


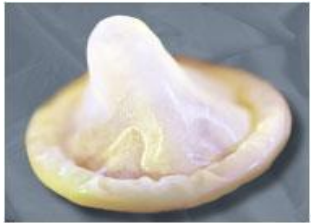



**Gentle Beginnings Midwifery
Client Handout
(January 2013-Rev due Jan 2015)
Non-Hormonal Methods of Contraception**

TYPE	WHAT IS IT?	BENEFITS	DISADVANTAGES	FAILURE RATE	NOTES
<p>Contraceptive Sponge</p> 	<p>It is a small sponge with spermicide in it that you place at your cervix. It kills the sperm before they enter your uterus.</p>	<ul style="list-style-type: none"> -provides 12 hours of protection and does not need to be changed if you have intercourse more than once in this time. -Enhances the effectiveness of other birth control like condoms. 	<ul style="list-style-type: none"> -Not very effective on its own. (need to be used with condom and spermicide) -Some women are allergic to spermicide -Some women find it difficult to take out.. -Does not protect against sexuality transmitted infections. 	<p>When used in combination with a condom, the failure rate is 2%.</p>	<p>You do not need a prescription. The sponges come in packs of 4 and can be obtained at most pharmacies.</p>
<p>Diaphragm</p> 	<p>It is a cap made of latex that is put over the cervix to prevent sperm from entering the uterus. It should always be used with a foam spermicide to prevent pregnancy.</p>	<ul style="list-style-type: none"> -Gives you control and privacy as it is usually inserted before sex. 	<ul style="list-style-type: none"> - some women find it difficult to insert or remove - some women find it does not fit properly - sometimes causes urinary tract infections - does not protect against STI's 	<p>When a Diaphragm is fitted properly and used perfectly in combination with spermicide, the failure rate is 4-8%.</p>	<p>A diaphragm can be fitted by a gynecologist or a doctor.</p> <p>Your midwife can refer you to a doctor at your final visit.</p>
<p>Spermicide</p>	<p>Spermicide is a chemical that comes in cream, foam, suppository or gel forms and is placed in front of cervix. It will kill sperm when it comes in contact with it.</p>	<ul style="list-style-type: none"> - along with preventing pregnancy, it can also prevent some bacterial infections and pelvic inflammatory disease. - can also be used as an emergency contraceptive if inserted right after the accident. 	<ul style="list-style-type: none"> - can be messy - only effective for 1 hour -may irritate vagina or penis -does not protect against STI's -Can increase transmission of HIV because of the irritation it may cause. -SOGC recommends spermicide use in women who are at low risk of STIs and HIV -some spermicides have a bad odor and taste. 	<p>Not very effective if used alone. Should be used with other methods (i.e condoms, sponge, diaphragm) With perfect use, failure rate is 6%, typical use is 21%</p>	<p>Spermicide can be obtained at any pharmacy.</p> <p>Make sure the spermicide you use is Nonoxynol-9 (there is a lot of similar looking hygiene products that may cause confusion.)</p> <p>SOGC also recommends using non-coated condoms instead of spermicide coated condoms.</p>

<p>Copper Intrauterine Device (Copper IUD)</p> 	<p>Small t-shaped device made with copper wire. It is inserted in the uterus by a physician and changes the environment of the uterus to make it not good to conceive a baby and it also kills sperms</p>	<ul style="list-style-type: none"> -Provides contraception for up to 5 years -Good alternate option if you haven't had success with other methods -Can be used while breastfeeding -Usually does not affect your menstrual cycle. -Good option for if you are done your family but do not want a tubal ligation. 	<ul style="list-style-type: none"> -Does not protect against sexually transmitted infections (STI) -Period may get heavier and/or crampier -Complications include: irregular bleeding or spotting, perforated uterus (IUD could make a small hole in uterus), infection and IUD may fall out 	<p>1/100</p>	<p>You need a prescription for an IUD which can be obtained from a family doctor or gynecologist. Some health plans may cover the cost.</p> <p>Your midwife can refer you to a gynecologist at your last visit.</p>
<p>Male Condom</p> 	<p>A latex cover that is rolled over the penis to prevent the sperm of entering in the vagina.</p>	<ul style="list-style-type: none"> -When used properly and consistently, 97% effective -inexpensive and easy to use - protects against STI's 	<ul style="list-style-type: none"> -some men find there is a lack of sensitivity -could slip off during sex -rough handling can break the condom - some men or women are allergic to latex 	<p>3%</p>	<p>Condoms are very accessible and can be found at any pharmacy, in washrooms, at family planning clinics (free), convenience store, grocery stores etc.</p>
<p>Female Condom</p> 	<p>A polyurethane, baggie shaped condom that is inserted in the vagina and holds the sperm so it does not enter the cervix.</p>	<ul style="list-style-type: none"> -A women controls this methods -Protect agains STI's 	<ul style="list-style-type: none"> - can be expensive (approximately 3\$ each) - some women find it hard to insert properly 	<p>When used perfectly, the failure rate is 5%</p>	<p>You can pick one up at any pharmacy and at family planning clinics.</p>

For more information, you can ask your midwife to refer you to an appropriate caregiver. You can also visit the website www.sexualityandu.com.