



Council for  
Intellectual Disability



# How to choose my contraception

An Easy Read guide to help choose the right  
contraception for you.



**Easy Read**

[www.cid.org.au](http://www.cid.org.au)

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## Age confirmation

You need to be 16 or older to use this resource.  
It has photos only adults should see.

# What is contraception



This document can help you choose the right **contraception** for you.



Contraception is things that can stop you getting **pregnant**.



Pregnant means growing a baby in your uterus or womb.

A uterus or womb sits above the vagina inside the body.



Contraception is sometimes called birth control.

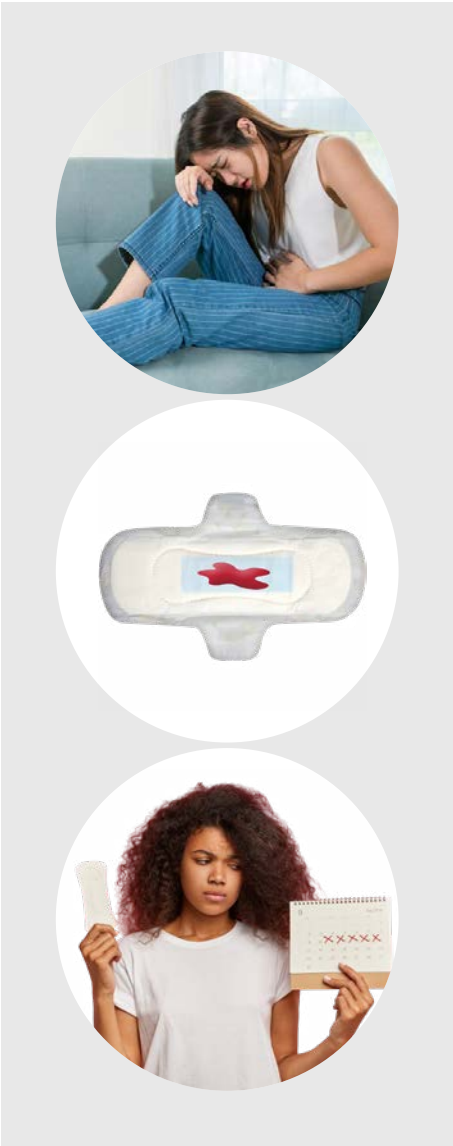
Contraception does not always work to stop you having a baby.

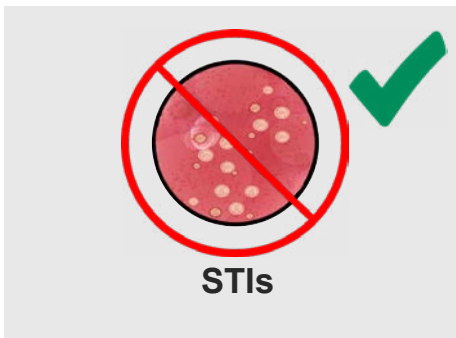


Some contraception can help control your periods.

They can help if

- your periods are very painful
- you bleed more than normal
- your periods do not start at the same time each month.





Some contraception can stop you getting a **Sexually Transmitted Infection**.



Sexually Transmitted Infections are called **STIs** for short.



**STIs** are an infection you can get after you have sex with someone.

# Types of contraception



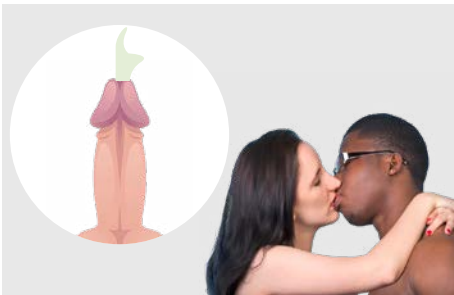
There are lots of different types of contraception.

They can be put into 2 main groups.

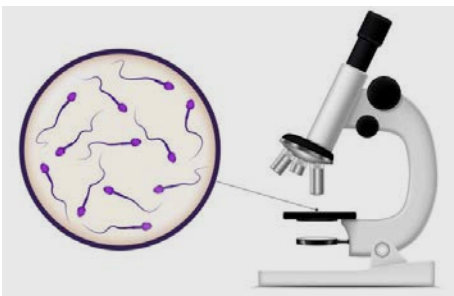


## Barrier contraception

Barrier contraception traps **semen**.



Semen is the liquid that comes out of the penis during sex.



Semen has **sperm** in it.

Sperm are so small you cannot see them.



Sperm are needed to make a baby.

