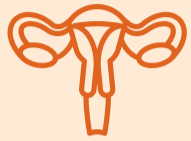




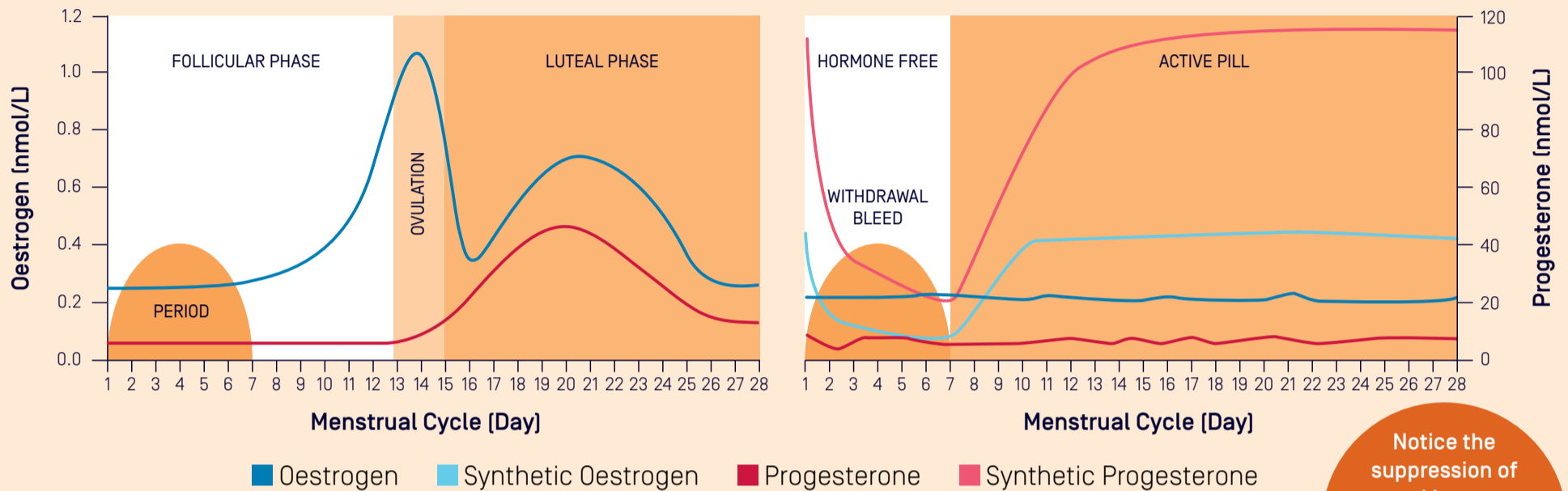
HORMONAL CONTRACEPTION: WHAT ARE THE OPTIONS?



THE BASICS

Hormonal contraception: Synthetic female-sex hormones that alter the normal hormonal profile.

Figure (below): Fluctuations in female-sex hormone concentrations over one menstrual cycle without (A) and with (B) hormonal contraception



Notice the suppression of natural hormones when synthetic hormones are administered (B).



WHY WOULD I CONSIDER USING HORMONAL CONTRACEPTION?

- Contraception/ Birth control
- Period predictability
- Lighter periods
- Reduce other menstrual symptoms (e.g., acne, cramping, bloating)



WHAT HORMONAL CONTRACEPTION OPTIONS ARE AVAILABLE?

Type	Device	Method	Frequency	Example brands	Formulation
Combined Pill		Self-administered Taken orally	Daily	>30 brands available	Progesterone and oestrogen
Mini Pill		Self-administered Taken orally	Daily	>4 brands available	Progesterone only
Implant		Medically administered Implanted under skin of upper arm	3 years	Implanon™ Nexplanon™	Progesterone only
Intrauterine device (IUD)		Medically administered Inserted in the uterus	5 years	Mirena™	Progesterone only
Injection		Medically administered Intramuscular injection	3 months	Depo-Provera™	Progesterone only
Vaginal ring		Self-administered Inserted into vagina	3 weeks	NuvaRing®	Progesterone and oestrogen

For more information visit ais.gov.au/fphi