

Contraception choices in Australia

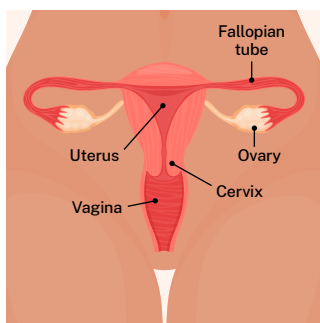
Summary

- Information about contraception and reproductive health is important for everyone to be safe, healthy and respectful.
- Contraception is what a man and woman use if they want to have sex but do not want to have a baby.
- There are lots of different types of contraception available in Australia.
- Most types of contraception are used by women. Some types of contraception are used by men.

What is contraception?

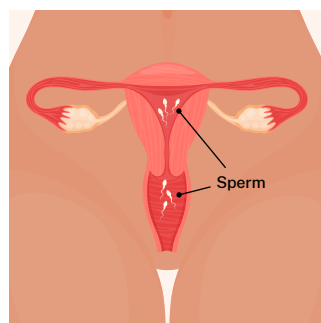
Contraception is what a man and woman use if they want to have sex but do not want to get pregnant and have a baby. Using contraception is very safe.

How does a woman get pregnant?

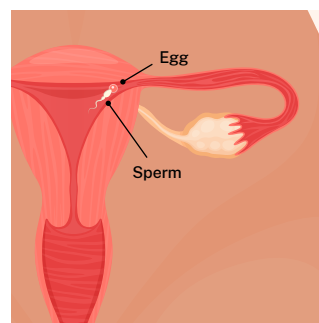


Every month a woman releases an egg from one of her ovaries.

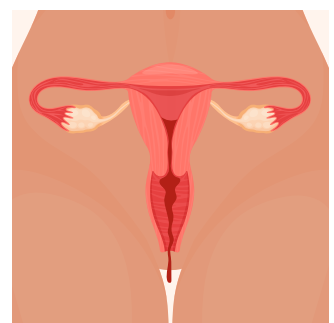
A woman's body gets ready for a baby by thickening the lining of the uterus.



If a man and woman have sex without a condom, a man's sperm can go into a woman's body.



If a woman's egg and man's sperm meet, a baby can start to grow in the woman's uterus.



If a woman's egg does not meet with a man's sperm, a baby will not grow.

The woman's lining in her uterus and the egg will come out as her monthly bleed (period).



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How does contraception work?

Contraception works to prevent a woman's egg and a man's sperm from meeting and becoming a baby.

Contraception can:

- prevent or delay an egg from being released
- stop sperm from entering a woman's uterus
- stop the sperm and egg from meeting

Some types of contraception can also stop the lining of the uterus thickening, so can reduce or stop monthly bleeds (periods).

It is important for a man or a woman to use contraception every time they have sex if they do not want to have a baby.



Facts about contraception

Some contraception choices may have side effects. A doctor or nurse will help tell you which type works best for you.

Using contraception can change a woman's periods. She should talk to her doctor or nurse if any of these changes bother her.

It can be ok for a woman's period to stop when she is using contraception that has hormones in it. This will not cause any long-term health problems. When a woman stops using hormonal methods of contraception her periods will start again.

When a woman or man stops using any other method of contraception the woman can get pregnant.

Only condoms protect you from pregnancy and sexually transmissible infections (STIs). It is important to use condoms and contraception when having sex.



Contraception choices in Australia

What are the contraception choices available in Australia?

There are lots of different types of contraception that a person can use. Some types last for a short time and other types last for a long time. Different types of contraception have different risks and benefits.

More than 99% effective

Implant



Use up to 3 - 5 years. Put in your arm and taken out by a doctor or nurse. Uses one hormone to prevent an egg being released.

Hormonal Intrauterine Device (IUD)



Use up to 8 years. Put in the uterus and taken out by a doctor or nurse. Uses one hormone to prevent the sperm and egg meeting.

