

# Contraception



Contraception is what a woman and man use if they want to have sex together but do not want to make a baby.

## How contraception works

Once a month, a very small egg comes out of a woman's ovaries. The egg goes along the fallopian tube to her uterus. For more information go to the fact sheets called 'A woman's body' and 'Periods'.

Men make sperm in their testes. The man's sperm are in his semen. For more information go to the fact sheet called 'A man's body'.

If a man ejaculates (cums) into a woman's vagina around the time the egg comes out of her ovary and is in her fallopian tube, the man's sperm and the woman's egg can join inside her body. This egg and sperm can grow into a baby in the woman's uterus. We say the woman is pregnant.

Contraception works in different ways to stop the woman's egg and the man's sperm from joining together. If you use contraception, the woman and man can have sex but the woman is unlikely to get pregnant.

Every time a man and a woman have sex together, there is a chance they can make a baby if they do not use contraception. So it is important they remember to use contraception every time if they do not want to make a baby.

Most contraception does not protect people from sexually transmissible infections (STIs). For more information go to the fact sheet called 'Safe sex and sexually transmissible infections'.

## Different sorts of contraception

There are lots of different types of contraception that a person can choose from. Most types of contraception are used by women but some types are used by men. Some types of contraception work better than others to stop a woman getting pregnant.

A doctor can help a person to understand about all the different types of contraception. They will be able to help find the best type of contraception for each person. It is a good idea for a person to take someone that they trust like a friend or a partner to the appointment to help them decide which contraception they want to use.

A person with intellectual disability might not always be able to decide about the best type of contraception. In this case, the doctor has to get someone else to make the decision about the best type of contraception. The doctor will know who the right person is to make that decision. This person is called the 'person responsible'.

Most types of contraception do not last forever so the person using them has to remember to keep using them.

The common types of contraception include:



### *Contraceptive pills (the pill)*

There are lots of different types of pills and the woman needs to remember to take a pill at the same time each day.



### *Vaginal ring*

This is a plastic ring which is put inside the vagina by the woman every month.



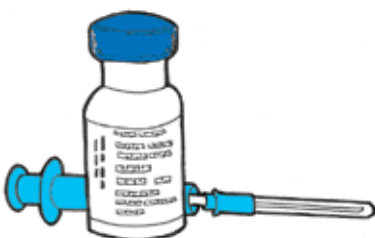
### *Contraceptive implant (the rod)*

This is a small plastic rod which is put under the skin of a woman's arm by a doctor. It can be left in the arm for up to 3 years.



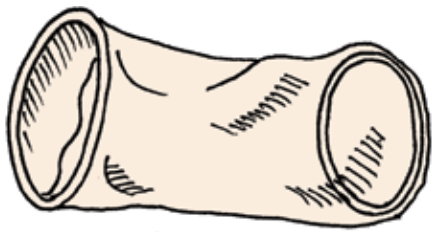
### *Intrauterine device (IUD)*

This is put in the uterus by a doctor or nurse. It can stay in the uterus for up to 10 years.



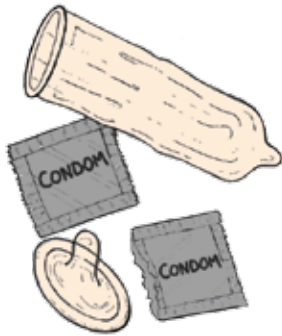
### *Contraceptive injection*

This is given in the buttock or arm by a doctor every 3 months. It can stop a woman's periods from coming.



### *Female condoms*

These are used by a woman. The female condom is a plastic tube with a ring at each end to help it stay in place in the vagina. The woman must remember to put the female condom inside the vagina before she has sex. Female condoms also protect people from STIs.



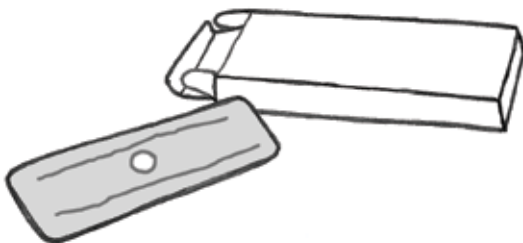
### *Male condoms*

These are used by a man. The male condom is a thin cover that is put on a man's penis. The man must remember to put the condom on his erect penis before having sex. Condoms also protect people from STIs. For more information go to the fact sheet called 'Safe sex and sexually transmissible infections'.



### *Diaphragm*

This is a plastic dome which is put inside the vagina by a woman before she has sex. It is taken out by the woman 6 or more hours after having sex. A doctor or nurse needs to check a woman for the right size diaphragm.



### *Emergency contraception*

Emergency contraception is a tablet that a woman can take after having sex if contraception was not used, or not used properly. This tablet can help to stop a woman getting pregnant. It is available from a chemist or Family Planning clinic. The woman needs to take this tablet as soon as possible after having sex but it can be taken up to 5 days after having sex.

## *Condoms also help protect against STIs*

Male and female condoms are the only types of contraception which also protect a person from catching an STI. Sometimes people use condoms at the same time as another type of contraception. This stops the woman getting pregnant and both people from catching an STI.

All these types of contraception are reversible and do not last forever.

## *Sterilisation*

There is one type of contraception which does last forever. This is called sterilisation. Sterilisation is where the man or the woman has an operation which stops them from ever having a child. A person cannot be sterilised unless they want to be.

Sometimes a person may not want to be sterilised but someone in their family wants them to be. A person's family or carer cannot force them to be sterilised or make the decision for them. If this happens the person should talk to an advocate at a disability advocacy service. An advocate is someone who helps people with disability to tell other people what they want.

For more information about disability advocates and different types of contraception go to the fact sheet called 'Where to go for help or advice'.

## **Important information about contraception**

There are some things a woman and a man must be very careful about when they have sex. If they are not careful the woman might get pregnant.

If a man pulls his penis out of the woman's vagina before he ejaculates (cums) and they did not use contraception the woman can still get pregnant.

If the man rubs his penis against a woman's vagina, vulva or clitoris and some semen comes out of his penis and they did not use contraception the woman might get pregnant.

If a man puts his penis only a little bit into the woman's vagina and they did not use contraception she might get pregnant.

A woman can get pregnant the first time she has sex with a man if they do not use contraception.

A man and a woman should not use glad wrap and a rubber band instead of a condom when they have sex. This is very dangerous and the woman could still get pregnant.

A woman and a man must use contraception every time they have sex if they do not want the woman to get pregnant.



## What you need to know:

- Contraception is what a woman and man use if they want to have sex together but do not want to make a baby
- If a woman does not want to get pregnant, it is important to use contraception every time she has sex
- There are lots of different types of contraception that you can choose from
- It is a good idea to talk to a doctor or nurse about which type of contraception to use
- It can be a good idea to take someone with you when you go to a doctor or a Family Planning clinic to help you to decide which type of contraception is best for you
- Most contraception does not protect people from sexually transmissible infections (STIs). Only condoms can protect people from STIs
- It is a good idea for a woman to use a condom at the same time as another type of contraception

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

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Reviewed Oct 2013/FPNSW 10/13