

# Sexual Health

Guide of Contraceptive Methods



Castilla-La Mancha



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# Sexual Health

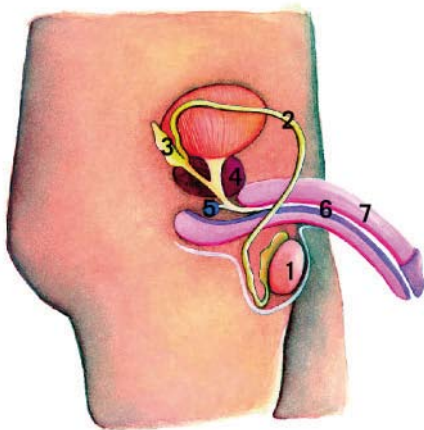
## Guide of Contraceptive Methods

### THE REPRODUCTION

The human body possesses cells in charge of reproduction. The ovum is women's reproductive cell and it forms in the ovaries. The spermatozoids are men's reproductive cells and they form in the testicles.

In the majority of the men the spermatozoids form continuously, so that each ejaculation frees millions of them. Spermatozoids can stay alive inside the woman up to 5 days, being able to fertilize to the ovum during these days and to originate to pregnancy.

In the majority of women one of the ovaries releases an ovum once a month, towards half the menstrual cycle (ovulation). The ovum has 3 or 4 days of life, during which it descends by the uterine tubes to the uterus. If in its way it is fertilized by a spermatozoid, pregnancy may occur.



- 1 Testicle**
- 2 Deferent channel**
- 3 Seminal vesicle**
- 4 Prostate**
- 5 Cowper gland**
- 6 Uretra**
- 7 Penis**



- 1 Ovums**
- 2 Tubes**
- 3 Uterus**
- 4 Vagina**
- Route of the ovum**



Fertilization of the ovum by the spermatozoid

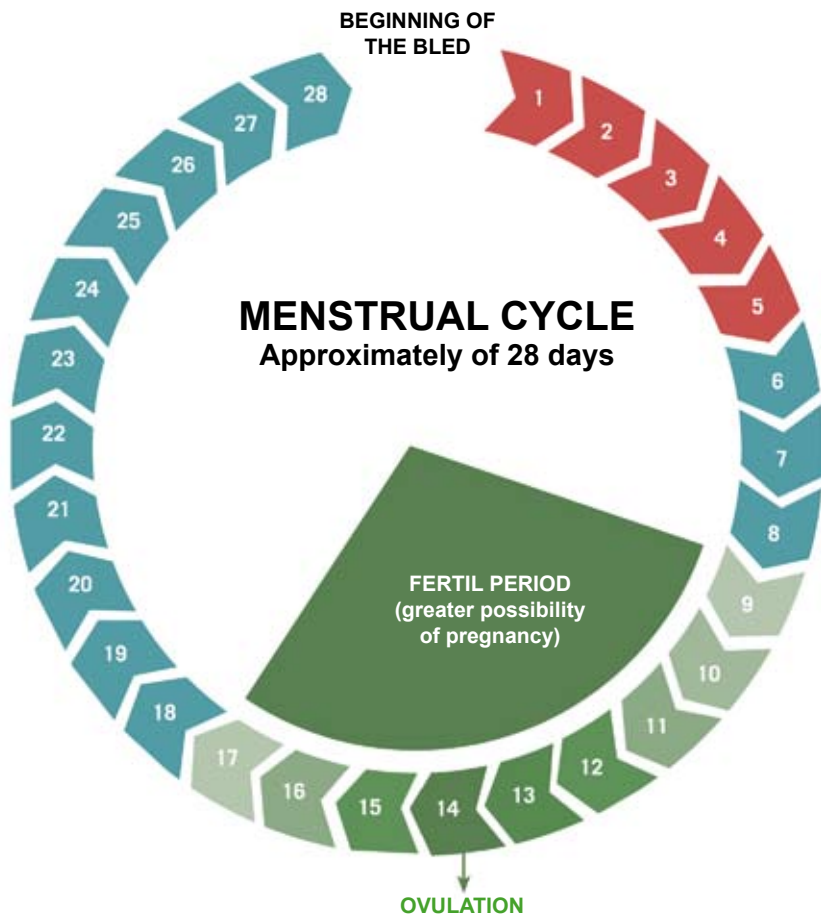
## THE MENSTRUAL CYCLE

The menstrual cycle is the time that passes from the first day of the period to the first day of the next period.

