

# 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.

# Diaphragm cap

## What is a diaphragm cap ?

The diaphragm fits into the woman's vagina and covers the cervix. This stops any sperm from entering the cervix. this is a barrier method of contraception, similar to male and female condoms. The diaphragm is held in place by the vaginal muscles and needs to be initially fitted by a doctor.

## How effective is it?

More than 95% effective contraceptive method.

## Advantages?

IA safe and reliable method of contraception with no hormonal side effects. They can be inserted prior to having sexual intercourse and can be used during menstruation. They are reusable, can be washed and last up to 2 years.

## Disadvantages?

Must stay in place for 6 hours after sexual intercourse. Some women have difficulties inserting and removing the cap and some experience discomfort. Women initially need to be fitted with a diaphragm by a doctor.

## 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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