

EASY ENGLISH

# Contraceptive Options

What can I choose?



Contraception can also  
be called protection



Care  
Education  
Advocacy



The things on this factsheet are for lots of different people.



For information just about

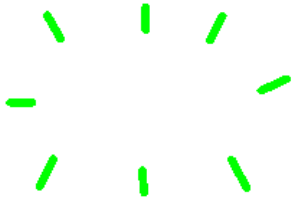
- you
- your needs



talk to a



- Doctor or Nurse



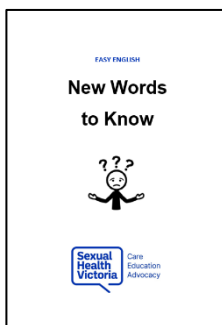
## New words



There may be words in this factsheet

- that are new to you
- you may **not** know what they mean
- **or**
- you may be unsure what they mean.

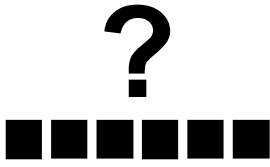
We will make them **blue** the first time we use them.



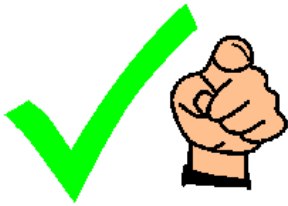
Read about them in the

Sexual Health Victoria fact sheet

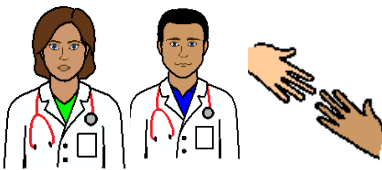
**New Words to Know.**



There are lots of different types of **contraception**.



It is important to choose the one that is right for you.

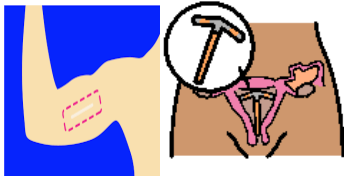


Talk to your doctor or nurse.  
They can help you find the right one for you.



Read the Sexual Health Victoria Fact Sheet **Contraception**.

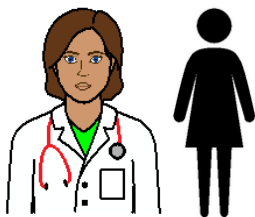
It will tell you **why** contraception is important.



# Long Acting Reversible Contraception (LARC)

These are sometimes called Fit and Forget.

They last for a long time.



Someone who can get pregnant has

something put into their body.

The doctor does this.

Each type lasts a different amount of time.



They can have

- a rod put in their arm.

This is called Implanon.

X 3



It lasts for 3 years

or



- a special device put in the **uterus**.

This is called an IUD.

This means Intrauterine Device.

There are 2 types.

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X 10

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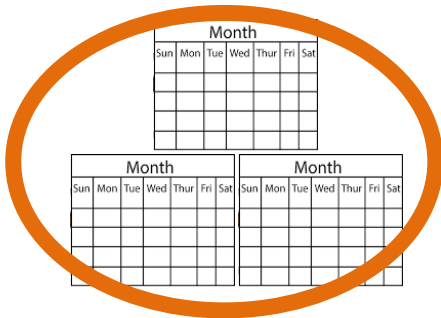
They last for 5 years or 10 years.



# The Contraceptive injection

This is sometimes called the Depo Injection.

It has to be done by a doctor or nurse.



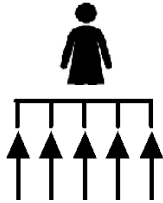
It lasts for 12 weeks.



# The pill

The pill goes in the mouth.

The pill is swallowed.

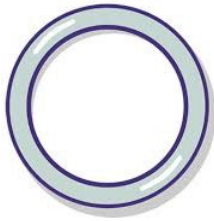


A pill should be taken at the **same** time every day.

There are lots of different types of pills.

A doctor or nurse can help to find the best one for each person.





# The Vaginal Ring

This is a soft plastic ring.

It has been made with **hormones** in it.

