

HORMONAL CONTRACEPTION WHAT ARE THE OPTIONS?



VAGINAL RING

Method Self-administered
Inserted into vagina
Frequency 3 weekly



COMBINED PILL

Method Self-administered,
taken orally
Frequency Daily



INTRAUTERINE DEVICE (IUD)

Method Medically administered
Inserted in the uterus
Frequency 5 yearly



MINI PILL

Method Self-administered,
taken orally
Frequency Daily



IMPLANT

Method Medically administered
Implanted under skin of upper arm
Frequency 3 yearly



INJECTION

Method Medically administered
Intramuscular injection
Frequency 3 monthly

Why might I consider using hormonal contraception?

- > Contraception / Birth control
- > Period predictability
- > Lighter periods
- > Reduce other menstrual symptoms e.g. acne, cramping, bloating
- > Not everyone needs hormonal contraception. Visit the website for more information.



FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: www.ais.gov.au/fphi

