

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.

Female condom

What is the female condom?

The female condom is made of polyurethane, is approx. 15cm long and has two rings at both ends. It is inserted before vaginal sexual intercourse and the closed end is inserted into the vagina. The female condom creates a barrier from the penis and the vaginal walls, therefore, preventing ejaculated sperm from entering the vagina during sexual intercourse.

How effective is it?

More than 95% effective contraceptive method.

Advantages?

They are safe and reliable method of contraception with no hormonal side effects. Women do not need medical examination or fittings to use female condoms.

Disadvantages?

Female condoms can only be used once, then correctly discarded. It is more costly than the male condom and also not as widely available. Some women find them difficult to insert and they cannot be used simultaneously with a male condom.

Prevent STI sand HIV?

Yes, female condoms help protect against STI's and HIV.

How to obtain it?

Fertility Control Clinic and your general practitioner. You do not need a prescription. Only you and your doctor can decide if this contraceptive method is right for you.



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