



UNIDADE LOCAL DE SAÚDE
SANTA MARIA



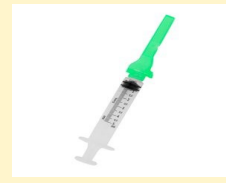
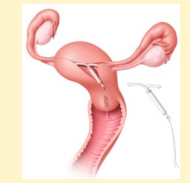
CONTRACEPTIVE METHODS

UNIDADE LOCAL DE SAÚDE SANTA MARIA

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SNS SERVIÇO NACIONAL
DE SAÚDE

	Male condom	Combined oral contraceptive pill	Progestin-only pill	Contraceptive patch	Vaginal ring	Progestin injection	Subdermal implant	Progestin IUD	Copper IUD
									
Route of administration	Placement on the penis	Oral administration		Skin application	Insertion in the vaginal cavity	Intramuscular injection	Inserted under the skin	Inserted into the uterus	
Use	Before every sexual intercourse	Take for 21 consecutive days followed by a 7-day break (may also be taken continuously)	Take every day without any breaks	Change once per week during 3 weeks, followed by a 7-day break	Change every 3 weeks, followed by a 7-day break	One injection every 12 weeks	Variable duration (3 to 5 years)	Variable duration (up to 10 years)	Variable duration (3, 5, or 7 years)
Annual effectiveness	82%	91%				94%	99%		
Advantages	Easy to use. Helps prevent sexually transmitted infections. May help to prevent premature ejaculation	Regular and predictable menstrual periods	Does not increase the risk of blood clots in the veins. Does not reduce breast milk production during the postpartum period	Easy to apply. Effectiveness is not affected by diseases that interfere with hormone absorption	Easy to insert. Regular and predictable menstrual periods. Effectiveness is not affected by conditions that interfere with hormone absorption	Reduces menstrual flow or may cause absence of menstruation. Effectiveness is not affected by conditions that interfere with hormone absorption. Does not increase the risk of blood clots in the veins. Does not reduce breast milk production in the postpartum period	Long-acting methods. Do not increase the risk of blood clots in the veins. Do not reduce breast milk production in the postpartum period. Effectiveness is not affected by conditions that interfere with hormone absorption		
		Reduces the risk of ovarian and uterine cancer. Improves premenstrual and menstrual symptoms such as mood changes, migraines, menstrual cramps, and heavy menstrual bleeding. Improves acne and excessive hair growth					Reduces menstrual flow and may cause absence of menstruation		
							Effectiveness is not affected by the use of other medications		
Disadvantages	May cause allergy to the lubricant or latex. May break during sexual intercourse. Possible retention in the vagina	Requires daily adherence. Effectiveness may be reduced by certain medications and by diseases that interfere with hormone absorption		May cause skin irritation	Effectiveness can be reduced by certain medications. May be felt during sexual intercourse. May cause nausea, breast tenderness, and local irritation	Causes irregular, unpredictable bleeding and may cause absent menstrual bleeding	Requires insertion by a healthcare professional		
		Slightly increases the risk of blood clots in the veins	Causes irregular, unpredictable bleeding and may cause absent menstrual bleeding				Causes irregular, unpredictable bleeding and may cause absent menstrual bleeding	Effectiveness may be affected by displacement of the IUD	
								May cause absence of menstruation	Menstrual periods may become heavier