th Edition. Faculty of Sexual & Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists UK. fsrh.org. Guillebaud, J & MacGregor, A 2017. Contraception: Your questions answered. 7th ed. Churchill Livingstone.

SHFPACT

UNPLANNED PREGNANCY COUNSELLING SERVICE



FREE COUNSELLING SERVICE


SEXUAL HEALTH AND FAMILY PLANNING ACT PROVIDES A FREE COUNSELLING AND INFORMATION SERVICE FOR WOMEN EXPERIENCING AN UNPLANNED PREGNANCY.

This is an unbiased, non-directive, respectful and confidential service which refers for all options.

If you need help making a decision about whether or not to continue a pregnancy, need some accurate information about termination, continuing a pregnancy or adoption, or just need support and someone to talk to, our experienced sexual and reproductive health nurse-counsellors are here for you.

APPOINTMENTS
TO MAKE AN APPOINTMENT CALL
02 6247 3077

SHFPACT is conveniently located at
Level 1, 28 University Avenue, Canberra City.



CERVICAL SCREENING

A SIMPLE TEST THAT COULD SAVE YOUR LIFE

THE CERVICAL SCREENING TEST LOOKS FOR HPV, THE VIRUS WHICH CAN CAUSE CERVICAL CANCER. IF YOU HAVE A CERVIX, ARE BETWEEN 25 AND 74 AND HAVE EVER BEEN SEXUALLY ACTIVE YOU SHOULD HAVE REGULAR CERVICAL SCREENING.

Even if you have not been sexually active recently, or have been in a long term monogamous relationship, HPV can be dormant and become active again so testing is still important. This includes women who are same sex attracted and people who identify as transgender.

APPOINTMENTS
TO MAKE AN APPOINTMENT CALL
02 6247 3077

SHFPACT is conveniently located at
Level 1, 28 University Avenue, Canberra City.

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE



BECOME A MEMBER AND SAVE TODAY!

WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION




OPENING HOURS
Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

CONTACT
02 6247 3077
shfpact@shfpact.org.au

ENGAGE
shfpact.org.au
facebook.com/shfpact
twitter.com/shfpact

LOCATION
SHFPACT is conveniently located in the city.
Level 1,
28 University Avenue
Canberra ACT 2601

- SHFPACT CLINICAL SERVICES**
- Contraceptive advice, information and services
 - IUDs and other long acting contraceptive options
 - Cervical screening
 - Canberra Menopause Centre
 - Unplanned Pregnancy Counselling Service
 - Sexually transmissible infections(STIs): testing, treatment and advice
 - Blood borne virus and HIV testing
 - Emergency contraception (the 'Morning After' Pill)
 - Breast checks and breast awareness education
 - Fertility issues and pre-conception advice
 - Sexual difficulties and sexuality education
 - PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.

I'M ALL ABOUT

CONTRACEPTIVE OPTIONS



SHFPACT

Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077

shfpact.org.au

Last updated July 2022

WHAT IS CONTRACEPTION?

Contraception means prevention of pregnancy. There are a number of different methods of contraception available. It is important to choose a method that best suits your needs at the time. Using contraception gives you more control, allows you to decide if, and when, to have children, and allows you to enjoy sex without having to worry about an unplanned pregnancy.

WHICH CONTRACEPTIVE IS RIGHT FOR ME?

Many factors may affect your choice of a contraceptive method including:

- How effective the method is
- Your stage of life
- Your lifestyle
- Ease of use of the method
- Any possible side effects
- Cost and availability
- How easily you can stop it
- Any health issues that may limit some choices
- Protection against sexually transmissible infections

Talking with a SHFPACT nurse or doctor about contraceptive methods will ensure that you have enough information to choose the one that suits you best.

The contraceptive methods in this information brochure are listed from MOST effective to LEAST effective.

LARCS

First a word about Long-Acting Reversible Contraceptives (LARCs). LARCs are methods of contraception that are highly effective, work for a long time, need very little action by you, and are quickly reversible when you stop using them.

