

METHODS THAT PREVENT HIV, STIs AND PREGNANCY

DUAL PROTECTION

Contraceptives prevent pregnancy.
Condoms prevent pregnancy, HIV and STIs.



METHODS TO BE USED IN CASE OF EMERGENCY

	MALE CONDOM	FEMALE CONDOM	COPPER INTRAUTERINE DEVICE (Cu IUD)	LEVONORGESTREL-RELEASING INTRAUTERINE SYSTEM (LNG-IUS)	IMPLANT	INJECTABLES	ORAL CONTRACEPTIVE PILL	VOLUNTARY STERILISATION FOR WOMEN	VOLUNTARY STERILISATION FOR MEN	POST-EXPOSURE PROPHYLAXIS (PEP)	EMERGENCY CONTRACEPTIVE PILL	Emergency Cu IUD
What is it?	The male condom is a covering made of latex that fits over the erect penis.	The female condom is put into the vagina before having sex.	The Cu IUD is a small thin T-shaped plastic and copper device that is inserted into the vagina and placed in the womb (uterus). It is also known as 'the loop'.	The IUS is a soft, plastic T-shaped device that is inserted into the vagina and releases hormones into the womb. It is also known as the hormonal coil or Mirena®.	Hormonal implants are small, thin, flexible plastic rods, about the size of a matchstick inserted under the skin by a health care provider, and can be removed at a later stage.	The injectable contains hormones given to you at regular intervals by a healthcare provider. You need to go for the injection every two or three months depending on the type used.	The pill comes in a 28- or 21-day pack. The pills contain hormones that regulate your system to prevent pregnancy. Different types of the pill are available at your local clinic.	Female sterilisation is an effective and permanent form of contraception. It involves the cutting and tying of the fallopian tubes to prevent any future pregnancy.	Male sterilisation is the cutting and tying of the sperm tubes. It is quick and mostly painlessly done at a clinic or hospital. Also known as a "vasectomy".	PEP is a 28-day course of antiretroviral drugs which helps prevent HIV from developing in the body.	The emergency contraception pill ('morning after pill') is used to prevent an unplanned pregnancy after unprotected sex.	The emergency Cu IUD can be inserted by a doctor or nurse into the womb up to five days after having unprotected sex, to prevent pregnancy.
How does it work?	It prevents sperm and germs from passing to or from the penis. You can use a water-based lubricant with a condom to increase the enjoyment of sex, but do not use any oil-based lubricant. Lubricants prevent a condom from breaking or slipping. A new condom must be used for every round of sex. If a condom breaks or tears, you should use emergency contraception and get tested for HIV and STIs. You can also take Post exposure Prophylaxis (PEP) drugs to help prevent getting HIV.	It prevents sperm and germs from passing to or from the vagina. Condoms protect women from getting pregnant. It protects both partners from passing on HIV and STIs. A new female condom must be used with each round of sex. If a condom breaks or tears, you should use emergency contraception to prevent pregnancy and get tested for HIV and STIs. You can also ask for (PEP) at the clinic or hospital.	It prevents sperm and the egg from meeting, and prevents pregnancy. It must be inserted and removed by a healthcare provider. It does not protect against HIV and STIs. You must use a condom every time you have sex to prevent HIV and STIs.	The IUS releases hormones into the womb to prevent the egg from being fertilised, and prevents pregnancy. You must also use a condom every time you have sex to prevent HIV and STIs.	The hormones in the implant prevent the release of the egg from the ovary and prevent pregnancy. You must also use a condom every time you have sex to prevent HIV and STIs.	It contains a hormone that prevents the release of an egg from the ovary. It thickens the lining of the cervix (the opening to the womb), making it difficult for sperm to pass into the womb. You must also use a condom every time you have sex to prevent HIV and STIs. You should return to the clinic even if you miss an appointment, so that you can be given alternative contraception to prevent pregnancy.	The pill prevents the release of the egg from the ovary and prevents pregnancy. You must use a condom every time you have sex to prevent HIV and STIs.	The procedure means that eggs are not released into the womb and pregnancy is prevented. Is safe and legal for women over the age of 18 to be sterilised. Sterilisation is safe for women who have had children as well as for those who have not had children. You must also use a condom every time you have sex to prevent HIV and STIs. Is a quick and painless procedure done at a clinic or hospital.	The sperm tubes which carry sperm from each testicle are cut and tied, so that sperm does not get into the man's semen. Condoms still need to be used for three months after the operation, or for the next fifteen to twenty times that the man has sex to prevent pregnancy. You must also use a condom every time you have sex to prevent HIV and STIs.	