

CONTRACEPTIVES

Discuss with the health worker which contraceptive suits your lifestyle.

You can choose from:

1. The **Implant** prevents pregnancy for up to 3 years or 5 years
2. The **Pill** must be taken every day at the same time.
3. The **Intra Uterine Contraceptive Device (IUCD)** lasts for 10 years and can be removed when you want to fall pregnant.
4. Taking the **Injection** means nobody knows you are using a Family Planning method.
5. **Emergency Contraception** must be taken as soon after unprotected sex as possible but within 5 days.
6. Men and women can have a **Sterilisation** if they do not want any more children.

These methods stop you from having unwanted pregnancies. To protect yourself from Sexual Transmitted Infections (STI's) such as HIV then you must **use a condom each and every time you have sex.** There are male and female condoms available.

Contraceptives are available **free** from the clinic



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- **Examine your breasts every month**
- Have you had a **pap-smear** if you are a woman over 30 years?
- You are entitled to **3 free** pap-smears at your clinic (once every 10 years).
- A cervical smear (pap-smear) checks if there are abnormal cells at the cervix (mouth of the womb). These cells may later become cancerous if left untreated.
- **Go back** to your clinic for your results.



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