



## Emergency Contraception

Emergency contraception (EC) prevents pregnancy when taken as soon as possible after unprotected sex or making a mistake with your contraception.

### Pills ( ECP)

A one-time dose taken within 5 days after having unprotected sex

### Copper T

Inserted in your uterus within 5 days after having unprotected sex and can stay there for up to 10 years.

### When to take it

- If you have unprotected sex
- If your condom breaks
- If you forget to take your contraception on time
- If you're raped or forced to have sex without a condom
- The sooner you take EC the better your chances of preventing pregnancy

### I am HIV+

You can use EC while on any kind of ARVs

### I have TB

You can use EC while on any kind of TB treatment.

## Abortion / Termination of Pregnancy (TOP)

The Choice on Termination of Pregnancy Act No. 92 of 1996 gives all women the right to a free abortion (termination of pregnancy), at a government hospital or clinic during the first 3 months of pregnancy.

### Abortion methods

If you are considering going for an abortion, speak to a health care provider about the safest methods available to you.

### Medical Abortions

Medical abortions use medication (pills or tablets) only. It is available for women who are between 4 and 9 weeks pregnant. The length of the process is different for each woman but it usually takes a few days. A woman may experience symptoms similar to a miscarriage.

### Surgical Abortions

Surgical abortions involve a nurse (up to 12 weeks of pregnancy) or a doctor (from 12 to 20 weeks) conducting a same-day procedure in a clinic or hospital.

## ? Where can you have a safe abortion?

Government hospitals and designated primary health care clinics in the Western Cape offer safe and legal termination of pregnancy.

To have a free abortion, the request must be made at a primary healthcare clinic where the pregnancy will be confirmed, counselling provided, an appointment made, and a referral letter given to a facility where the procedure can be performed.

### Remember:

Visit your local clinic as soon as you suspect that you may be pregnant to confirm the pregnancy

At the clinic, a nurse will confirm the pregnancy and do the necessary tests and observations. Inform the nurse if you require a termination/abortion. The nurse will advise you on all options that are available. The choice is yours. Once the decision for a termination has been made, the nurse then proceeds to start the process of booking for the procedure.

After the procedure you will be offered a choice of contraceptive methods. It is a good idea to decide before the procedure what form of contraception you are going to use to prevent future unwanted pregnancies.

Health workers are obligated by law to inform the client of her rights and must refer the client to a health worker or facility where the service is available.



**Women are advised to go for safe, legal abortions rather than "backstreet" abortions that are likely to endanger their health and their lives.**

## What is family planning?

Family planning involves deciding if and when you want to have children, and how many you would like to have.

## Where can you get family planning services?

Family planning methods are free at your local clinic. Ask a healthcare provider or your local Community Health Worker about your family planning options.



# Your Family Planning choices

This pamphlet highlights key information about the range of contraceptive methods available. It will help couples and individuals make an informed decision about the range of contraceptive methods available. It will help in making informed decisions about what kind of contraception to use to prevent pregnancy until they are ready



## Intrauterine Device (IUD)

### What is it?

The IUD is a small T-shaped device that prevents pregnancy. It's inserted into your uterus (womb) by a trained health provider

### Copper T

Inserted and stays in your uterus for up to 10 years. Copper IUDs do not contain any hormones and are therefore suitable to women for whom hormonal methods are contraindicated.

### Side Effects

- Changes in menstruation
  - Abdominal cramps/pain
- Usually disappear after a few months

### When I stop

When the IUD is removed, you return to fertility you had before the method.

### I am HIV+

You can have an IUD while on any kind of ARVs

### I have TB

You can have an IUD while on any kind of TB treatment

**Tip** Go back to the clinic for an IUD check up within 6 weeks after having your IUD inserted.



## Implant

### What is it?

The implant is a small plastic rod, matchstick size. It contains the hormone progesterone, which prevents pregnancy. It is inserted under the skin of your upper arm by a trained health provider.

