

## Why choose Dr Marie?

Dr Marie is the only nationally accredited contraception and safe abortion provider giving Australian women and men real reproductive choices. We are a social enterprise that invests our profits in providing women across the world with access to family planning.

Our network of day surgery clinics provide tens of thousands of women and men each year with the highest standard in sexual and reproductive care, while our non-profit pharmaceutical company, MS Health, brings innovative sexual and reproductive health medicines to the Australian market.

We want all Australian women and men to know, there is choice and it's your choice.

## Our national support centre is open extended hours

**Monday to Thursday:** 7am-7pm

**Friday:** 7am-6pm

**Saturday:** 9am-5pm

**Sunday:** call back service

## 24-hour aftercare

Get immediately connected to the 24-hour aftercare nurse during or out of hours for free advice, or send us an online enquiry and we'll get back in touch the very next business day.

## We are accredited

All our day procedure facilities across Australia are independently accredited against the National Safety and Quality Health Service Standards. For more information, or to provide feedback about our services, visit [drmarie.org.au/about-us/our-standards/](http://drmarie.org.au/about-us/our-standards/).

## We're not-for-profit

More than 225 million women would like to use contraception but cannot get it. If they could, it would reduce the number of women who die from pregnancy related complications by one third. Dr Marie is part of the Marie Stopes International global partnership. Our surplus proceeds are donated to our life-saving family planning and safe abortion programs in developing countries.

To support our charity with a tax-deductible donation, please visit [mariestopes.org.au](http://mariestopes.org.au)

## Choosing the right contraception

Choosing a method of contraception from the range of options available is a matter of working out what is right for your individual situation.

Long acting reversible contraception methods (implant, IUD) are the most effective protection against unplanned pregnancy but only condoms offer protection against both STIs and unplanned pregnancies.

Whatever you decide, you need to feel confident that you are reliably protected, given your personal circumstances.

To find out which type of contraception option suits you best, use our online personal contraception advisor at [mybestfit.drmarie.org.au](http://mybestfit.drmarie.org.au).



### Abortion

Surgical abortion

Medical abortion in clinic

Medical abortion via teleconsult (tele-abortion)

Second trimester abortion

### Contraception

Long-acting reversible contraception

Emergency contraception

Tubal ligation (WA only)

Vasectomy

### Support services

Free decision-based counselling

24-hour nurse-led aftercare

Interpreter services available



# Contraception



Call 1300 003 707

Visit [drmarie.org.au](http://drmarie.org.au)

Email [info@mariestopes.org.au](mailto:info@mariestopes.org.au)

