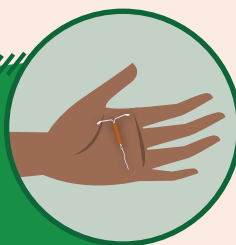


Intra Uterine Device (IUD) – Copper IUD (CU-IUD)

- Inserted into the uterus and lasts up to 12 years
- More than 99% effective



Advantage: very effective and your fertility returns to normal when it is taken out

Disadvantage: it needs a procedure to be put in and removed from the uterus; putting it in can be uncomfortable or painful for some people

*Ask our friendly PNGFHA staff for information about the Emergency Contraceptive Pill (ECP)

For more information, visit PNG Family Health Association Clinics (PNGFHA)

POM	Rainbow Clinic (Behind Mobil Service Station)
POM	Tatana Clinic
POM	IPPF Clinic – Steamships Downtown Plaza
Lae	Sir Bob Sinclair Ward 2 Clinic
Goroka	Lopi STI Clinic
Markham	Mutzing Health Centre
Bulolo	Bulolo attached to Bulolo Hospital
ENBP	Kokopo Clinic

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I am not ready to get pregnant because I am not ready to be a mother. What should I do?

PNG Family Health Association (PNGFHA) clinics provide contraceptives. A nurse will help you decide which option is right for you. I can come with you to support but if you're under 16 you'll have to go with a parent or carer who can consent.



Male Condoms

- Use a new, unexpired condom every time you have sex
- Condoms are the only contraception that protects you from getting an STI
- Between 87% - 98% effective

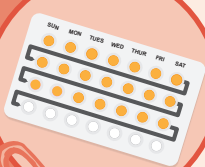
Advantage: easy to buy

Disadvantage: it is not reusable

Hormones are special chemicals your body makes to help it do certain things

The Combined Oral Contraceptive Pill (COC):

- Must be taken everyday
- Between 93% - 99% effective



Advantage: reduces heavy menstrual bleeding and period pain

Disadvantage: it must be taken at the same time everyday

Injection (Sut)

- Hormone injection every 12 weeks (3 months)
- Between 96% - 99% effective



Advantage: usually stops menstrual bleeding and reduces period pain

Disadvantage: there can be a delay in fertility returning for up to 18 months

Implant

- A small plastic rod in the upper arm, which lasts for 3 to 5 years
- More than 99% effective

Advantage: cost-effective and your fertility returns to normal when it is taken out

Disadvantage: will change your normal monthly period bleeding and needs a small procedure to put in and take out of your arm

