



A brief  
**ABC**  
of Contra-  
ception

Information from Patentex oval



## Reliable contraception is important!

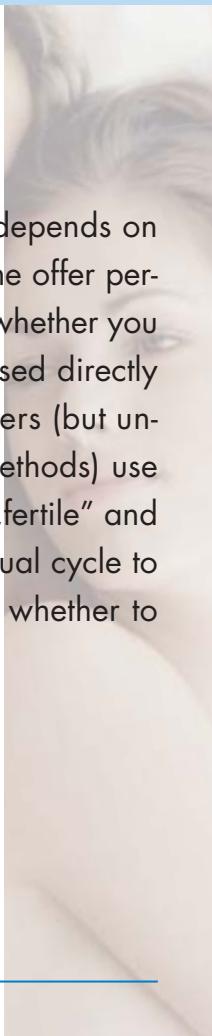
Love is the second most important thing in the world. And sexuality is a vital part of it, which you should be able to enjoy without any fear of an unwanted pregnancy. So it is specially important for you to find just the right form of contraception that suits you.

This small brochure will give you information about the forms of contraception that are also suitable for young girls.

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## The right contraception method is vital!

How you use contraceptives depends on your needs. For example, some offer permanent protection, no matter whether you have sex or not. Others are used directly before sex. Alternatively, others (but unfortunately often unreliable methods) use different ways to find out the „fertile“ and „safe“ days during the menstrual cycle to let you decide spontaneously whether to use a contraceptive or not.



# Contraception when you need it

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*Chemical methods*

## **Foam ovule**

The foam ovule Patentex oval is free of hormones and does not stress the body unnecessarily.

Ovules are inserted into the vagina 10 minutes before sex and dissolve into a fine foam. This distributes the active ingredient, nonoxinol-9, evenly around the vagina to make sperm immobile.



The active ingredient also protects against bacteria and fungi. Patentex oval is reliable and available from pharmacies without a prescription.

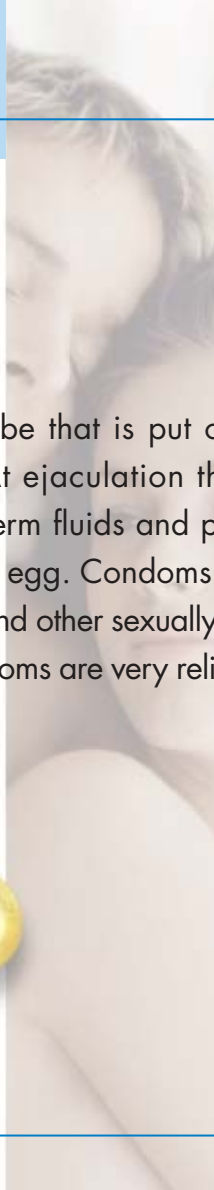
Other substances with similar actions are vaginal tablets or suppositories, sprays or gels.



## *Physical methods*

# **Condom**

A thin latex tube that is put on over the erect penis. At ejaculation the condom collects the sperm fluids and prevents fertilization of the egg. Condoms also guard against AIDS and other sexually transmitted diseases. Condoms are very reliable if used properly.



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# Permanent contraception

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## **Pill/mini-pill**

Hormones inhibit egg release, make it more difficult for the sperm to enter the womb and prevent the egg embedding in the womb lining. The pill and the mini-pill must be taken every day and are among the safest forms of contraception.



## Coil and hormonal coil

The small plastic coil is covered with a fine copper wire. It is inserted into the womb by the gynecologist. In the womb the coil causes continuous irritation of the womb lining. The body reacts by producing defense cells which destroy the sperm and eggs. The coil also releases copper ions which inhibit the motility of the sperm.

Hormonal spirals contain a small „depot“ of hormones and release the hormone gestagen. The hormonal coil combines the modes of action of the pill and the coil.



It is inserted by the gynecologist and causes the mucus at the neck of the womb to thicken. This makes it difficult for sperm to pass into the womb. In addition, the sperm are unable to move and the womb lining can no longer grow so thick.

Both types of coil can be left in the womb for about 2-5 years and are very reliable.