The duration of each cycle is approximately of 28 days, although it is also normal to have shorter or longer cycles. For that reason the fertile days of each woman can vary based on the duration of to their menstrual cycle.

Menstruation appears at the end of the cycle, if pregnancy has not taken place.

If in the fertile days of the woman sexual relations without using any contraceptive method occur, pregnancy risk very is high.







### BARRIER METHODS

Barrier methods are all those which prevent the union of the ovum and the spermatozoid and therefore, the possibility of pregnancy.

#### MALE CONDOM

##### What is it?

The preservative is a rubber cover (latex) that you place on the penis in erection covering it, that way it prevents that the spermatozoa contained in semen from entering the vagina. It is Simple, practical method and rather secure if used correctly. The security of this method increases if spermicidal products are used (creams, gel, vaginal ovum, etc).

##### Advantages

Besides avoiding pregnancy, the preservative is the best method to prevent the genital transmission diseases (genital herpes , virus of human papiloma, AIDS). It does not have any indirect effect nor contraindications. They are one-time use. They can be used without the doctor's advise and they are bought without prescription.



### BARRIER METHODS

#### Disadvantages

Allergy to látex, possible local irritation (in these cases it is recommendable to use polyurethane preservatives).

#### It fails if...

It is wrongly used, broken, if the penis does not retire before the erection ends and the preservative remains in the vagina. It is recommended to maintain it in a fresh and dry place. It is necessary to buy it in establishments which offer guarantees. It must be rejected if it has expired.

Do not forget that the drops that are expelled before the ejaculation can produce pregnancy, reason why the preservative must be always placed before penetration.

#### REMEMBER

- To keep in a fresh and dry place. To avoid the prolonged exhibition to the heat or the sun (in the pocket, the car).
- To verify that it fulfills the sanitary requirements according to the norms UNE or RQTS.
- Before using it, check the expiry date.
- When opening the package, do not use any sharp object. Be specially careful with not damaging the preservative with the teeth, nails, ring or other objects
- To put it when the penis is turgid (before the penetration). To take the preservative by the deposit and to hold it between the thumbs and index, in order to avoid leaving air imprisoned in its interior. To leave a free space in the end so that semen is deposited there. Unroll it carefully, covering the penis totally.
- If you want to lubricate it, use only hydrosolubles creams (glycerins). Never use oily substances like petroleum jelly, because they damage the preservative.
- Use it during all the penetration
- After the ejaculation, the penis must be slowly retired before the erection finalizes, holding the preservative by its base to assure that it does not remain inside nor there is spilling of semen.
- To retire the preservative from the penis, to tie it and to throw it to the dustbin (never to the toilet). A new preservative must be used in each sexual relation.



BARRIER METHODS

INSTRUCTIONS OF USE



Verify that the condom is not expired. Open it carefully not to break it with the nails, teeth or rings.

Verify that the condom is straight, blowing through the hoop. If you are mistaken use a new one



Put the condom before any contact and with the penis in erection.

Press with the fingers the deposit in order to avoid that is not aire incide and it may brake during the relation.

Put it on the penis with the hoop towards outside



Take off the condom when the penis is still erected and throw it to the sweepings, never in the ground or in the toilet.



