



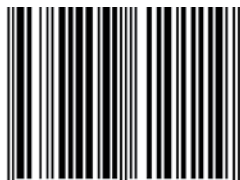
*A Malehealth Mini Manual*

[www.malehealth.co.uk](http://www.malehealth.co.uk)

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# fathers and babies

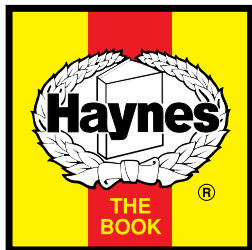
No one said it would all be easy...



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Men's Health Forum, 32-36 Loman Street, London SE1 0EH

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Parents Advice Centre (PAC) was established in 1979, the International Year of the Child. We are now a leading parenting support organisation committed to delivering high quality services. Parents Advice Centre has a regional remit to promote positive parenting by providing support, training and information on family issues and influencing policy, provision and practice at all levels.

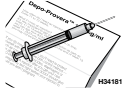
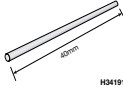
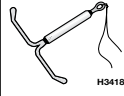



Parents Advice Centre, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB

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Website: [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

### CONTRACEPTIVE METHODS WITH NO POSSIBILITY OF USER FAILURE

*The effectiveness of the methods in this table does not depend on the user.*

	 Contraceptive injection	 Implant	 Intrauterine system (IUS)	 Intrauterine device (IUD)	 Female sterilisation	 Male sterilisation (vasectomy)
<b>How it works</b>	The hormone progesterone is slowly released, stopping ovulation and thickening the cervical mucus.	An implant is placed under the skin. It releases the hormone progesterone, stopping ovulation and thickening the cervical mucus.	A small plastic device is inserted into the womb. It releases the hormone progesterone, thickening the cervical mucus.	A small plastic and copper device is inserted into the womb. It stops sperm meeting an egg, or fertilised eggs implanting.	The fallopian tubes are cut, sealed or otherwise blocked. The egg cannot meet the sperm.	The tubes carrying the sperm from each testis are cut or blocked. There are no sperm in the semen.
<b>Pros</b>	Single injection lasts for 8 or 12 weeks. Protects against cancer of the womb and ovary.	Single implant works for 3 years. Quickly reversed at any time.	Single insertion lasts for 5 years. Quickly reversed at any time. Periods are normally lighter and less painful.	Single insertion lasts for up to 10 years (depending on model). Effective immediately.	Permanent. No known long-term side-effects.	Permanent. No known long-term side-effects. Minor operation under local anaesthetic.
<b>Cons†</b>	Fertility may take a year to return after stopping the injections. Periods may become irregular or stop. Other side-effects, including weight gain, in some users.	Periods may become irregular or stop. Other side-effects, including weight gain, in some users.	Irregular light bleeding for the first 3 months is common; sometimes this lasts longer. Other side-effects in some users.	Periods may become heavier, longer and more painful. Not suitable for women at risk of catching a sexually transmitted infection.	Invasive surgical procedure under general anaesthetic. Small possibility (1 in 200) of tubes rejoining and restoring fertility.	Expect some swelling and discomfort after the operation. Very small possibility (1 in 2000) of tubes rejoining.
<b>Remarks</b>	Effects cannot be stopped until the injection runs out.	Usually inserted and removed using a local anaesthetic.	Useful for women with very heavy or painful periods.	IUD insertion can also be used as emergency contraception.	Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.	Should be assumed to be irreversible. Other contraception must be used until there have been two consecutive negative sperm tests.
<b>Effectiveness*</b>	Over 99%	Over 99%	Over 99%	98% or better	99.5%	99.95%

\* Effectiveness is expressed as the percentage of women who will not get pregnant with each year of correct use of a particular contraceptive method. So if the effectiveness is 99%, 1 woman in 100 will get pregnant in a year. Using no contraception at all, 80 to 90 women out of 100 will get pregnant in a year.

† The only method of contraception that will protect you against sexually transmitted infections is condoms when used correctly.