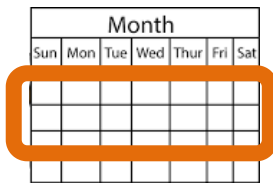
It goes in the **vagina**.



The ring will be in a packet.

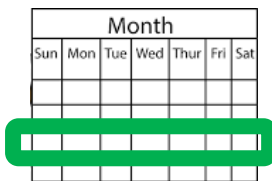
There are steps to follow.

This helps a person put in the ring in the right way.



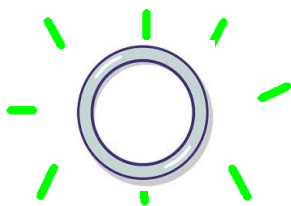
A ring only has enough hormones for 3 weeks in the vagina.

After 3 weeks it is taken out and put in the rubbish.



No ring is used for 1 week, which is 7 days.

This is when the **period** happens.



7 days after the last ring comes out a **new** ring goes in.



## Barrier methods

This puts something between

- the **sperm**
- and
- an **ovum**. An ovum is also called an **egg**.

It stops the egg and sperm meeting.

There are



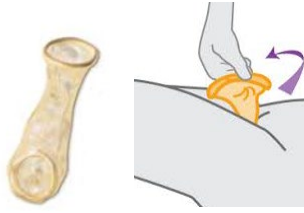
- External condoms
- and
- Internal condoms.



When the **penis** is stiff it is called an erection.

An external condom over the erection.

or



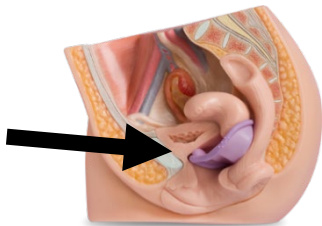
An internal condom goes in the

- vagina
- or**
- **anus.**



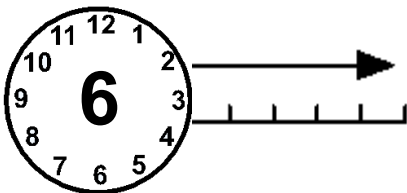
A diaphragm goes in the vagina.

This diaphragm is also called a Caya®.



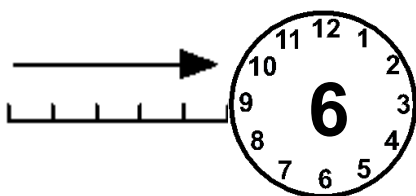
It will look like this when it is inside.

It covers the **cervix** to stop the sperm getting in.

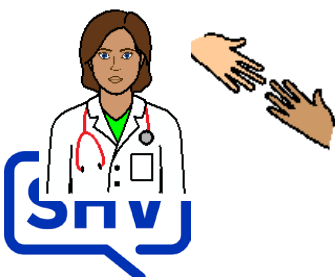


It must be put in before having sex.

It can go in up to 6 hours before having sex.

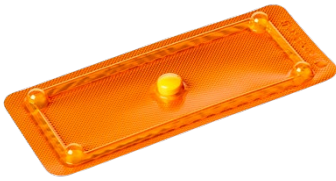


It must stay in for 6 hours after sex before it is taken out.



The doctor can make sure it fits properly.

# Emergency contraception



There are 2 types

- a pill
- or
- a copper IUD.

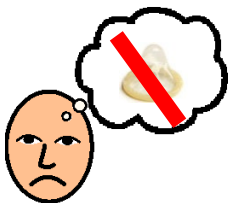
They are used in an emergency.

Emergency means to do it right away.

Some types of emergency may be



- the condom breaks



- you forgot to use a condom

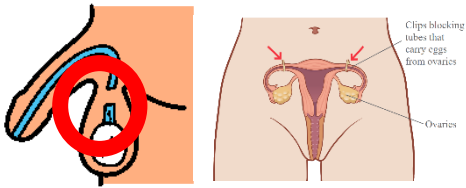


- you forgot to take your pill



- you did not use any other contraception.

# Sterilisation



Someone has their tubes cut or clipped.

