

## CONTRACEPTIVE METHODS

## CONTRACEPTIVE METHODS

- Mechanism which are intended to reduce likelihood of fertilization of an ovum by a spermatozoon

- Conventional contraceptives > Methods that require action at the time of sexual intercourse e.g.. Condoms, spermicides, jelly etc.

- Cafeteria choice > To offer all methods of contraceptives, from which an individual can choose according to his/her

needs

## CLASSIFICATION

### • I. SPACING METHODS

#### • i. Barrier methods

• .II. Physical methods > 1) Condom 2) Diaphragm 3) Vaginal sponge

• Chemical methods > 1) Foams, 2) Creams/jellies/pastes, 3) Suppositories, 4) Soluble films

#### • ii. INTRAUTERINE DEVICES

• 1. Non medicated/Inert IUD's (1st generation)

• 1) Lippes

loop

## 2) Grafenberg's ring

- 2. Medicated/ Bioactive IUD's i) Metal ions (copper) (2nd generation)

Earlier devices > I. Copper-T, II. Copper T-200 • Newer devices i. > . Cu-T-220-B, Cu-T-380-A \ Nova T Multiload device a. ML-Cu-250b. ML-Cu- 3752) • Hormones (progestogens) (3rd generation > Progestasert ii. LNG-20/ Mirena

- iii. Hormonal methods • I. Oral pills > 1) Combined pills, 2) Progestogens only pills (POP), 3) Post coital pills i. IUD', ii. Hormonal • 4) once a month pill, 5) male pill • Ii. Depot formulation • 1) injectables > progestogens only (DMPA, NETEN), COMBINED (cycloferm, cycloprovera) • 2) subdermal implants > Norplant • 3) vaginal

rings

• Post conceptional methods > Menstrual induction, Menstrual regulation, Oral abortificant. • Miscellaneous >

Abstinence, • Coitus interruptus • Safe period (Rhythm method/ Calendar method) • Natural family planning methods 1) Basal body temperature, 2) Cervical mucus method 3) Symptothermic method • V. Breast feeding • VI. Birth control vaccine

• Terminal methods > • Male sterilization (VASECTOMY) • female sterilization (TUBECTOMY) > LAPROSCOPY, MINILAP