



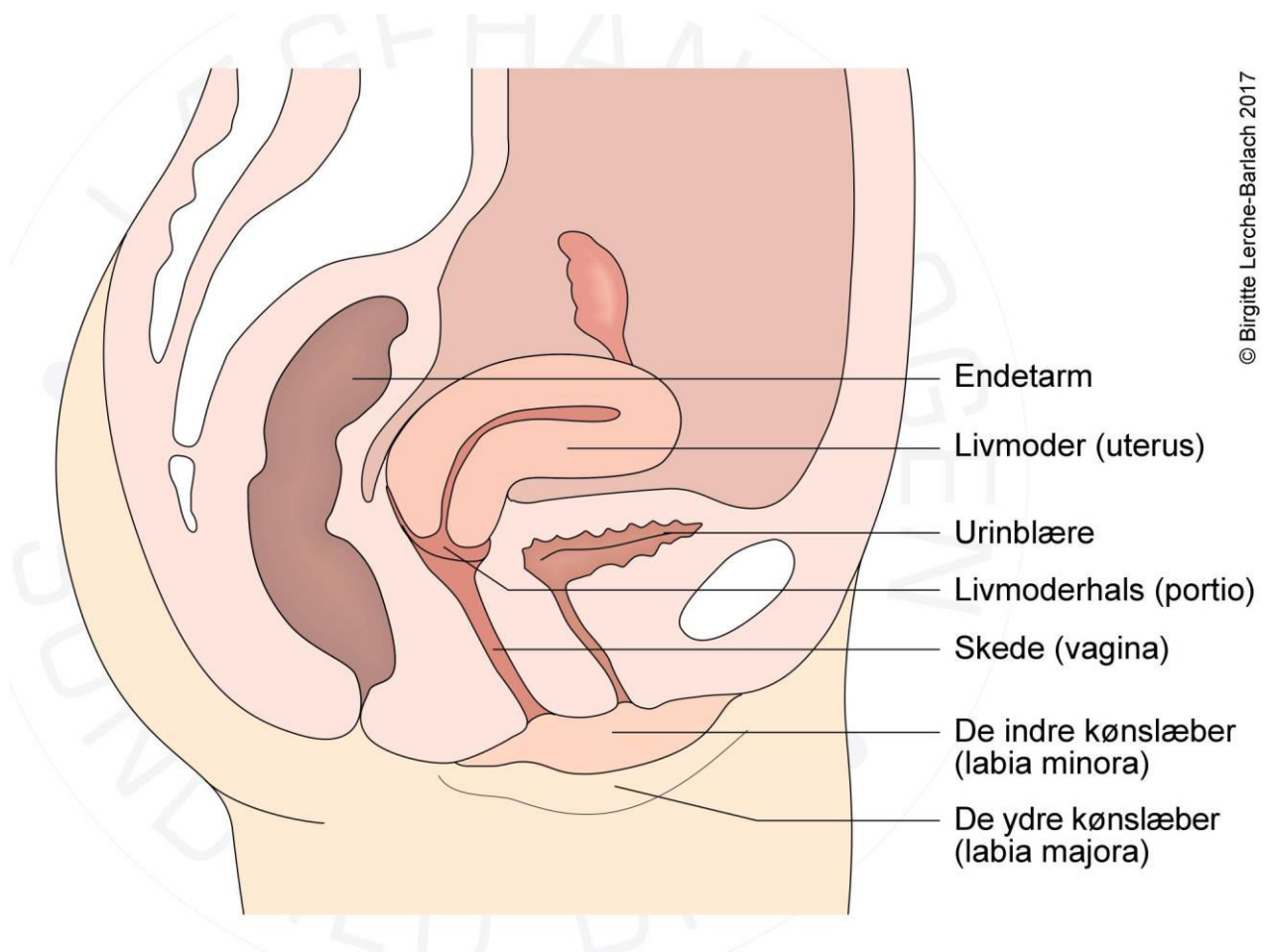
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Contraception instructions

Sources: www.sundhed.dk

<https://www.sundhed.dk/borger/patienthaandbogen/kvindesygdomme/illustrationer/presentationer/praeventionsvejledning/>

What contraceptive methods are available?



