

Contraception Brochure in English and Bahasa Malaysia

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Family Planning: Your guide to contraception

INTRAUTERINE DEVICE

The IUCD is Intrauterine Contraceptive Device is an inserted form of contraception for those who do not plan to get pregnant for a long duration. It can last for 3-5 years, depending on the type of IUCD chosen. The IUCD prevents the sperm from fertilising the egg (ovum) and prevents implantation. Common examples are the copper IUCD and MIRENA (Levonorgestrel Intrauterine System). The IUCD is inserted from the vagina into the uterus. It is an ideal form of contraception for those who do not plan to get pregnant for a long duration. It is an ideal form of contraception for those who do not plan to get pregnant for a long duration.

Advantages

1. Like the injectables and implants, it long acting reversible contraceptive
2. Fertility returns immediately after removal
3. MIRENA can reduce menstrual blood

Disadvantages

1. Temporary cramping pain and spotting after initial insertion
2. Small risk of infection and expulsion after insertion

FEMALE STERILIZATION

Commonly known as Tubal Ligation (TDL), this procedure is for women who have completed their family. The fallopian tubes which carry the eggs toward the uterus are cut. It is a minor surgical procedure which usually takes 15-30 minutes to complete. You are expected to recover and be fit to discharge the day after surgery. The TDL can be safely carried out in most smaller hospitals. Kindly check with your nearest hospital as booking in advance may be necessary.

1. Sexual drive will not be affected
2. It will not affect your physical ability or how you breathe

OTHERS

- Vasectomy (Male sterilization)
- Calendar method (COOP) (Safe period)
- Coitus Interruptus (Withdrawal)
- Lactational amenorrhea
- Progesterone contraception (The "morning after" pill)

FAMILY PLANNING: YOUR GUIDE TO CONTRACEPTION

It's your choice

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THE PILL

Consists of the Combined Oral Contraceptive Pill (COCP) and the Progestogen Only Pill (POP). Combined oral contraceptives prevent ovulation (release of eggs) from the ovaries. They also act by making the uterus hostile to the sperm and implants. The COCP comes in 3 forms, the 21-day pill and the emergency pill (28 days) in the form of a 7-day pill-free period after the last 21 days. The POP comes in only one form and needs to be taken daily, continuously for 28 days. It is important that you take the pill at the same time everyday.

It is very effective

Advantages

1. Easy to take, cheap and effective if taken consistently
2. Helps to regulate your periods, can reduce menstrual flow and period pain
3. COCP may improve acne
4. POP does not affect breastmilk production

Disadvantages

1. Not suitable for someone who is lactating
2. Pill forgetting may occur during the first few months on the pill
3. Increased blood clots risk in a small percentage of women
4. COCP is not recommended for active smokers, patients with poorly controlled hypertension or those with breast cancer

INJECTABLES

Consists of oral progestogens given on a 3-monthly basis (Depo-Provera). A single injection will be administered into the muscle on your abdomen or buttock. Your muscle acts as a slow and gently releases the progestogen over the months. It is suitable for someone who is lactating as well because you are able to continue breast feeding after every 3 months.

Advantages

1. Effective and convenient. Unlike the pill, daily taking is not required
2. May reduce menstrual bleeding and period pain

Disadvantages

1. Some women may stop having periods during the injections but will resume 3 to 4 months after the last injection
2. Ability to conceive usually returns about 4 months after the last injection
3. Pelvic pain (1-2 years) may occur slight reduction in bone density which is reversible

SUBDERMAL IMPLANTS

Implanon is a one-rod of an implant. It is a 4cm by 2mm rod which is inserted under the skin of the arm, lasting up to 3 years. Implanon is a progestin implant and removal requires a small incision on the skin. Fertility returns soon after implant is taken out. It is highly effective. Side effects are similar to POP. Currently, each insertion will cost a few hundred dollars. It is not available in government clinics yet.

THE MALE CONDOM

The condom is a rubber sheath worn over the male penis prior to intercourse. It forms a barrier and prevents sperm from entering the vagina. Use of condoms prevents sexually transmitted diseases.