

Contraception

Information for Patients/Guardians



What is Contraception?

Contraception, also known as birth control, is a method used to prevent pregnancy. It allows individuals and couples to plan their families and make informed decisions about their reproductive health.

Why is Contraception Important?

- Prevents unintended pregnancies.
- Allows for healthy spacing of children.
- Reduces the risk of pregnancy-related complications.
- Empowers individuals to take charge of their reproductive health.
- Some methods also offer protection against sexually transmitted infections (STIs).

Types of Contraception

Contraceptive methods are categorised into short-term, long-term, permanent, and emergency options.

Short-Term Methods

- **Oral Contraceptive Pills (OCPs):** Taken daily; highly effective when used correctly.
- **Injectables:** Administered every 1 to 3 months; effective and reversible.
- **Contraceptive Patch:** Worn on the skin and changed weekly.
- **Vaginal Ring:** Inserted into the vagina for three weeks at a time.
- **Male & Female Condoms:** Provide dual protection against pregnancy and STIs.

Long-Term Methods

- **Intrauterine Device (IUD):** A small device inserted into the uterus; effective for 5-10 years.
- **Implants:** A small rod placed under the skin that releases hormones; effective for 3-5 years.

Permanent Methods

- **Tubal Ligation (Female Sterilisation):** A surgical procedure that blocks the fallopian tubes.

- **Vasectomy (Male Sterilisation):** A minor procedure that prevents sperm from being released.

Emergency Contraception

- **Emergency Contraceptive Pills (ECPs):** Can be taken within 72 hours after unprotected sex to prevent pregnancy.
- **Copper IUD:** Can be inserted within 5 days of unprotected sex to prevent pregnancy.

Choosing the Right Contraceptive Method

When selecting a contraceptive method, consider factors such as: age and reproductive goals, health conditions and medical history, and lifestyle and convenience. Consult a healthcare provider for personalised guidance on the best option for you.

Common Myths About Contraception

Myth: Birth control causes infertility.

Fact: Most contraceptive methods are reversible and do not affect future fertility.

Myth: Condoms are not effective.

Fact: When used correctly, condoms are highly effective in preventing pregnancy and STIs.

Myth: IUDs are only for women who have given birth.

Fact: IUDs are safe and effective for women of all ages, including those who have never given birth.

Where Can I Get Contraception?

- Consult your doctor for personalised advice.
- Visit a healthcare provider to discuss your options and choose the right method for you.

Your reproductive health is in your hands!

The Aga Khan University Hospital

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