### BARRIER METHODS

#### THE FEMALE PRESERVATIVE

##### What is it?

It is a lubricated cylindrical rubber bag (polyurethane) that once placed covers the vagina totally. It has an inner ring (closed extreme of the bag) that facilitates its positioning when introducing it as if a tampon and prevents spermatozoa from entering, and another outer ring (opened extreme) which stays outside, in the entrance of the vagina. In order to retire it, the outer ring is turned, it is extracted smoothly and it is thrown to the dustbin.

##### Advantages

The same ones as the male preservative, although it is a bit more expensive. They are one-time use. They can be used without doctor's advice and they are bought in pharmacies.

##### Disadvantages

It is a little more difficult to place than the male one and little aesthetic since it excels, and it reduces vaginal sensitivity.

##### It fails if...

It is wrongly placed, it is broken, or if it is put after there has been penetration, since the drops which are expelled before the eyaculación can contain spermatozoa.

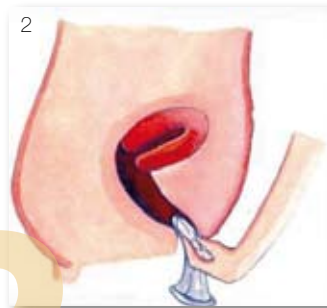
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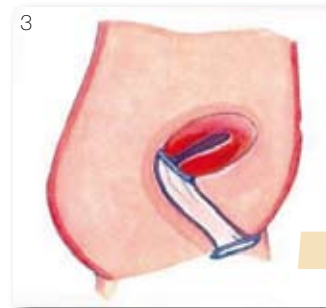
INSTRUCTIONS OF USE



Verify that the condom is not expired. Open it carefully not to break it with the nails, teeth or rings.



Introduce it into the vagina as if a tampon.



The condom covers the entire vagina once you put it.



Retire smoothly turning the outer ring and extracting it.

### BARRIER METHODS

#### THE INTRAUTERINE DEVICE (IUD)

##### What is?

It is a small plastic apparatus provided with a rolled copper thread. It is placed within the uterus and it acts like a strange agent who prevents the nesting of the fertilized ovum. The copper acts as a barrier to the spermatozoa.

They have different shapes, although the most common shape is a T. The most updated design does not have copper and incorporates a small deposit of progestin which is freed in the uterus.

It must be placed and be retired by a gynecologist and needs periodic controls.



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##### Advantages



It can remain placed for 3 to 10 years, according to the model, without losing its contraceptive effect. It is extracted when it is desired. The IUD which incorporates hormones shortens the menstruation.

##### Disadvantages

It does not prevent from genital transmission diseases nor AIDS. It can cause abundant menstruation, pain in the ovulation and exists a low risk of infection. It does not have to be used in case of uterine malformations, fibromas or pelvic inflammatory disease.

##### It fails if...

It is wrongly placed and it moves.

## THE DIAPHRAGM

### What is it?

It is a rubber disc (latex) which is placed inside the vagina at least four hours before having the sexual relationship and covers the neck of the uterus preventing the passing of the spermatozoa.

To use it, it is necessary the gynecologist's advice, who will indicate the size and the necessary measures (there are up to 18 different sizes), instructions of positioning and controls to be carried out.

Once placed, it must completely cover the neck of the uterus. Remember that it must be always used with spermicidal cream. If you make more of a sex, you only must add spermicidal cream.

You must not remove it nor to carry out vaginal washings until at least 6 hours from the last sexual relation with penetration have passed. It is not inconvenient in having a shower. It does not have to be left placed for more than 24 hours, due to possible infection risk.

### Advantages

Unlike the male preservative, it is not one-use only. It can be washed with water and soap and be kept once dry (not to use talc powder) in a closed box until the next time.

### Disadvantages

It can favor the appearance of urinary infections.

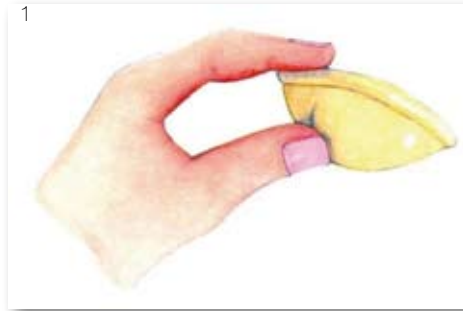
### It fails if...