This is sometimes called Sterilisation.

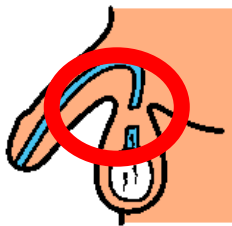


It is an operation.

This is also called surgery.



It would be very hard to change back.



**For someone with a penis**

The tube carries sperm.

The operation cuts this tube.

Now the sperm can **not** come out.

It is called a **vasectomy**.

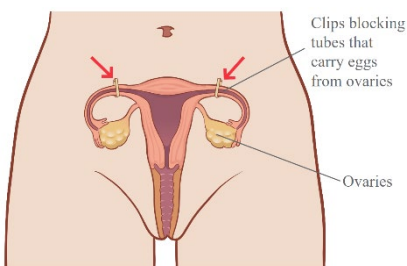
**For someone with a uterus.**

The tubes carry eggs.

The operation blocks the tubes.

Now the eggs can **not** come down the tubes.

It is called a **tubal ligation**.



# Where to get contraception

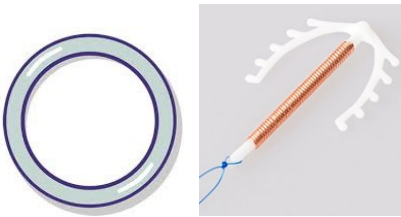


To get the

- implant
- IUD



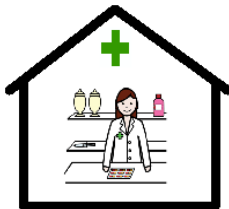
- Depo injection
- Pill



- ring
- Emergency Contraception – Copper IUD



you need to get a script from your doctor.



You take the script to the chemist.

It will cost you money.

Some need to be put in the body by a doctor.



The doctor will tell someone if they have to come back.



Someone can get

- diaphragm
- Emergency Contraception – Pill

at the chemist.

It will cost money.



Someone can get external condoms from

- chemist
- supermarket
- petrol stations
- some public toilets

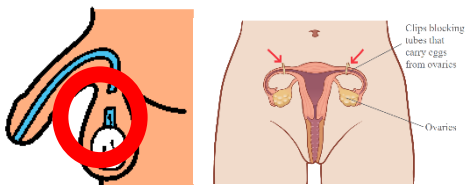
They will cost money.



Someone can get internal condoms

- at some chemists
- online
- through Sexual Health Victoria

They will cost money.



For sterilisation someone needs to see a doctor.



## Want more information?



Talk to a doctor.



Talk to a chemist.



Contact Sexual Health Victoria.



- 03 9257 0100
- Freecall 1800 013 952



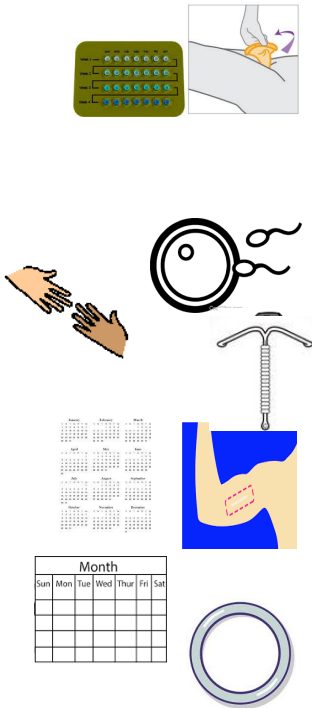
- [clinic@shvic.org.au](mailto:clinic@shvic.org.au)



## Images

We have used images from

- Sexual Health Victoria
- Canstock photo and CDCgov
- Clipart Panda and CoolClip
- Enwikipedia and Gograph
- Mayer-Johnson and Picto-Selector
- Pinterest and Self Com
- Social Buzz and Unity Sexual Health UK



This information is based on the Sexual Health Victoria Contraceptive Options Booklet. May 2022



Reviewed by Sexual Health Victoria. March 2023.

Original Easy English written by Access Easy English. May 2018.