PEP must be taken within 72 hours (three days) after sex or rape. The drugs help the body's immune system to stop the virus from multiplying. It is available from clinics and hospitals. You DO NOT have to report the rape to the police to receive PEP.	It prevents an egg from being released, so that it cannot get fertilised. It must be taken as soon as possible and within 120 hours (five days) after having sex, to prevent pregnancy. The sooner you take it, the more effective it will be. You should have an HIV test at the same time to know your HIV status. If you are negative you should start PEP to prevent HIV. You should have a follow-up test after six weeks.	Having an IUD inserted may prevent an egg from being fertilised or from implanting in the womb. It prevents pregnancy but not HIV or other STIs.
What are the advantages?	Condoms protect women from getting pregnant and both partners from HIV and STIs. They are free at clinics and hospitals or can be bought at garages, shops and pharmacies.	A female condom can be put in just before sex, or up to eight hours before sex. It must be taken out immediately after sex, before you stand up. They are free from clinics and hospitals or can be bought from pharmacies.	This long-lasting method can prevent pregnancy for up to ten years. Does not cause weight gain. It does not affect the enjoyment of sex.	This effective long-lasting method prevents pregnancy and works for up to five years. It does not affect the enjoyment of sex.	This effective long-lasting method works for up to three to five years, depending on the type of implant. It does not affect the enjoyment of sex.	It is long lasting and extremely effective. Only needs to be repeated every 2-3 months depending on the type of injection. Can be used by breast feeding mothers. It does not affect the enjoyment of sex.	It can help to make your menstrual period more regular. It does not affect the enjoyment of sex.	It is permanent, and no other contraceptive method is needed to prevent pregnancy. It has no side effects, causes no lasting pain, and will not cause any change to menstrual periods.	It is permanent, and no other contraceptive method will be needed to prevent pregnancy. It has no side-effects, and causes no lasting pain. A man can still have erections, reach orgasm and ejaculate normally.	In an emergency situation, if a person has been raped or exposed to HIV in another way, PEP can prevent HIV from developing. You will also be given emergency contraception to prevent pregnancy and antibiotics to prevent STIs.	The ECP should be used if a condom breaks during sex. It should not be used as a regular contraceptive. It can also be used if you are raped or forced to have sex. In this situation, you can also be given PEP to prevent HIV and antibiotics to prevent STIs.	This long-lasting method can be left in as a regular contraceptive method. It does not affect the enjoyment of sex.
What are the disadvantages?	Some people have an allergic reaction which causes itching, burning, or swelling. If you have any problems you should talk to your healthcare provider.	A female condom contains lubricant on the inside and you cannot use it with another male or female condom.	Side effects may include cramping, spotting, pain during and after insertion of the Cu IUD. Can be pushed out (expelled) from the uterus into the vagina, in the first few months of use.	The movement of the IUS can damage the wall of the womb, causing infections, inflammation and irregular bleeding.	Side effects may include weight gain, redness, headaches, dizziness, mood changes, nausea, and changes to menstrual periods. Implant may not be effective if you are obese.	If you are late for an appointment or miss an appointment you will not be protected against pregnancy. Side effects may include changes to the menstrual period, headaches, spotting, mood changes, dizziness, weight gain or breast tenderness.	It is less effective if you forget to take a pill, are taking some other medicine, or are vomiting or have diarrhoea. Side effects can include irregular menstrual periods, nausea, weight change, headaches, dizziness, mood changes and breast tenderness.	Female voluntary sterilisation is permanent and can not be reversed. This means you will not be able to get pregnant again.	It is difficult and expensive to reverse a vasectomy with no guarantee of success.		Side effects may include nausea, vomiting, headache, dizziness, cramping, breast tenderness, or vaginal bleeding.	Side effect are the same as the Cu IUD, and can include cramping, pain during and after insertion of the emergency Cu IUD.