- Birth control pills
- Mini pills
- Vaginal ring (P-ring)
- P-syringe
- P-rod
- Spiral
- Hormone IUD
- Condom
- Pessar
- Safe periods
- Emergency contraception



This is how birth control pills work



Mechanism of action:

- o Prevents ovulation
- o The lining of the uterus changes so that the fertilized egg does not get stuck
- o The mucus in the cervix becomes impermeable to the sperm

- High security
- Packs of 21 or 28 tablets

Advantages and disadvantages of birth control pills

• Advantage

- o Safe contraceptive
- o Weak and regular bleeding
- o Reduces menstrual pain
- o May delay menstruation

• Disadvantages

- o Mood swings and decreased sex drive in some
- o Pills can be forgotten
- o Vomiting and diarrhea may reduce the effect
- o Blood clot is a serious but rare side effect
- o Does not protect against sexually transmitted diseases



Mini pills

Mechanism of action

- o Reduces / prevents ovulation
- o The lining of the uterus changes so that the fertilized egg does not get stuck
- o The mucus in the cervix becomes impermeable to the sperm
- o Mini-pills are divided into traditional and modern (high-dose) mini-pills. Both contain progestogen - the traditional Norethisterone and the modern Desogestrel

Advantage

- o Does not increase the risk of blood clots
- o Can be used during breastfeeding

Disadvantages

- o The traditional mini-pill is not safe as contraception if more than 27 hours pass between pill intake.
For the modern mini-pill, this applies if more than 36 hours pass
- o Must be taken regularly - the traditional mini-pill very regularly
- o Not safe for the first 14 days
- o May cause bleeding disorders
- o Does not protect against sexually transmitted diseases

Vaginalring (P-ring)



• **Mechanism of action**

- o Prevents ovulation
- o The lining of the uterus changes so that the fertilized egg does not get stuck
- o The mucus in the cervix becomes impermeable to the sperm

Advantage

- o The ring is active no matter where it is placed in the vagina
- o No special skills are required to insert or remove the ring
- o Do not remember a daily pill
- o Not depending on whether there is diarrhea or vomiting

Disadvantages

- o The blood proppricity risk is the second highest for hormone contraception
- o Does not protect against sexually transmitted diseases

Handling

- o The ring is inserted once a month by the woman herself
- o First time between 1st and 5th day of menstrual cycle and used for 3 consecutive weeks



- o After 1 week of ring-free break, menstruation occurs. Then a new ring is inserted into the vagina
- o If the ring has fallen out, it should be cleaned and re-inserted as soon as possible
- o If the ring has been outside the vagina for more than three hours, additional mechanical contraception (condom, diaphragm) must be used for the next seven days.

P-syringe

- Mechanism of action
- o Reduces / prevents ovulation
- o The lining of the uterus changes so that the fertilized egg does not get stuck
- o The mucus in the cervix becomes impermeable to the sperm

Advantage

- o Is a very safe form of contraception
- o Works for 3 months

Disadvantages

- o Often causes bleeding disorders
- o May cause prolonged loss of menstruation
- o Does not protect against sexually transmitted diseases
- o The effect may persist after stopping the method

P-rod /P-stav



Mechanism of action

- o Prevents ovulation
- o The lining of the uterus changes so that the fertilized egg does not get stuck
- o The mucus in the cervix becomes impermeable to the sperm

Advantage

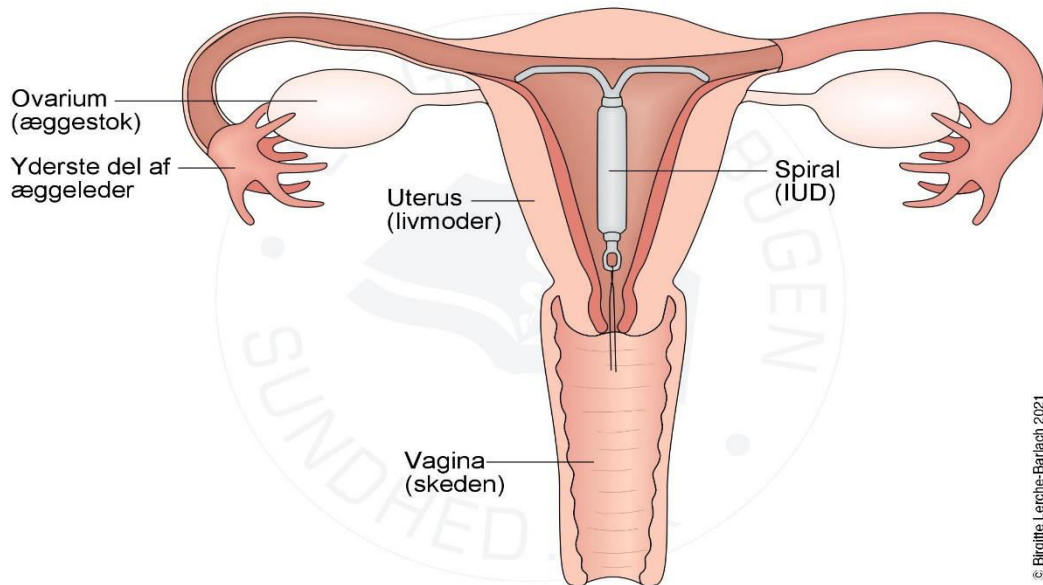


- o Provides safe contraception for 3 years
- o Has no more side effects than other methods of contraception
- o The effect ceases shortly after removal