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	Intrauterine methods		Hormonal methods					Barrier methods			Permanent methods		Emergency methods	
<b>Contraceptive</b>	<b>Copper Intra-Uterine Device (IUD)</b>	<b>Hormone Intra-Uterine System (IUS)</b>	<b>Contraception implant</b>	<b>Contraception injection</b>	<b>Combined pill</b>	<b>Progestogen-only pill</b>	<b>Combined vaginal ring</b>	<b>Male condom</b>	<b>Female condom</b>	<b>Diaphragm (Cap)</b>	<b>Tubal ligation</b>	<b>Vasectomy</b>	<b>Emergency contraceptive pill (Morning after pill)</b>	<b>Copper IUD</b>
<b>How it works</b>	Plastic and copper device fitted in uterus. Prevents egg and sperm meeting.	Small plastic device fitted in uterus releases progesterone. Prevents sperm reaching egg.	A small rod containing progesterone inserted under skin in the arm. Prevents egg being released / prevents sperm reaching egg.	Progesterone injection. Prevents egg being released / prevents sperm reaching egg.	One pill containing both oestrogen and progesterone, taken same time daily. Prevents egg being released / prevents sperm reaching egg.	One pill containing only progesterone, taken same time daily. Prevents sperm reaching egg / may prevent egg being released.	Vaginal ring releasing both oestrogen and progesterone and absorbed through vaginal wall. Prevents egg being released / prevents sperm reaching egg.	Rubber, non-latex or latex sheath traps sperm during sexual intercourse.	Thin plastic sheath made from polyurethane placed in vagina to trap sperm.	Dome of rubber placed over cervix to prevent sperm entering uterus. Spermicides required.	Fallopian tubes are surgically closed, preventing egg and sperm meeting.	Vas deferens, or sperm-carrying tubes, are closed off in the scrotum to prevent sperm from getting into seminal fluid and ejaculate.	Single dose pill taken after unprotected sex or contraceptive failure which may prevent pregnancy by delaying release of an egg. Does not prevent fertilisation, inhibit implantation or end an established pregnancy.	Fitted to prevent egg and sperm meeting. May prevent implantation.
<b>Advantages</b>	Highly effective. Stays in place for 5 or 10 years depending on type, but easily reversible. Can be used during breastfeeding.	Highly effective. Stays in place for 5 years, but easily reversible. Makes periods lighter and reduces period pain. Can be used during breastfeeding.	Highly effective. Lasts for 3 years, but easily reversible. Cost-effective over time. Can be used during breastfeeding.	Lasts for 12 weeks. No periods may be desirable for some.	Can regulate menstrual cycle, reduce PMS, heavy periods and period pain.	For those who can't take oestrogen due to medical conditions or side effects. Can be used during breastfeeding.	Similar advantages to the Pill but with a lower dose of hormone and once-a-month use (inserted for 3 weeks, remove for 1 week).	Readily available. Only use during sexual activity. Can be used as a back-up for other methods.	Only use during sexual activity.	Only use during sexual activity.	For those who want a permanent method of contraception.	For those who want a permanent method of contraception.	Depending on the type can be used up to 72 hours (3 days) or 120 hours (5 days) after unprotected sex or contraceptive failure.	Fitted up to 5 days after sex.
<b>Considerations</b>	May make periods heavy and/or may increase period pains. Initial cost with insertion procedure.	Irregular bleeding common initially. Initial cost with insertion procedure.	Unpredictable bleeding pattern. Initial cost with insertion procedure.	Unpredictable bleeding pattern initially: delayed return to fertility; possible weight gain; possible decrease in bone density.	Not suitable for some medical conditions. If pill is taken more than 24 hours late extra precautions required.	Unpredictable bleeding pattern. If pill is taken more than 3 hours late, extra precautions required.	Not suitable for some medical conditions. May be considered expensive.	Can reduce spontaneity.	Can reduce spontaneity.	Stays in place for 6 hours after sex.	Small medical risk during procedure.	Takes around 3 months to become effective. Alternative contraception must be used until sperm count is clear.	Best taken as soon as possible. The longer you wait, the less likely it will work. There are differences in effectiveness between types.	May make periods heavy and/or may increase period pains.
<b>Reliability</b>	99% effective.	99.8% effective.	99.9% effective.	99% effective if used regularly. 94% with typical use.	99% if taken correctly. 91% with typical use.	98% if taken correctly. 91% with typical use.	99% effective if used correctly. Less with typical use.	98% effective if used correctly. 82% with typical use.	95% effective if used correctly. 79% with typical use.	86% effective if used correctly. 82% with typical use.	Over 99% effective.	Over 99% effective.	Risk of pregnancy between 0.9% and 2.3% depending on type and time passed before taking it.	99% effective.
<b>STI and HIV protection</b>	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	Helps protect against STIs and HIV/AIDS.	Helps protect against STIs and HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.	No protection against STIs or HIV/AIDS.
<b>Availability</b>	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.	Dr Marie™ centre, pharmacies, supermarkets, local family planning clinics.	Some pharmacies, local family planning clinics.	Local family planning clinics and some GPs	Requires referral to specialist. Usually done in hospital.	Dr Marie™ centre (no referral needed) or GP referral to specialist.	From pharmacies without a prescription or from a GP, Dr Marie™ centre or local family planning clinics.	Dr Marie™ centre, GP, local family planning clinics.

**No method of contraception is 100% reliable. Only condoms offer protection against both STIs and unplanned pregnancies.**

Call **1300 003 707** or visit [drmarie.org.au](http://drmarie.org.au)