

# Contraception: What is right for you?

Every woman has the right to choose if and when she wants to become pregnant. If you are sexually active, the only way to prevent pregnancy is to choose an effective method of contraception, and to use it correctly and consistently.

There are only 2 ways to prevent pregnancy:

1. Not having sexual intercourse ( abstinence )
2. Using an effective method of contraception.

There are many safe and effective methods of contraception available today, and one of them is right for you.

Our friendly staff at the Fertility Control Clinic can help you decide what contraception is right for you.

We care about your sexual health and wellbeing and we are experts in fertility control and reproductive health with over forty years experience.

Our health facilities and services are accredited to best practice standards and guidelines thereby providing quality assurance for you.

Our staff work together to provide you the best level of patient care.

For help to choose the right method of contraception or for more information, please contact the Fertility Control Clinic.

# Progesterone-only Pill ("Mini Pill")

## What is a progesterone-only pill or "Mini Pill" ?

The progesterone-only pill or "Mini Pill" is a tablet containing a small dose of one hormone, progesterone. The "Mini Pill" comes as a packet of 28 identical tablets and unlike "The Pill" it does not contain any oestrogen or sugar tablets. The "Mini Pill" prevents sperm from getting through and fertilising an egg.

## How effective is it?

More than 99% effective contraceptive method if taken correctly and consistently.

## Advantages?

It is suitable for women who can not take tablets containing oestrogen and who have had side-effects from the combined pill ("The Pill"). It is also suitable for breast-feeding women.

## Disadvantages?

More than 99% effective contraceptive method if taken correctly and consistently. Must take the "Mini Pill" at exactly the same time every day. Periods may become unpredictable.

## Prevent STI and HIV?

No. Only latex male condoms and female condoms protect against STIs.

## How to obtain it?

Fertility Control Clinic and your general practitioner. Only you and your doctor can decide if this contraceptive method is right for you.



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