It is wrongly placed or use indications are not followed correctly.

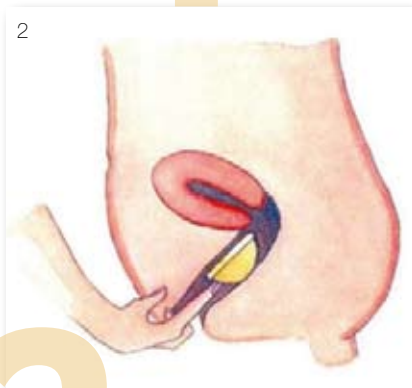


### BARRIER METHODS

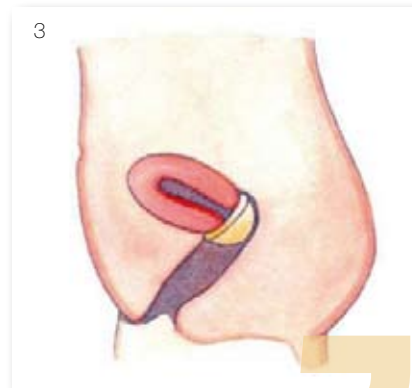
#### INSTRUCCIONES OF USE



Use the proper size of diaphragm for you.



Introduce it into the vagina as if a tampon.



Do not retire until passed 6 hours of the penetration.

#### SPONGE

##### What is it?

The sponge is made of polyurethane and has the shape of a fungus with a small handle to extract it. It is introduced in the vagina to avoid the passage of spermatozoa, where it must remain at least up to six hours after having had sex. It is advisable to use it with spermicidal.

##### Disadvantages

Its positioning is something more complicated than that of the diaphragm. It is not a very effective method and it does not prevent from diseases of genital transmission nor AIDS.



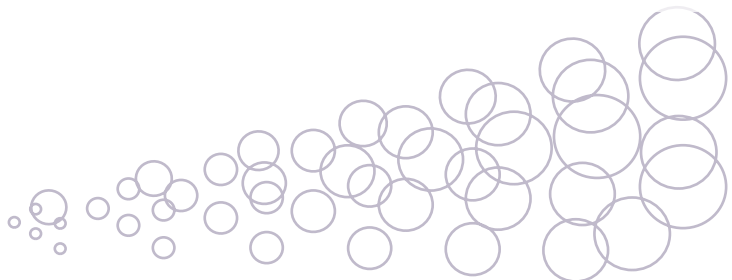
#### **SPERMICIDAL**

##### **What are they?**

They are vaginal creams, gels, ova or suppository which contains chemical agents (nonoxinol-9, benzalconio) that act destroying the spermatozoa. It is necessary to always place them in the vagina before having sex (the ovum 10 minutes before). Each dose is effective during 1 hour, reason why the application must be repeated before each relationship.

##### **Disadvantages**

They should be combined or associated to other natural methods or methods of barrier, since by themselves they are not trustworthy. It is recommended not to carry out vaginal washings in the 6 following hours to the relationship. There is no inconvenient in having a shower.



### HORMONAL METHODS

#### THE PILL

##### What is?

The contraceptive pill contains variable amounts of hormones similar to those which the organism synthesizes (estrogens and progestins), which inhibit the production and liberation of ova (ovulation) by the ovary. Also they act thickening the cervical snot, so that the passage of the spermatozoa is prevented, and thinning the uterine mucosa so that the implantation does not take place.



Several types exist: the oral combined contraceptive pill and the mini pill, that can appear in cases of 21 or 28 units. All of them are very safe since they begin to be taken (first cycle of tablets) whenever it is made correctly (to the same hour, during the corresponding days). It is recommendable to use the male preservative during the first cycle of tablets.

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Their indication and control must be made by the sanitary professionals.