### Types

#### Implanon

Inserted and stays in your arm for up to 3 years

#### Jadelle

Inserted and stays in your arm for up to 5 years

### Side Effects

- Changes in menstruation
- Breast tenderness
- Nausea
- Headaches
- Usually disappear after a few months

### When I stop

When the implant is removed, you can get pregnant immediately if you have unprotected sex.

### I am HIV+

You can have the implant while on any kind of antiretrovirals (ARVs).

### I have TB

You can have the implant while on any kind of tuberculosis (TB) treatment.

**Tip** Put your return date card in a place you will remember so you don't forget to replace your implant



## Pills

### What is it?

The pill contains the hormones oestrogen and/or progesterone, which prevent pregnancy.

### Types

#### Combined oestrogen and progesterone

#### Progesterone only

One pill taken every day at the same time

### Side Effects

- Changes in menstruation
- Breast tenderness
- Nausea
- Headaches
- Usually disappear after a few months

### When I stop

Once you stop taking the pill you return to fertility you had before the method.

### I am HIV+

Don't take the pill if you are on ARVs that contain Ritonavir (Aluvia or Kaletra). We strongly encourage women, in this instance, to use dual protection i.e. condoms.

### I have TB

Don't use the pill if you're on TB medication that contains Rifampicin.

**Tip** Always remember to go back to the clinic on your return date to get a new supply of pills



## Injection

### What is it?

The injection contains the hormone progesterone, which prevents pregnancy.

### Types

#### Nur Isterate

Injection every 2 months (8 weeks)

#### Depo or Petogen

Injection every 3 months (12 weeks)

### Side Effects

- Changes in menstruation
- Breast tenderness
- Nausea
- Headaches
- Usually disappear after a few months

### When I stop

Once you stop getting the injection, your return to fertility is on average 4 - 6 months but could be up to 1 year

### I am HIV+

You can get the injection while on any kind of ARVs. We strongly encourage women, in this instance, to use dual protection i.e. condoms.

### I have TB

You can get the injection while on any kind of TB treatment.

**Tip** Don't forget to go back to the clinic to get your next injection on time



## Condoms

### What is it?

Condoms create a physical barrier that blocks the exchange of semen and vaginal fluids between you and your partner. They prevent pregnancy and are the only contraceptive method that also prevents STIs including HIV.

### Types

You can get "Choice" condoms at your clinic, or you can buy different brands at your local grocery store or pharmacy

### Important tips

- Always have condoms available for use
- Use a new condom every time you have sex
- For male condoms, use water-based lubricants such as saliva or KY jelly
- The female condom can be inserted up to 8 hours before having sex so it can soften and shape to your vagina

### How to use male condoms

1. Make sure the condom is not expired or damaged. Push the condom aside and carefully tear open the packet
2. Hold the tip of the condom with your thumb and second finger to squeeze the air out of the tip
3. With your other hand, roll the condom all the way down to the bottom of the erect penis
4. Leave some space near the tip of the condom for the semen
5. After sex and while the penis is still erect, carefully remove the condom and make sure not to spill any of the semen
6. Safely dispose of the used condom in a bin.

### Withdrawal

Withdrawal is when a man ejaculates away from the vagina during sex. This is NOT an effective way to prevent pregnancy

**!** If you're using withdrawal, switch to a more effective contraceptive method



## Sterilisation

### What is it?

Female and male sterilisation are permanent contraceptive methods for people who don't want to get pregnant in the future

### Types

**Female sterilisation** is a simple operation that cuts or blocks the fallopian tubes - the tubes that carry eggs to the uterus - so that sperm can't get to an egg and cause a pregnancy.

**Male sterilisation** is a simple operation that cuts or blocks the vas deferens - the tubes that carry sperm from the testicles - so that sperm can't get to an egg and cause a pregnancy.

### Side Effects

Complications with the operation are very uncommon.

### I am HIV+

You can get sterilised while on any kind of ARVs.

### I have TB

You can get sterilised while on any kind of TB treatment.

**Tip** It takes 3 months for male sterilisation to work at preventing pregnancy



Always practice dual protection, which is using a contraceptive method and condoms at the same time. This is the best way to protect yourself from unwanted pregnancy and sexually transmitted infections including HIV.