Copper Intrauterine Device (IUD)



Use up to 10 years. Put in the uterus and taken out by a doctor or nurse. Prevents the egg and sperm meeting.

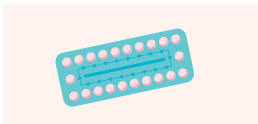
These types of contraception are called LARC (long acting reversible contraception).

They are very effective and work for a long time.

They can be removed if you want to get pregnant and have a baby. When they are removed your chance of having a baby returns to normal very quickly.

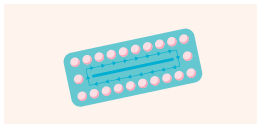
More than 93% effective

The Oral Contraceptive Pill



'The Pill' - a tablet taken at the same time every day by a woman. Uses hormones to prevent the egg from being released.

The Progestogen Only Pill



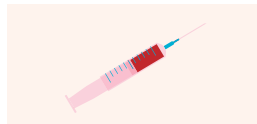
A tablet taken at the same time every day by a woman. Uses one hormone to prevent the egg from being released and sperm from getting to the uterus.

Vaginal ring



Placed in the vagina for 3-4 weeks by a woman. Uses hormones to prevent pregnancy.

Injection



An injective given by a doctor or nurse every 12 weeks. Uses one hormone to prevent the egg from being released.

Emergency contraceptive pill



Use up to five days after unprotected sex (e.g. missed pill, or no condom has been used or has broken). Bought at a pharmacy. Uses one hormone to delay an egg being released.

More than 76% effective

External (male) condom



Worn on the penis by a man. Prevents sperm going in a woman's body. Use a new condom each time you have sex.

Internal (female) condom



Worn in the vagina by a woman. Prevents sperm going in a woman's body. Use a new condom each time you have sex.

Diaphragm



Placed in the vagina by a woman before sex. Prevents sperm from going to the uterus.

Fertility awareness method



Least effective method. Works by only having sex when pregnancy is less likely

Withdrawal method (pulling out)



Least effective method. Penis is removed from the vagina before finishing.

Contraception choices in Australia

Where can I get help or more information?

For more information, call the Family Planning Australia Talkline on 1300 658 886. To talk to someone in your language call the Telephone Interpreter Service (TIS) on 131 450 and ask them to connect you to Family Planning Australia Talkline.

To find out more information about contraception in New South Wales, these services can help:

Service	What does it do?	Contact information
healthdirect	A free phone service where you can get health information and advice on any topic.	1800 022 222 Open 24 hours http://www.healthdirect.gov.au/
Family Planning Australia Talkline	A free phone service where you can talk to a nurse about sexual and reproductive health.	1300 658 886 8.30am – 5.00pm Monday to Friday https://www.fpnsw.org.au/talkline
Pregnancy Choices Helpline	A free phone service where you can talk to a nurse about pregnancy choices.	1800 008 463 8.30am – 5.00pm Monday – Friday https://www.pregnancychoices.org.au/
Country Liaison Officer (CLO)	CLOs are people appointed by Pacific and Timor-Leste governments to support workers in Australia. They can provide you with local support.	You can find all current CLO contact details on the PALM website https://www.palmscheme.gov.au/contact
PALM scheme support line	If your employer cannot answer your questions, you can call the PALM scheme support service line.	1800 51 51 31 PALM@dewr.gov.au The support service line and email inbox are monitored 8:30 am – 6:30 pm AEST - calls after hours should be for critical incidents only
NSW Council for Pacific Communities/Community Connections	The NSW Council for Pacific Communities runs the Community Connections Program. Community Connections helps PALM workers adapt to life in NSW and feel connected to NSW communities.	0451 021 919 CommunityConnections@SalvationArmy.org.au https://www.nswcpc.org.au/

If you would like an interpreter to help you access health services or information, please contact the Translating and Interpreting Service on 131 450.

This factsheet has been adapted from Family Planning Australia's 'Know Your Health: Contraceptive Options' resource.