##### Advantages

In many women it improves the upheavals of the menstrual cycle and the period becomes shorter and painless. It does not demand manipulation.

##### Disadvantages

Women with arterial hypertension, cardiac affections, diabetes or liver related diseases must not use this method. Its use in women over 35 years is not recommendable, specially the smokers. Although it is a very effective contraceptive method, it does not prevent the diseases of sexual transmission nor AIDS.

##### It fails if...

You forget to take it or you vary the hour of the takings. Also if you vomit or you have intense diarrhea in the four following hours to its ingestion.





#### USE RECOMMENDATIONS

- You must fix a time of the day (for example, breakfast) to the pill. This way you will avoid forgetfulnesses.
- If one day you forget to take the pill to the customary hour:
  - if less than 12 hours from the hour of the habitual taking, you must take the pill. The following pill will be taken to the customary hour.
  - if more than 12 hours from the hour of the habitual taking have passed, ignore the forgotten tablet and continue the following days with the normal taking until finishing the package. Use additional contraceptive measures (for example, preservative) for 7 days, since in those days the security of the method is not guaranteed
- If you have to take other medicines you must communicate the doctor that you are taking the pill. Some medicines reduce effectiveness to the pill.
- If you vomit or you have intense diarrhea during the 4 following hours to the taking of the tablet, you will have to take another one.



### HORMONAL METHODS

#### VAGINAL RING

##### What is?

It is a flexible plastic ring that is introduced in the vagina, staying there for three weeks. During this period of time, to the contact with the vaginal mucosa it releases a very low dose of hormones similar to the used ones in the oral contraceptive pills, that prevent the ovulation and thicken the cervical mucosa.

The ring must be introduced during the first 5 days following to the beginning of the menstruation and it is continuously used for three weeks, after which it is to be extracted and to rest one week so that the cyclical bleeding takes place. The contraceptive ring is designed to prevent pregnancy during four weeks. For that reason every month, a new ring must be inserted.



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It is placed similarly to a tampon, pressing the edges of the ring so that it smoothly adopts an oval form and pushing it within the vagina until it reaches the position in which you feel more comfortable. In order to remove it, use a finger to pull it out. The position of the ring in the vagina is not essential to guarantee its operation. In order to assure the protection, the ring must never be outside the vagina for more than three hours during the period of the three weeks. Male preservatives or spermicides can be used with the ring, specially during the first week of use.

##### Advantages

As the use of the ring is vaginal and the hormones do not have to be absorbed at gastrointestinal level, if you vomit or you have diarrhea the ring continues being equally effective.

##### Disadvantages

It can cause losses of blood outside the period. It is more expensive than the pill. It needs medical prescription. It does not prevent from sexual transmission diseases nor AIDS.

##### It fails if...

You forget to place the new vaginal ring after the established period of time.



## IMPLANTS

### What are they?

They are plastic capsules or rods that are inserted surgically under the skin with local anesthesia and constantly release doses of contraceptive hormones that inhibit the ovulation and act on the cervical and the uterine mucosa.

### Advantages

Once placed, its effect persists between 3 and 5 years. It is one of the most effective contraceptive methods. If you wish to become pregnant, the doctor can retire it in few minutes. It requires medical prescription and supervising.

### Disadvantages

It can be associated to nonwished effects which usually disappear towards the third month of use (headache, irregularities in the menstrual cycle, change in the corporal weight...). It is an expensive method. It does not prevent from sexual transmission diseases nor AIDS.

### It fails if...

You do not change it after the established period of time.



### HORMONAL METHODS

#### INJECTIONS

##### What are they?

They are contraceptive hormone injections to inhibit the ovulation. The injection must be administered by sanitary personnel in the arm, the gluteus or in the thigh.

They can be monthly or quarterly injections. The first one contains estrogens and progestins whereas the second contains progestins. The method is effective 24 hours after the injection.

