

# Ubusha Bami - List of Contraceptive options

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**Contraceptive pills:** Oralcon/Yasmin/Nordette/triphasil/ovral etc.

**How to use:**

Take 1 pill daily at the same time

**Word of Advice:**

Good contraceptive when used correctly. It does not prevent STI so condomise. Take extra precautions whenever, on antibiotics.



**Male & female condoms:** Choice, Max, Maxime, skyn, durex etc.

**How to use:**

Apply correctly before having penetrative sex

**Word of Advice:**

Good barrier contraceptive prevents transmission of Sexually transmitted diseases (STI) such as HIV, 'drop' etc.



**Injectable contraceptives:** Nur-isterate(2months) & Depo-provera(3months)

**How to use:**

Medical professional gives injections every 2-3 months

**Word of Advice:**

Good contraceptive, does not protect against STI's, therefore condomise. Always remember follow up dates for next injection.



**Intrauterine device(IUD) contraceptives:** Mirena & Copper T IUD (last 5-10 years )

**How to use:**

Medical professional Inserts device in uterus, you can feel for strings regularly and remove device whenever

**Word of Advice:**

Good long term contraceptive, does not protect against STI's, therefore condomise. May cause period to be heavy or painful



**Implant contraceptives:** Implanon (3 years), Jadelle (5 years) etc.

**How to use:**

Medical professional inserts device on upper arm, remove after 3-5 years

**Word of Advice:**

Good long term contraceptive, does not protect against STI's, therefore condomise. May cause irregular bleeding initially.



**Contraceptives Patch:** Evra

**How to use:**

Apply patch on skin 1 patch per week, usually 1 week of patch free for menstruation.

**Word of Advice:**

Good contraceptive, less side effects than pills and easy use. does not protect against STI's, therefore condomise.



**Sterilisation:**

**How to use:**

Medical professional ties/cut fallopian tubes, preventing the egg from entering the uterus

**Word of Advice:**

Long term contraceptive, often used to end reproductive potential



**Calendar rhythm method:**

**How to use:**

Routine monitoring of menstruation cycle and only having sex during "safe period" outside of the fertility window period

**Word of Advice:**

This method only works if you have a regular cycle and understand how to calculate the different cycle periods.



**Coitus interruption:** Abstinence

**How to use:**

Abstinence is withholding all forms of sexual activity

**Word of Advice:**

Abstinence is the best contraceptive with zero chance of pregnancy, STI and side effects