THE CONTRACEPTIVE IMPLANT

The contraceptive implant (Implanon®) is a small flexible rod which is inserted under the skin on the underside of your upper arm. It continuously releases a hormone called progestogen.

The contraceptive implant is a LARC and works for **3 years**.

IT WORKS BY:

- Preventing ovulation (egg release from the ovary)
- Thickening the mucus in the cervix so that sperm cannot enter the uterus (womb)

HOW EFFECTIVE IS IT?

The contraceptive implant is over 99% effective.



INTRAUTERINE DEVICES (IUDs)

Intrauterine devices are small devices that are placed in the uterus (womb) to prevent pregnancy. There are two types of IUDs in Australia: the hormone releasing IUDs, and the copper IUD. IUDs need to be inserted by a doctor who has been trained in doing this.

THE HORMONE RELEASING IUDs

The hormone releasing IUDs (Mirena® and Kyleena®) are small plastic T shaped devices that have a progestogen hormone called levonorgestrel in their stems, which is released continuously. Kyleena® is slightly smaller and contains less progestogen hormone than Mirena®.

The hormone releasing IUDs are LARCs and last for **5 years**.

IT WORKS BY:

- Preventing fertilisation by interfering with sperm movement
- Thickening the mucous in the cervix so that sperm cannot enter the uterus (womb)
- Changing the lining of the uterus making it unsuitable for pregnancy

HOW EFFECTIVE ARE THEY?

The hormone releasing IUDs are over 99% effective.

THE COPPER IUD

The copper IUD is a small plastic T shaped device that has copper wrapped around the stem. It does not contain any hormones.

The copper IUD is a LARC and lasts 5 or 10 years depending on the type.

IT WORKS BY:

- Preventing fertilisation by interfering with sperm movement
- Preventing implantation of a fertilised egg

HOW EFFECTIVE IS IT?

The copper IUD is over 99% effective.

STERILISATION

Sterilisation is a permanent method of contraception.

VASECTOMY

Vasectomy involves a minor surgical procedure performed by a specially trained doctor that involves cutting the vas deferens (the small tubes leading from the testes to the penis). It becomes effective three months after the procedure.

IT WORKS BY:

- Preventing sperm entering the ejaculate

HOW EFFECTIVE IS IT?

Vasectomy is over 99% effective

TUBAL LIGATION

Tubal ligation is a surgical procedure performed in hospital by a surgeon, under general anaesthetic. It involves blocking the fallopian tubes that transport eggs to the uterus. It is effective immediately.

IT WORKS BY:

- Preventing fertilisation by stopping the sperm reaching the egg

HOW EFFECTIVE IS IT?

Tubal ligation is over 99% effective.

THE CONTRACEPTIVE INJECTION

The contraceptive injection or DMPA (Depot Medroxyprogesterone Acetate) is a hormonal contraceptive containing a progestogen. It is given by an injection in the buttock or upper arm every 12 weeks.

IT WORKS BY:

- Preventing ovulation (release of an egg by the ovary).
- Thickening the mucous in the cervix .

HOW EFFECTIVE IS IT?

The contraceptive injection is 96% effective. It is more effective if given on time every 12 weeks.

THE COMBINED ORAL CONTRACEPTIVE PILL (THE PILL)

The combined oral contraceptive pill is commonly referred to as 'the pill'. It is a pill that contains two hormones: oestrogen and progestogen and must be taken every day.

The active hormone pills are usually taken for three weeks then the inactive non-hormone pills are taken for one week, before starting a new pill pack.

There are many different types of the pill available, and your doctor can help find one that suits you.

IT WORKS BY:

- Preventing ovulation (release of an egg by the ovary).
- It also thickens the mucus in the cervix.

HOW EFFECTIVE IS IT?

The pill is 93% effective.

THE CONTRACEPTIVE VAGINAL RING (NUVARING®)

The vaginal ring is a plastic ring that is placed in the vagina. It is similar to the pill and contains two hormones, oestrogen and progestogen. It is placed into the vagina for 3 weeks, removed for one week then replaced with a new ring.