##### Advantages

Being injectable, it avoids its passing through the liver, reason why it has less indirect effects than the pill. The injection of progestins can be administered after the childbirth and during the breastfeeding.

##### Disadvantages

It produces changes of frequency, duration or amount of the period. It is contraindicated in women with breast or genital cancer, uterine hemorrhages or migraine. It does not prevent from sexual transmission diseases nor AIDS.

##### It fails if...

We forget to repeat the doses at the indicated moment, with a margin of seven days.





#### TRANSDERMIC PATCH

##### What is?

The transdermic patch is very fine and it is placed in the clean and dry skin, preferably in gluteus, abdomen, superior part of the arm and superior part of the trunk (except in the chest). It releases to estrogens and progestins that are absorbed by the skin and arrive directly at the blood. It is changed every seven days during three weeks. In fourthweek menstruation takes place.

##### Advantages

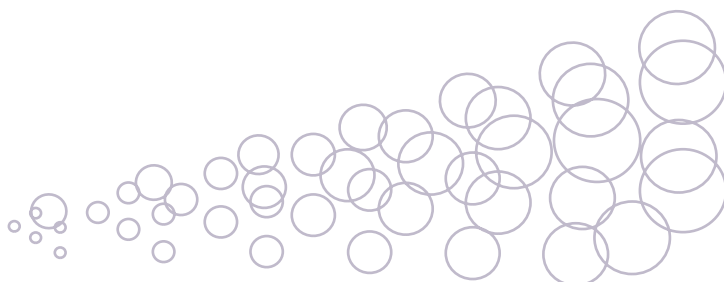
It does not detach in the shower, the swimming pool nor due to the sweat. It has less effects than the pill since it avoids the passing through the liver.

##### Disadvantages

Although it is not seen under the clothes, it can be ugly. It is an expensive method. It does not protect from sexual transmission diseases nor AIDS.

##### It fails if...

If it is wrongly placed, it is removed or it does not adhere well, and you do not know how much time has passed. In any case. There is a safety margin of 48 hours.



### SURGICAL METHODS

### (STERILIZATION)

They are permanent methods after which pregnancy is very difficult.

#### TIE OF TUBES (WOMAN)

##### What is?

It is a surgical operation in which the tubes, that are the conduits through which the ova passes from the ovaries to the uterus, are blocked. The operation requires anesthesia and hospitalization. It does not produce alterations in the sexual activity nor in the menstruation. At the present time, new techniques are being developed unblock the tubes, if it is decided to have children. Also in vitro fertilization is possible.



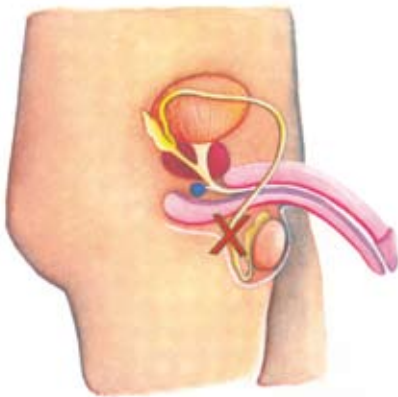
#### VASECTOMY (MAN)

##### What is?

It is a surgical operation in which the conduits through which the spermatozoa passes from the testicles to the outside are blocked. Usually local anesthesia is used and it does not require hospitalization.

It does not produce alterations in the sexual activity nor in the capacity of erection, maintaining the ejaculation. The semen continues having the same aspect at first, but it does not contain spermatozoa.

It is necessary to make a revision to verify that they are no left spermatozoa in semen, and until that moment, it is recommended to use another contraceptive method.





#### CONTRACEPTION OF EMERGENCY IN SPECIAL CIRCUMSTANCES

The postcoital or the day after pill must be used when, by special circumstances, unprotected sex has been had or the usual contraceptive method has failed.

The most used method is the one based on the presentation that contains two small tablets of progestins. So that it is effective, the first tablet must be taken as soon as possible and within 72 hours after having had sex without protection, since the effectiveness diminishes as time passes. The second tablet is to be taken 12 hours from first pill.

