

MISCELLANEOUS METHODS OF CONTRACEPTION

1. Sexual Abstinence

- Non physiological method
- Complete sexual abstinence
- Only method which is completely effective

2.) Coitus interruptus (Withdrawal method)

- Non physiological method
- Male withdraws before

ejaculation

- Oldest method of voluntary fertility control

3. Safe period (Rhythm method/ Calendar method)

- Based on the fact that ovulation occurs from 12 to 16 days before the onset of menstruation days on which conception is likely to occur
- Associated with no cost
- Programmed sex-abstinence required for $1\frac{1}{2}$ Month
- First day of fertile period - Shortest Cycle minus 18 days
- Last day of fertile period - Longest

cycle minus 11 days • High failure rate-24 per HWY

Complications- ectopic pregnancy & embryonic abnormality •

Safe period can also be observed by using temperature, rhythm or cervical mucus method

- Persona-digital device to check hormonal level in morning urine

CYCLE BEADS OR TIRUMALA METHOD
(STANDARD DAY METHOD)

- Helps female to track her

cycle

- Total 32 beads
- A movable rubber attached to beads of different colour (red, brown, white, dark brown)
- at the start of menstruation the rubber kept at red bead & is moved forward to the next beads as the days pass • Red bead - 1 day of cycle
- Brown beads. Reflects - Safe Period - 2nd to 7th bead and 20th to 32nd bead
- White beads - 8th to 19th bead
- * Reflects - Unsafe Period • Dark brown

bead-

If menstruation starts before dark brown bead, it means that cycle is shorter than 26 day, so Tirumala method is not suitable

- Suitable only if the cycle is 26-32
- When next menstruation starts again move band back to red bead

4. NATURAL FAMILY PLANNING METHODS

- Basal body temperature (BBT) > Rise of basal body temperature at the time of ovulation due to increase in production of progesterone Rise of 0.2-0.5 degree C during ovulation
- Cervical mucus method (Billing method)

or Ovulation method) > At the time of ovulation- cervical mucus becomes watery clear resembling raw egg white, smooth, slippery After ovulation - under the influence of progesterone, the mucus thickens & lessens in quantity

- Symptothermic method > Combines temperature, cervical mucus & calendar techniques, More effective than Billing's method & basal body temperature method

- 5. Breast feeding (Lactation amenorrhoea) > Lactation prolongs postpartum amenorrhoea & provides some degree of protection against pregnancy

- Birth control vaccine >

- i. For gamete production- GnRH vaccine, LH vaccine, FSH