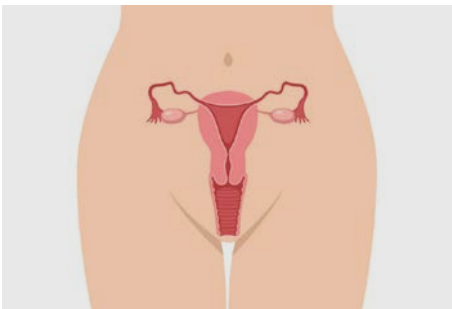


## Hormonal contraception

Hormonal contraception changes the **hormones** in your body.



Your body makes hormones so it can work in the right way.



Hormones help move a woman's egg into her uterus.

Eggs are also so small you cannot see them.



Eggs are needed to make a baby.



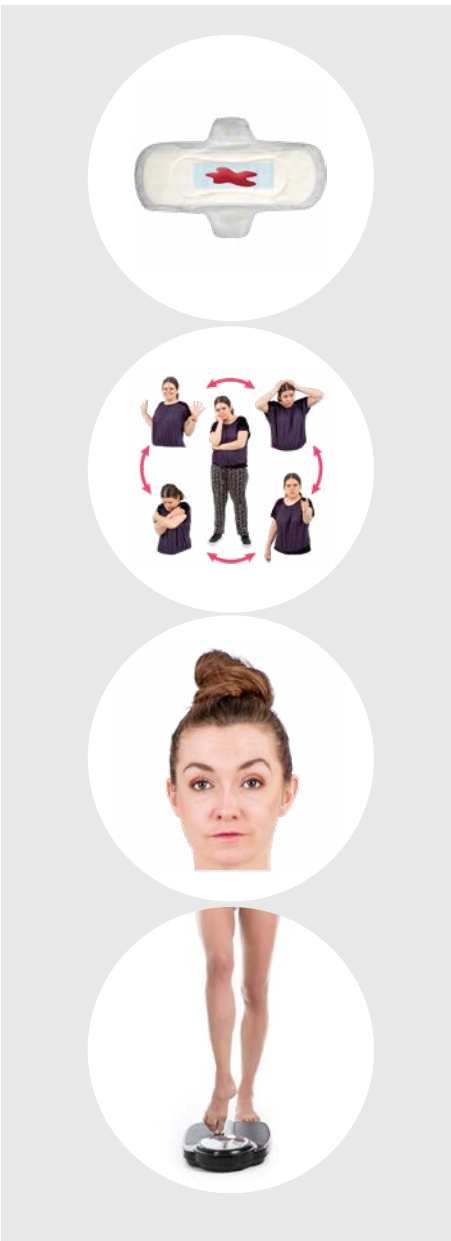
Changing your hormones can help stop you getting pregnant.

## Side effects



Some contraception can have **side effects**.

**Side effects** are other changes the contraception can have on your body.



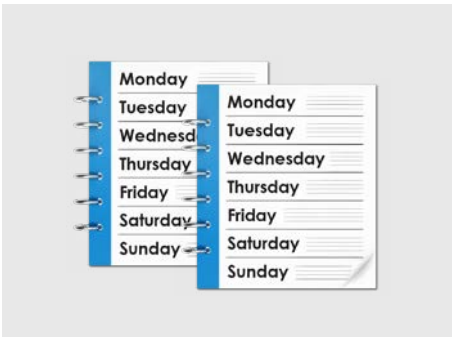
These can be changes to your

- period

- mood

- skin

- weight.



Some changes only last for a few weeks.



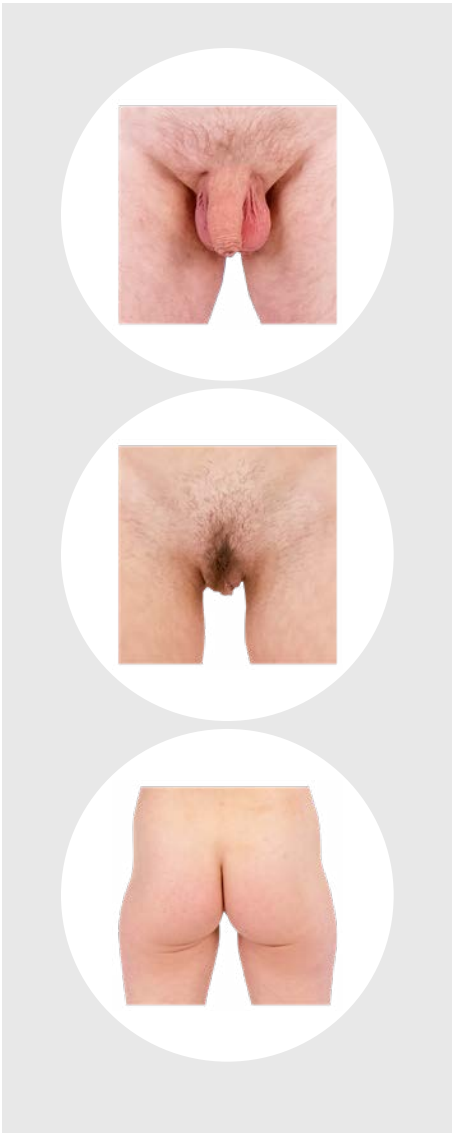
Like having small bleeds from your vagina.