The postcoital pill does not avoid pregnancy if it is not taken correctly, following the time terms established. If the period is delayed five days in spite of having taken the postcoital pill it will be necessary to make a pregnancy test. It does not interrupt an established pregnancy.

The contraception of emergency is a method of occasional use. Under no circumstances it must replace a conventional contraceptive method. If you have demanded this pill in several occasions, go to your doctor to adopt a traditional method.



### NATURAL METHODS

The natural methods are based on the changes that take place in the woman according to the moment of the menstrual cycle, changes which allow to identify the fertile days of the cycle and to avoid thus maintaining sexual relations during those days.

They help to know the body functioning

It is necessary to acquire adequate learning with professional advising, motivation and selfcontrol

You must observe the menstrual cycle during months before using them, to know the regularity and the changes that take place in the body depending on the moment of the menstrual cycle.

Used as unique method, they are little safe, but its reliability increases if they are combined with some other methods of barrier.

#### OGINO-KNAUS METHOD (METHOD OF THE CALENDAR)

##### What is?

It consists of not having sex during the fertile days, considering that these days vary according to the menstrual cycles of each woman.

It is considered fertile the day of the ovulation, that corresponds with half of the cycle, four days before and three later.

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Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
<del>1</del>	1	2	3	4	5	6
<del>2</del>	<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del> ovulation	<del>8</del>
<del>3</del>	<del>4</del>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





#### MÉTHOD BILLINGS (METHOD OF CERVICAL MUCOSA)

##### What is?

In the vagina, a flow or vaginal mucosa is produced. Its aspect and consistency varies during the menstrual cycle. During the ovulation, coinciding with the days of more probability of pregnancy, the flow becomes more abundant, is transparent, sticky and elastic, similar to the white of an egg. During the rest of the cycle, it is more yellowish and thicker, or there is no flow. Coital relations must not occur (or you must use preservatives) when the mucosa is fluid and, up to three days until it no longer is.



#### METHOD OF THE BASAL TEMPERATURE

##### What is?

During the most fertile days, an increase of the corporal temperature takes place. The method consists on taking the temperature when waking up every day, before rising and making any activity, always in the same place (vagina or mouth).

The obtained temperature will be written down in a millimetric paper every day, like a graph, also writing down any circumstances that can have altered the temperature (going to bed late, not feeling well, etc). The temperature raises slightly in the later days the ovulation and it stays thus until the period. The most fertile days are the 5 days previous and 3 later ones to the day in which the maximum increase of temperature took place.



#### COMBINED METHOD

##### What is?

It combines the observation of the cervical flow with the corporal temperature when in rest and other signs that accompany the ovulation (mammary tension, abdominal pain, etc...)

### NON TRUST WORTHY METHODS

#### COITUS INTERRUPTUS

It consists on retiring the penis of the vagina before the eyaculation takes place. It is not a trustworthy method since before the eyaculation a lubricant liquid is expelled, liquid that contains spermatozoa and can produce pregnancy. Its control depends exclusively on the man.

#### BREASTFEEDING AND AMENORRHOEA

During the months of breastfeeding, usually, there is no period (amenorrhoea) and the fertility in the woman usually diminishes, but it does not disappear totally. The first ovulation after the childbirth happens frequently during the breastfeeding, reason why there is pregnancy possibility.

#### VAGINAL SHOWERS AFTER THE SEX

With the pressure of the water it is favored that the spermatozoa arrive quickly at the neck of the uterus after the eyaculation, reason why not only they are not useful as contraceptive method, but also they can favour pregnancy.

#### SEXUAL RELATIONS DURING THE MENSTRUATION

The sexual relations with penetration maintained during the menstruation can produce pregnancy, since although it is very little frequent, there could be another ovulation in addition to the one which takes place in the middle of the cycle and there could be an ovum that could be fertilized.







**Castilla-La Mancha**