Disadvantages

- o Must be implanted and removed with a small surgical procedure

Spiral (kobber): Intrauterin device IUD



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• Mechanism of action

- o Affects the lining of the uterus so that the fertilized egg does not stick

Advantage

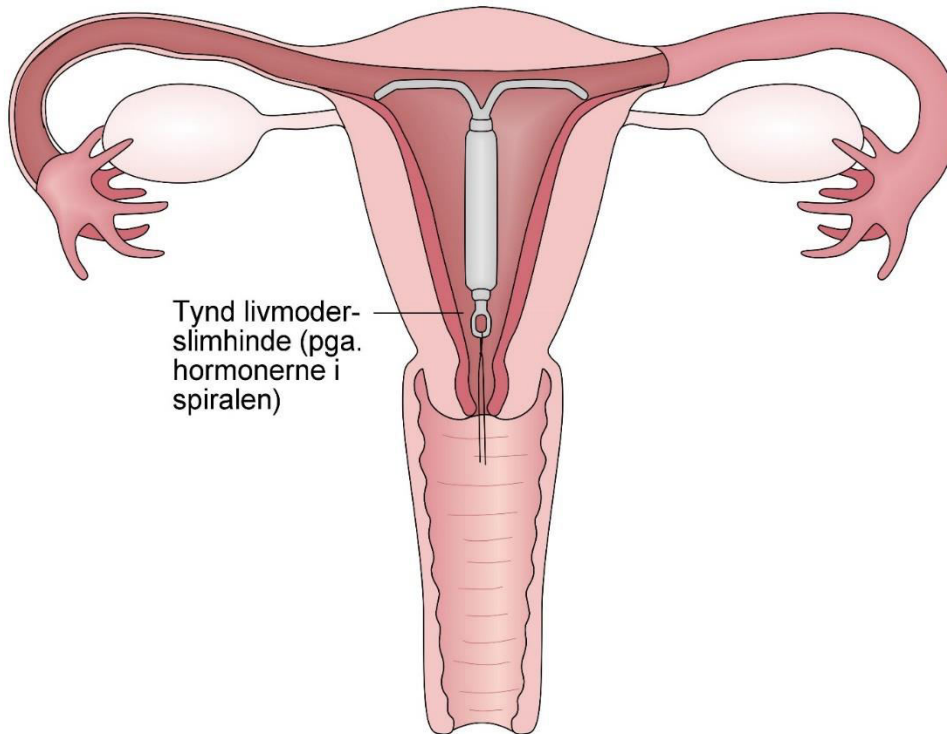
- o Only changed every 5-7. year
- o Local effect, no serious side effects
- o Can be used as emergency contraception

Disadvantages of spiral

- Gives heavier menstrual bleeding
- Increases menstrual pain in some
- Does not protect against infections
- Not usually recommended for women who have not given birth



Hormon IUD



Slimhindens vækst i løbet af en menstruationscyklus når der er anlagt hormonspiral. Slimhinden forbliver relativt tynd og menstruationen bliver beskeden

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Mechanisms of action

- o Local hormone effect makes the uterine lining less susceptible to a fertilized egg
- o Can reduce the number of ovulations
- o Changes in the mucus in the cervix prevent the passage of sperm

Benefits of hormonal IUD

- Safe contraception



- Gives small and short-term menstruation (possible loss of menstruation)

Hormone IUDs with a higher content of hormone last for 5 years, those with a smaller content last for 3 years

- The 5-year-olds are basically for women who have given birth to children
- The 3-year-olds are for women who have not given birth to children
- Does not cause any serious side effects

Disadvantages of IUD

- o May cause irregular bleeding for the first time
- o May cause chest tightness, weight gain and mood swings - especially the first time
- o May cause back and abdominal pain
- o Best suited for women who have given birth

Condom



• Mechanism of action

- o Collects the semen

Advantage

- o Protects against sexually transmitted diseases
- o Has high safety when used properly



