

just about...

Contraceptives

This booklet is just for you

You can ask someone to read it with you.



People you could ask:

- A whānau member
- Your care worker
- Your doctor
- Your nurse

What is contraception?

Contraception will stop you having a baby.

Some contraceptives stop your period.

There are lots of different contraceptives.

The nurse or doctor will help you to choose one, just for you.

Which one is just for me?

To help find the right one they need to know some things about you.

Here are the things they need to know.



Health

IF:

YES

Your period hurts a lot

You bleed a lot

You take other medications

You have been very sick

You have had an operation

You smoke cigarettes

You get very bad headaches and
have to go to sleep

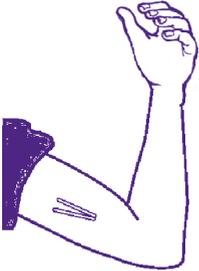
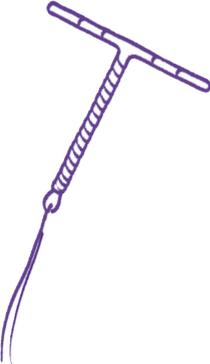
You pick at your skin

Other Questions

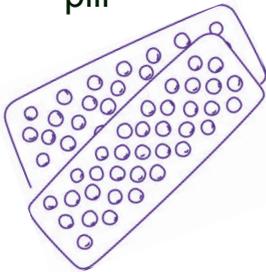
Tick Yes or No

	YES	NO
I am OK with tablets	<input type="checkbox"/>	<input type="checkbox"/>
I can remember to take tablets every day	<input type="checkbox"/>	<input type="checkbox"/>
I am ok with needles	<input type="checkbox"/>	<input type="checkbox"/>
I have sex with a partner	<input type="checkbox"/>	<input type="checkbox"/>
I have sex with more than one partner	<input type="checkbox"/>	<input type="checkbox"/>
It is ok for a nurse or doctor to go inside my vagina	<input type="checkbox"/>	<input type="checkbox"/>
I would be ok with something under my skin	<input type="checkbox"/>	<input type="checkbox"/>

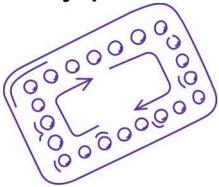
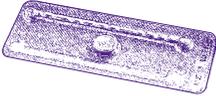
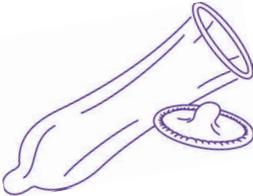
Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p data-bbox="154 331 281 371">Implant</p> 	<p data-bbox="423 336 617 464">Good if you forget to take pills.</p> <p data-bbox="423 504 585 584">Lasts a long time.</p>	<p data-bbox="669 336 978 416">Needs to go under your skin.</p> <p data-bbox="669 440 944 520">Need to have an injection.</p> <p data-bbox="669 544 936 624">You pick at your skin.</p> <p data-bbox="669 647 978 727">Periods may come more often.</p>
<p data-bbox="154 820 219 860">IUD</p> 	<p data-bbox="423 820 585 900">Lasts a long time.</p> <p data-bbox="423 940 580 1067">You have had a baby.</p>	<p data-bbox="669 820 944 948">Nurse/doctor will need to put it in your vagina.</p> <p data-bbox="669 971 966 1011">Might bleed more.</p> <p data-bbox="669 1035 966 1163">You have sex with more than one partner.</p> <p data-bbox="669 1187 944 1315">Your partner has sex with other people.</p>

Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>IUS</p> 	<p>May have no period.</p> <p>May bleed less.</p> <p>Lasts a long time.</p>	<p>Nurse/doctor will need to put it in your vagina.</p> <p>You have sex with more than one partner.</p> <p>Your partner has sex with other people.</p>
<p>Depo provera</p> 	<p>Lasts up to 14 weeks.</p> <p>No periods.</p>	<p>Have to have an injection.</p> <p>Might put on weight.</p>
<p>Combined pill</p> 	<p>Periods hurt less.</p> <p>May bleed less.</p> <p>Easy to take.</p>	<p>You smoke.</p> <p>Must remember to take it every day.</p> <p>Might not suit you.</p>

Some contraceptives you can use

Contraceptive	Reasons to use contraceptive	Reasons not to use contraceptive
<p>Progestogen only pill</p> 	<p>Easy to take. Can be used at any age. May have no periods.</p>	<p>Must remember to take it every day.</p>
<p>Emergency contraceptive pill</p> 	<p>Can be used if you had sex and did not use another contraceptive.</p>	<p>Have to take as soon as possible after having sex.</p>
<p>Condom</p> 	<p>Easy to use. Easy to buy. Stops you getting an infection. Good if you have sex with more than one partner.</p>	<p>Partner has to use it. Can come off. Can break.</p>

Sexual Wellbeing Aotearoa Clinics

For more information, to find a clinic or for an appointment go to:

Sexual Wellbeing Aotearoa

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