

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.

Combined Pill (“The Pill”)

What is a combined pill or “ The Pill ” ?

The combined pill is a tablet containing two hormones, oestrogen and progesterone. “ The Pill ” comes as a packet of 21 tablets containing the two hormones and 7 non- hormonal tablets (usually containing sugar). “ The Pill ” prevents ovulation thereby stopping the body from releasing an egg. It also thickens the mucous in cervix which prevents sperm from getting through and changes the lining of the uterus which makes it less suitable for pregnancy.

How effective is it?

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

Advantages?

It helps to regulate periods and bleeding usually become shorter and lighter. Acne also improves.

Disadvantages?

Have to remember to take “ T he Pill ” at the same time every day and if you forget, you will need to take extra precautions to prevent pregnancy. “The Pill ” is not recommended for women with specific medical conditions. Some of the combined pills are expensive.

Prevent STI sand 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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