

Just for women

Contraceptives

This booklet is just for you.

You can ask someone to read it with you.



People you could ask:

- A family member
- Your care worker
- Your doctor
- Your nurse

What is contraception?

Contraception will stop you having a baby.

Some contraceptives stop your period.

There are lots of different contraceptives.

The nurse or doctor will help you to choose one, just for you.

Which one is just for me?

To help find the right one they need to know some things about you.

Here are the things they need to know.



Health



IF:

YES

Your period hurts a lot

You bleed a lot

You take other medications

You have been very sick

You have had an operation

You smoke cigarettes

You get very bad headaches and
have to go to sleep

You pick at your skin

Other Questions



Tick Yes or No

YES NO

I am OK with tablets

I can remember to take
tablets every day

I am ok with needles



I have sex with a partner

I have sex with more than
one partner



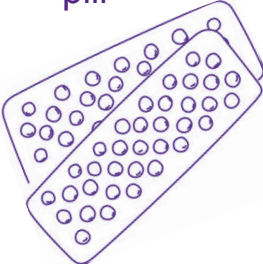
It is ok for a nurse or doctor
to go inside my vagina

I would be ok with something
under my skin

Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p data-bbox="154 331 281 371">Implant</p> 	<p data-bbox="423 336 617 464">Good if you forget to take pills.</p> <p data-bbox="423 504 586 587">Lasts a long time.</p>	<p data-bbox="669 336 978 419">Needs to go under your skin.</p> <p data-bbox="669 443 945 526">Need to have an injection.</p> <p data-bbox="669 550 938 633">You pick at your skin.</p> <p data-bbox="669 657 978 740">Periods may come more often.</p>
<p data-bbox="154 818 217 858">IUD</p> 	<p data-bbox="423 818 586 901">Lasts a long time.</p> <p data-bbox="423 941 580 1069">You have had a baby.</p>	<p data-bbox="669 818 945 946">Nurse/doctor will need to put it in your vagina.</p> <p data-bbox="669 970 967 1010">Might bleed more.</p> <p data-bbox="669 1034 967 1161">You have sex with more than one partner.</p> <p data-bbox="669 1185 945 1313">Your partner has sex with other people.</p>

Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>IUS</p> 	<p>May have no period.</p> <p>May bleed less.</p> <p>Lasts a long time.</p>	<p>Nurse/doctor will need to put it in your vagina.</p> <p>You have sex with more than one partner.</p> <p>Your partner has sex with other people.</p>
<p>Depo provera</p> 	<p>Lasts for 12 weeks.</p> <p>No periods.</p>	<p>Have to have an injection.</p> <p>Might put on weight.</p>
<p>Combined pill</p> 	<p>Periods hurt less.</p> <p>May bleed less.</p> <p>Easy to take.</p>	<p>You smoke.</p> <p>Must remember to take it every day.</p> <p>Might not suit you.</p>

Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>Progestogen only pill</p> 	<p>Easy to take. Can be used at any age. May have no periods.</p>	<p>Must remember to take it every day.</p>
<p>Emergency contraceptive pill</p> 	<p>Can be used if you had sex and did not use another contraceptive.</p>	<p>Have to take as soon as possible after having sex.</p>
<p>Condom</p> 	<p>Easy to use. Easy to buy. Stops you getting an infection. Good if you have sex with more than one partner.</p>	<p>Must be put on penis. Male partner has to use it. Can come off. Can break.</p>

Family Planning Clinics

For more information or for an appointment contact your nearest Family Planning Clinic:

Whangarei	09 438 1986
Auckland -	Takapuna 09 486 1014
	Henderson 09 836 0026
	Newmarket 09 524 3341
	Panmure 09 570 9871
	Manukau 09 263 7600
	Papakura 09 298 4608
Hamilton	07 839 4061
Tauranga	07 578 8539
Gisborne	06 867 1864
New Plymouth	06 759 8269
Hawera	06 278 9929
Whanganui	06 347 9415
Wellington -	City 04 499 1992
	Lower Hutt 04 569 5025
	Porirua 04 237 8895
Blenheim	03 578 3047
Greymouth	03 768 0895
Rangiora	03 313 6697
Christchurch	03 379 0514
Ashburton	03 308 1221
Timaru	03 684 3872
Dunedin	03 477 5850
Invercargill	03 214 4978