## **Hormonal implant**



A small hormone rod is implanted in the upper arm. The hormone depot in the rod prevents egg release. The rod can be left in the body for up to three years. It is generally well tolerated and very reliable.

# What to do in „emergencies“

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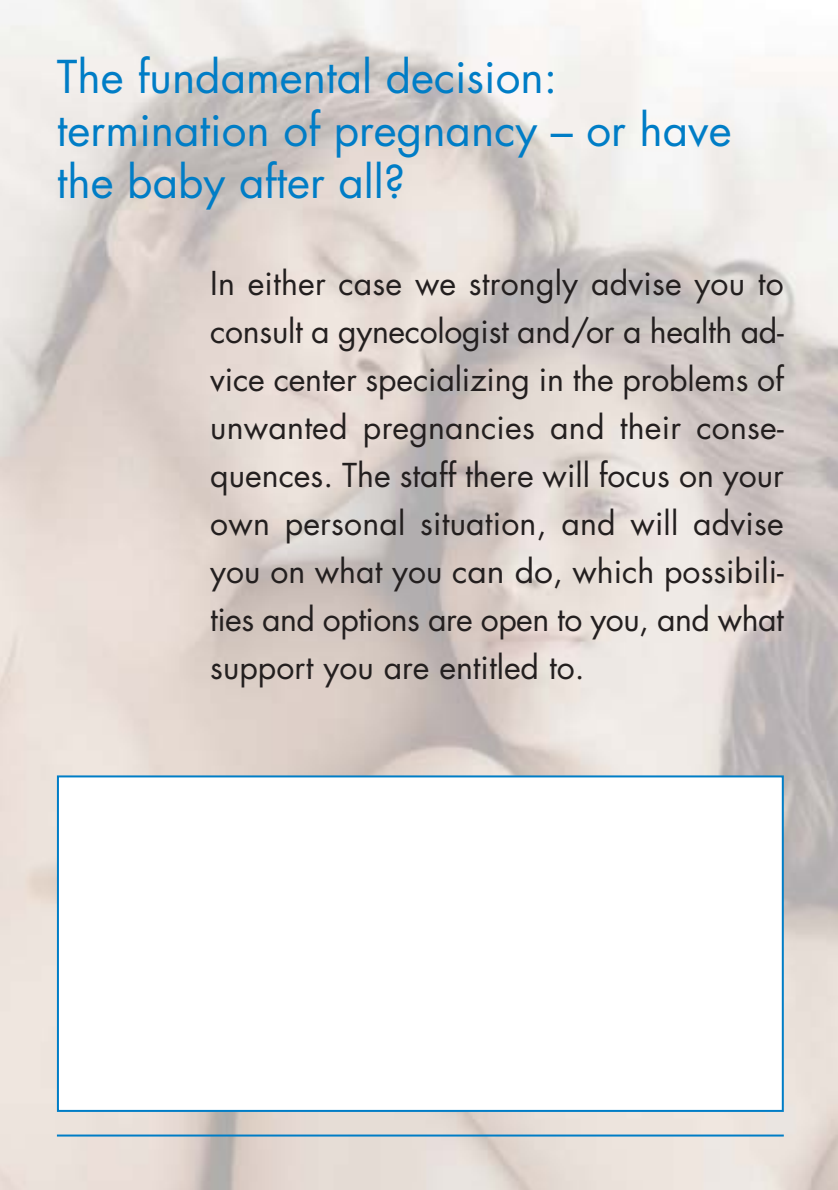
## **Morning-after pill**

Caution! For use after contraception mishaps only! One or two hormone pills with high hormone doses that prevent pregnancy. These pills are available on prescription only and have to be taken within 48 hours of unprotected sex.

## **The coil**

The coil must be inserted by a gynecologist not later than 5 days after unprotected sex. It prevents implantation of an egg that may have been fertilized.

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## The fundamental decision: termination of pregnancy – or have the baby after all?

In either case we strongly advise you to consult a gynecologist and/or a health advice center specializing in the problems of unwanted pregnancies and their consequences. The staff there will focus on your own personal situation, and will advise you on what you can do, which possibilities and options are open to you, and what support you are entitled to.

