



PLANNING



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Female Condoms



What Is It?

A sheath made of polyurethane with rubber rings at each end that covers the vagina

How Does It Work?

- Creates a barrier between penis and vagina
- Collects and holds the semen

How Is It Used?

- Must be inserted before contact between penis and vagina
- Insert ring at closed end deep inside vagina. Opened ring stays outside the vagina
- The condom is removed after sex, and thrown away without spilling the semen
- Condom is used only once

Effectiveness:

79% - 95%

Benefits:

- Women can assure protection
- Can be bought at many drugstores
- Can be placed in vagina up to 8 hours before use
- The material is stronger than latex
- Can be used for people with latex allergies

Possible Concerns:

- May slip out of place during sex
- May be difficult for some women to insert at first
- May cause irritation or discomfort
- May increase risk for toxic shock syndrome, if left in too long

May reduce risk of HIV/AIDS and STDs

Diaphragm with Spermicide



What Is It?

Dome-shaped latex cup with flexible rim to cover the cervix

How Does It Work?

- Cup acts as barrier to sperm
- Spermicide kills sperm

How Is It Used?

- Clinician fits woman with proper size and teaches correct use
- Spermicide is placed in the cup before inserting no more than 2 hours before sex
- Diaphragm should be left in place for at least 6 hours after sex (Additional spermicide is needed for each other act of intercourse)

Effectiveness:

80% - 94%

Failure rate increases if you have sex more than 3 times a week

Benefits:

- Can be placed in the vagina up to 2 hours before sex

Possible Concerns:

- Requires a clinic visit for sizing and prescription for diaphragm
- Some people are allergic to the latex or the spermicide
- Must be removed within 24 hours to avoid pelvic pressure, vaginal discharge, irritation, or toxic shock
- May increase risk for vaginal and urinary tract infections
- Cannot be used with oil-based lubricants or vaginal medications

Not proven to reduce risk of HIV/AIDS or STDs

Vaginal Spermicides



What Is It?

Creams, gels/jellies, foams, films or suppositories containing sperm-killing chemicals.

How Does It Work?

- Kills sperm
- Some kinds block sperm from entering the cervix
- Prevents fertilization.

How Is It Used?

- Placed inside the vagina by hand or with applicator before sex
- May be placed on condom, or inside diaphragm or cervical cap

Effectiveness:

74% - 94%

Using a condom with spermicide increases effectiveness up to 99.9%

Important Notes:

- Only effective for about one hour when used alone
- Additional application is needed for each act of intercourse.
- Follow instructions, some are not effective until 10-15 minutes after inserting

Benefits:

- No prescription needed
- Available at most drugstores

Possible Concerns:

- May cause irritation or discomfort
- May increase risk for vaginal and urinary tract infections
- Some people may be allergic to spermicides
- Proper use may interrupt sexual mood
- May leak, or feel messy

Not proven to reduce the risk of HIV/AIDS and STDs

Norplant[®]



Effectiveness:
95-98%

What is It?

An implant under the skin of upper arm, containing soft thin rods that release low and constant levels of the hormone progestin into the bloodstream

How Does It Work?

- Thickens cervical mucus, preventing sperm penetration
- Prevents release of egg

How Is It Used?

- Capsules are inserted and removed by a clinician
- Involves a minor surgical procedure using local anesthesia

Effectiveness:

95% - 98%

- Effective immediately, if inserted within 7 days from start of menstrual cycle
- Effective for years, based on number of rods inserted (6 rods = 5 years effectiveness)

Benefits:

- Reversible as soon as it is removed
- Long lasting method
- Nothing to remember
- Does not interfere with sex
- Can be used by women who cannot take estrogen
- May decrease menstrual cramps, pain, and blood loss

Possible Concerns:

- May have infection or pain in arm, soon after insertion
- Removal can be difficult
- Scarring on arm can occur
- Can cause irregular, light, or heavy bleeding or missed periods
- May cause weight gain, headaches, breast tenderness, hair loss, depression, or ovarian cysts

Does not reduce the risk of HIV/AIDS or STDs

Depo-Provera[®]



Effectiveness:
Almost 100%

What Is It?

A long-acting form of the hormone progestin, given by injection

How Does It Work?

- Thickens cervical mucus, preventing sperm penetration
- Prevents ovulation

How Is It Used?

The woman is given an injection into the upper arm or buttocks every 3 months

Effectiveness:

Almost 100%

- Works for 3 months
- Failure rate increases if shot is not repeated every 3 months

Benefits:

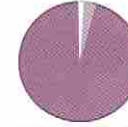
- Works for 3 months
- Does not interfere with sex
- Can be used while breastfeeding
- Can be used by women with a history of seizures or sickle cell anemia

Possible Concerns:

- Need to return for shot every 3 months
- May cause irregular bleeding, spotting, missed periods or no periods
- Side effects may include weight gain, depression, breast tenderness, headaches, or allergic reaction
- These side effects may last for up to 6 months after last injection
- May cause delay in ability to get pregnant after stopping shots
- May cause bone loss or density changes with long term use

Does not reduce the risk of HIV/AIDS or STDs

IUD



Effectiveness:
98.5-99.2%

What Is It?

A medicated, plastic device that is placed into the uterus. It has a string attached that hangs down into the vagina.

How Does It Work?

In most cases, prevents fertilization of egg. If egg is fertilized, prevents egg from attaching to the uterus.

How Is It Used?

A clinician inserts IUD into the uterus. Patient should check correct placement by feeling for the string.

Effectiveness:

There are two kinds:

- Paragard[®] (effective up to 10 years)
 - Typical Use: 99.2%
 - Perfect Use: 99.4%
- Progestasert[®] (effective for 1 year)
 - Typical use: 98%
 - Perfect Use: 98.5%

Benefits:

- Reversible
- Does not interfere with sex
- Nothing to remember (except checking the string)
- Long-acting (either 1 year, or up to 10 years)

Possible Concerns:

- May not stay in place
- Some women may have heavy bleeding and cramps
- Should not be used by women with diabetes, HIV infection, anemia or impaired immune system conditions
- May increase risk of pelvic inflammatory disease in women with multiple partners

Does not reduce the risk of HIV/AIDS or STDs

Male Condom Rubber



Effectiveness:
84-97%

What Is It?

- A sheath that covers the penis
- May be made of latex, plastic, or animal skin
- May be pre-lubricated and/or contain spermicide

How Does It Work?

- Creates a barrier between the penis and the vagina
- Collects and holds the semen (sperm)

How Is It Used?

- Condom is unrolled over the erect penis before sex
- Male must hold base of condom to penis when withdrawing
- Condom is removed and discarded without spilling semen
- Condoms can only be used once

Effectiveness:

84% - 97%

(When used with spermicide, effectiveness increases up to 99%)

Benefits:

- Latex condoms reduce risk of HIV/AIDS and STDs
- Easy to get in most stores / available at clinics
- May delay premature ejaculation
- Can be used for people with latex allergies

Possible Concerns:

- Condoms may slip off, break, or cause irritation or discomfort
- Proper use may interfere with spontaneity
- May affect sexual sensations
- If allergic to latex, plastic condoms should be used
- Latex condoms should not be used with oil-based lubricants

Reduces risk of HIV/AIDS and STDs,
when using latex or plastic