

Surgical sterilization:

tubal ligation (“tubes tied”) or vasectomy

does not protect against STDs or HIV

permanent methods of birth control

only consider this if you and your partner are certain you do not want any more children

Women: need a surgery and general anesthetic; when tubes are tied eggs can’t reach sperm or uterus

Men: can have a vasectomy in a specialist’s office; sperm are prevented from going to penis



Emergency contraception

not a regular method of birth control; for emergencies only

can help prevent pregnancy after unprotected intercourse

can be: 1. taking 2 doses of hormone pills (“morning after pill”), or
2. putting in an IUD

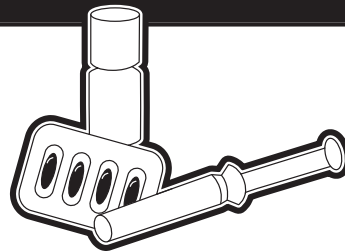
These methods are not reliable

Breastfeeding: you can get pregnant even if you are breastfeeding. You must use another method of birth control

Rhythm method: trying to avoid having sex during the “dangerous” parts of your menstrual cycle

Withdrawal: the man takes his penis out of the vagina (“pulls out”) before he has orgasm and releases sperm

Spermicides: not very effective when used alone, but can be used with condoms, diaphragms or cervical caps



CH-8

Version française disponible

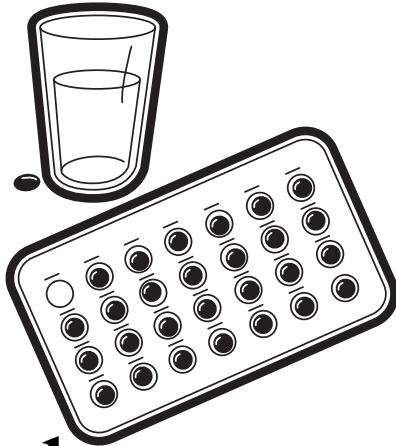
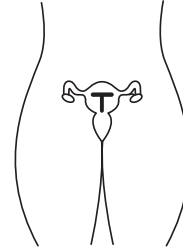


Your choices for birth control



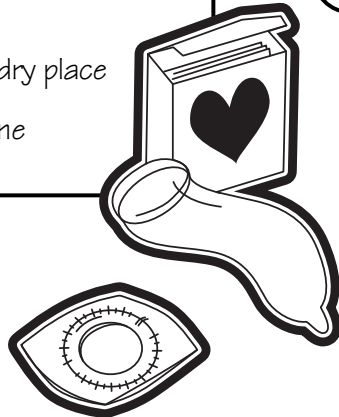
Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

If you do not want to become pregnant you will need to choose a type of birth control. Talk to the nurse, doctor or CHR to figure out which of these methods is best for you.



Condoms

- ▶ the only method of preventing pregnancy which also **protects you from sexually transmitted infections (STDs) and HIV**
- ▶ each condom can be used only once
- ▶ must be put on right-side out
- ▶ need to have a space left at the tip for sperm and fluid
- ▶ need to be stored in cool, dry place
- ▶ can't be used with vaseline

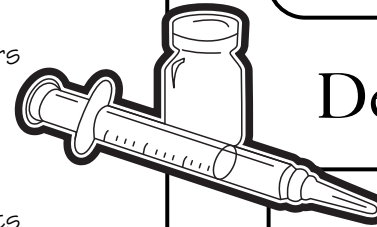


“The Pill” (oral contraceptives)

- ▶ does not protect against STDs or HIV
- ▶ pill must be taken every day or it won't work
- ▶ stops your ovaries from making an egg
- ▶ makes your bleeding less, and may help premenstrual symptoms (such as headache and mood swings)
- ▶ protects against some cancers
- ▶ **not for** women over 35 years who smoke
- ▶ may increase risk of blood clots

The “mini-pill”

- does not increase blood clots
- is good for breastfeeding moms
- can be started right after baby is born



Intrauterine device (IUD)

- ▶ does not protect against STDs or HIV
- ▶ a small T-shaped piece which is put in your uterus
- ▶ can be kept in place for 5-8 years, if you want
- ▶ or, can be taken out anytime you want to get pregnant again
- ▶ convenient
- ▶ best time for a doctor to put it in:
 - 6 weeks after your baby is born
 - during one of your periods

Depo-provera injection

- ▶ does not protect against STDs or HIV
- ▶ given by injection every 3 months (no pills to take)
- ▶ most women will stop having their periods
- ▶ may take up to 9 months after last injection to get periods back and be able to get pregnant again