o Does not cause any serious side effects

Disadvantages

Itching, burning and irritation may occur

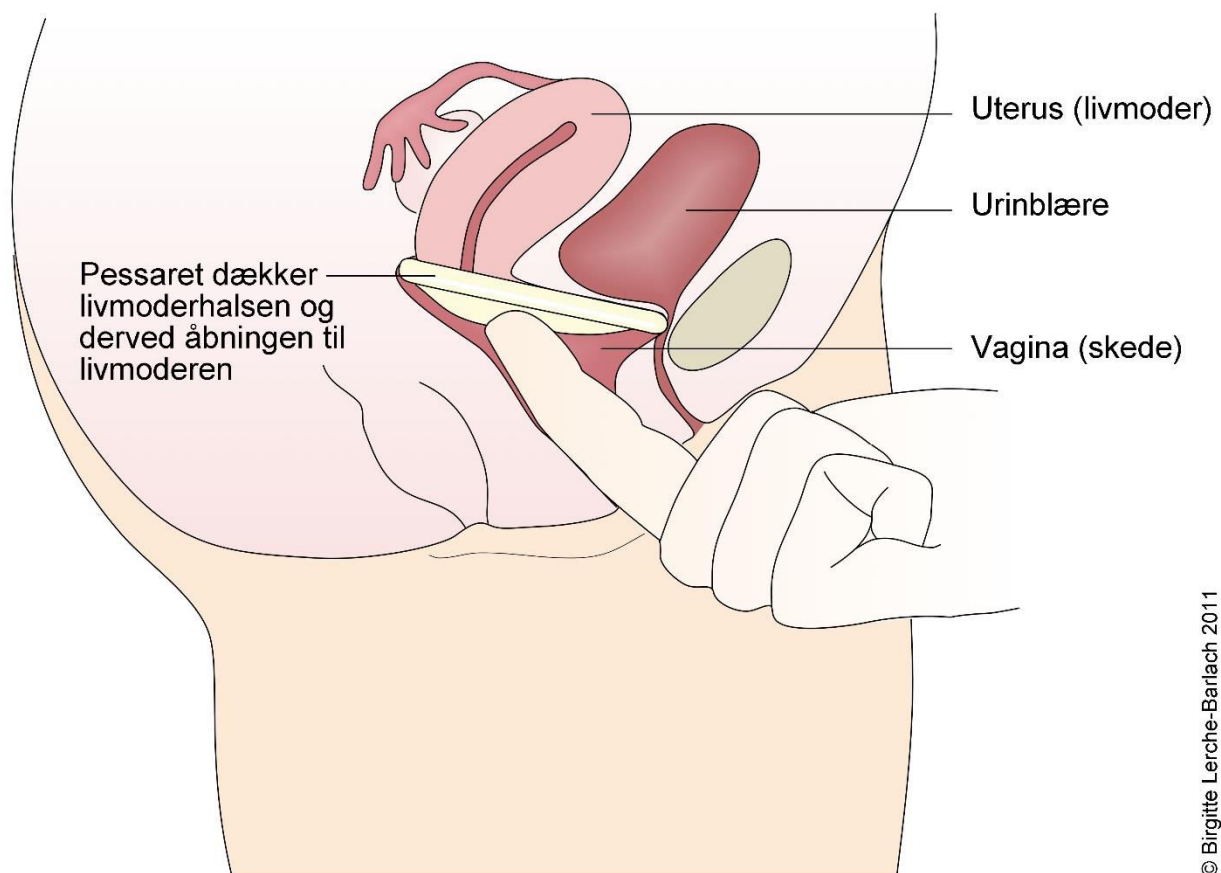
Decreases sensitivity somewhat, may be beneficial for men with premature ejaculation

Security

May crack (tear after nails, expired on date)

Can slip off after ejaculation

Pessar



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• Mechanism of action

o The diaphragm lies in front of the opening to the cervix and prevents the passage of sperm

o The diaphragm should be applied with spermicidal cream

Facts about pessaries

Advantage

o Does not cause any serious side effects



Disadvantages

- o Is a relatively uncertain method
- o Is impractical because it must be inserted before intercourse and sit for 6 hours after intercourse

In general

- o There are different sizes, must be adjusted by a doctor
- o Best suited in regular relationship

Safe periods

• Principle

- o Avoid intercourse on days when fertilization is possible
- o Assumes a completely regular menstrual cycle
- o Fertilization is most likely during intercourse in the last 5 days before ovulation
- o Ovulation takes place 12-14 days before the next menstruation
- o Time of ovulation can also be assessed by measuring body temperature or using commercial tests
 - Body temperature rises 0.5 degrees during ovulation

Advantages and disadvantages of safe periods

Advantage

- o Free contraception
- o No side effects

Disadvantages

- o Is a very uncertain method
- o Should only be used in conditions where a possible pregnancy can be accepted

Emergency contraception

• Background

- o After unprotected intercourse with the risk of unwanted fertilization
- o In case of contraceptive failure

• Methods

- o The withdrawal game
- o Inhibits fertilization
- o Prevents a fertilized egg from attaching to the uterus
- o Spiral insert
- o Prevents a fertilized egg from attaching

Emergency contraception - use

- The withdrawal game
 - o Should be taken within 5 days after intercourse
 - o The earlier, the better - safest effect first 24 hours

Side effects

- o Nausea, vomiting
- o Abnormal 1st bleeding
- o No serious



Spiral

Advantages

Good effect until 7 days after intercourse

Disadvantages

- o Increases the risk of infection
- o Best suited for women who have given birth