

## A STUDENT WELLNESS SERVICE (SWS) BROCHURE

### CONTRACEPTION METHODS

#### 1. ORAL CONTRACEPTIVE PILL



#### 2. THE PATCH



Becoming sexually active brings with it responsibilities that accompany intimacy & trust as it has consequences for one's meta-physical, mental, emotional, social & physical health.

1 Healthy  + 1 Healthy  + Sexual Intercourse – Contra-Ception = Pregnancy

The combined contraceptives contain two man-made versions of natural female hormones (oestrogen and progesterone) that are similar to the hormones the ovaries normally produce.

#### WHEN STARTING A CONTRACEPTIVE:

There are many different types of Contraceptives. The SWS UCT prides itself on delivery of a high standard of counselling and preparation for our students who are considering the need for contraceptive use. We recommend you make a first time “contraceptive booking appointment”. The Clinical Nurse Practitioner (CNP) will do a thorough assessment, take a medical history, discuss the importance of Self-Breast Examination and Pap smears and negotiate the best option for you personally. There are certain OCs which are provided free from the State but there are also other available options for purchase. Once you have had the medical assessment, together you and the CNP will decide upon the most suitable product for you, in relation to your medical profile, lifestyle needs & financial means.

#### MECHANISM OF ACTION OF THE COMBINED CONTRACEPTIVE:

It prevents the ripening and release of the ovum

It thickens the mucus plug in the cervix making sperm travel into the upper genital tract less likely.

It changes the nature of the lining of the uterus making it in-hospitable for implantation of a fertilized ovum

#### THE GOLDEN RULE OF USE: = **7 consecutive active days**

**NB It takes 7 consecutive active days of contraceptive use for the product to become effective when:**

1. It is new for you
2. You have had a break from it and are re-commencing
3. Anything has interfered with the programme i.e. several types of medications (always check with a pharmacist when taking any medication), diarrhoea & vomiting, or if you have forgotten it for more than 12hrs.
2. Whenever you are contraceptively unsafe: use a condom properly or abstain from intercourse
3. **NB: if unprotected intercourse occurs obtain an EMERGENCY CONTRACEPTIVE within no later than 72hrs**

#### POSSIBLE SIDE-EFFECTS:

Not every user will have side-effects to the combined contraceptive. However some women report adjustment headaches, gastric disturbance, and some weight gain. The weight gain is most often due to generalised water retention of about 1-2kg. Usually by the third month of use these side-effects disappear.

#### BENEFITS OF THE COMBINED CONTRACEPTIVE:

These are very effective contraceptives when used according to prescription. It is important to understand that a contraceptive is just that = a CONTRA-CEPTIVE. It is NOT a disease-preventer. They can relieve skin problems e.g. acne, dysmenorrhoea (painful periods) & menorrhagia (very heavy bleeding). They can also reduce the development of benign breast disease and functional ovarian cysts. They create a regular cycle.