IT WORKS BY:

- Preventing ovulation (release of an egg by the ovary).
- Thickening the mucous in the cervix

HOW EFFECTIVE IS IT?

The contraceptive vaginal ring is 93% effective.

PROGESTOGEN-ONLY PILLS

There are two types of progestogen only pill available. There is a contraceptive pill that contains the progestogen drospirenone, and no oestrogen, which works in a similar way to the combined oral contraceptive pill (brand name Slinda®).

IT WORKS BY:

- Preventing ovulation (release of an egg by the ovary)
- Thickening the mucous in the cervix

HOW EFFECTIVE IS IT?

Slinda® is thought to have the same effectiveness as the combined oral contraceptive pill which is 93%.

THE LOW DOSE PROGESTOGEN ONLY PILL (MINI PILL)

The mini pill is a pill that contains only progestogen, in a lower dose than the progestogen only pill that prevents ovulation.

It must be taken every day and at the same time each day. It is taken continuously with no break.

IT WORKS BY:

- Thickening the mucous in the cervix

HOW EFFECTIVE IS IT?

The mini pill is 93% effective.



CONDOMS

Condoms are a barrier method of contraception that work by stopping semen entering the vagina during intercourse. They are the only contraception that also provide protection from sexually transmissible infections.

THE CONDOM

Also called the external condom this is a sheath made of thin, strong latex or polyurethane, which is rolled onto the erect penis before vaginal, anal or oral sex. It can only be used once and is then discarded. Condoms are available from supermarkets, pharmacies, clinics, sex shops, and vending machines.

HOW EFFECTIVE ARE THEY?

Condoms are 88% effective.

THE INTERNAL CONDOM

This is a polyurethane sheath which is inserted into the vagina before sexual intercourse. It is about 15cm long and has two flexible rings to keep it in place. It can only be used once and is then discarded. Internal condoms are available online and from some sex shops.

HOW EFFECTIVE ARE THEY?

Internal condoms are 79% effective.

THE DIAPHRAGM

The diaphragm is a barrier method of contraception. It is a dome of soft silicone with a flexible rim that is placed inside the vagina to cover the cervix (the lower part of the uterus or womb). It is inserted before intercourse and is then left in place for a minimum of six hours afterwards.

The Caya® diaphragm, which is a single size diaphragm, is the only one available in Australia. Before purchasing one it is advisable to have a fitting with a SHFPACT nurse to make sure that the Caya® diaphragm fits you correctly.

IT WORKS BY:

Creating a barrier that prevent sperm getting into the uterus and fertilising an egg. Sperm die when they are trapped in the vagina for more than 6 hours.

HOW EFFECTIVE IS IT?

The diaphragm is between 82% and 86% effective.



FERTILITY AWARENESS METHODS (FAM)

These methods use an awareness of the fertile phase in the menstrual cycle to indicate when sexual intercourse should be avoided to prevent pregnancy.

This can include monitoring body temperature and the days of the menstrual cycle, and checking cervical mucus. It is important to learn how to use these methods correctly before using them to prevent pregnancy.

For more information visit the Australian Council of Natural Family Planning website: acnfp.com.au

HOW EFFECTIVE ARE THESE METHODS?

FAMS are between 76% and 93% effective.

LACTATIONAL AMENORRHOEA (LAM)

LAM is the use of breastfeeding as a contraceptive method. For LAM to be effective all three of the following criteria need to be met:

- You need to have given birth less than six months ago.
- Your menstrual periods should not have returned after the birth.
- You must be fully breastfeeding and not giving the baby any formula or solid food.

HOW EFFECTIVE IS IT?

Used correctly LAM is 98% effective.

WITHDRAWAL

This is the withdrawal of the penis from the vagina before ejaculation. There are more effective forms of contraception and withdrawal is generally not considered a reliable method.

HOW EFFECTIVE IS IT?

Withdrawal is 80% effective.