This is called **spotting**.



Your doctor can tell you more about the side effects each contraception can have.

# STIs



STIs are infections you can get from your partner's

- penis
- vagina
- bottom or anus.



You can only get an STI if your partner already has one.



Condoms are the only contraception that can stop you getting an STI.



It is important for you and your partner to get an STI check if you think you might have an STI.

# How to choose your contraception



It can be hard to know which contraception is best for you.



You should talk to your doctor.

You can also go to a family planning or women's health clinic.



These clinics are places where you get advice and help with contraception.



This Easy Read document helps you know about the different types of contraception available.

# Barrier Contraception

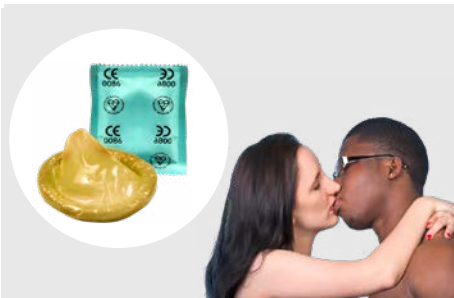


## Condoms

One type of condom fits on the penis.



The other type of condom sits inside the vagina.



Use a new condom every time you have sex.



You can buy a condom from a chemist or supermarket.

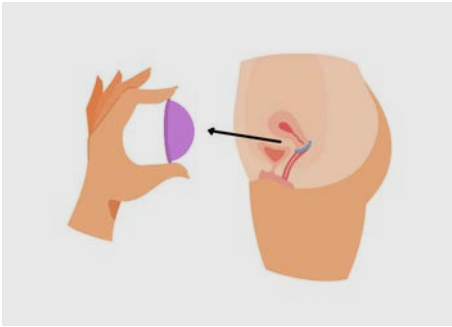


Condoms are the **only** contraception that can help protect you from an STI.

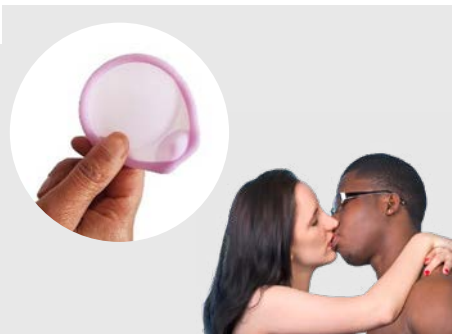


## Diaphragms

This is a small soft cup you put high inside your vagina.



You put it inside every time before you have sex.



You can use the same diaphragm each time you have sex.



You can buy a diaphragm from the chemist.



You can ask a health worker to show you how to use it.

# Hormonal Contraception



## The pill

The pill is a small tablet you swallow at the same time every day.



It might not work if you miss a tablet.



You need a **prescription** from your doctor to buy the pill at the chemist.

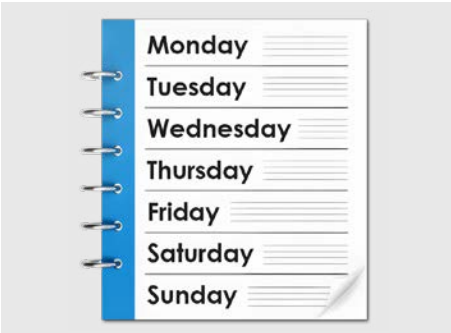


A **prescription** tells the chemist what you are allowed to buy.

You can say script for short.



The pill can have side effects.



It takes 7 days before the pill starts to work.



So you need to use a condom as well if you have sex in the first 7 days.

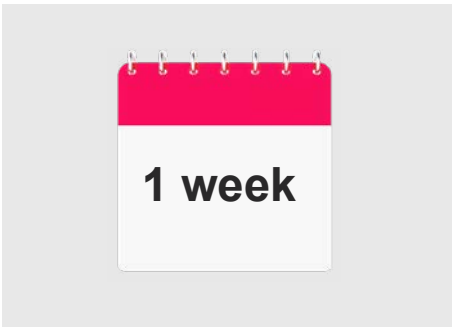


The pill does not protect you from STIs.



## Vaginal ring

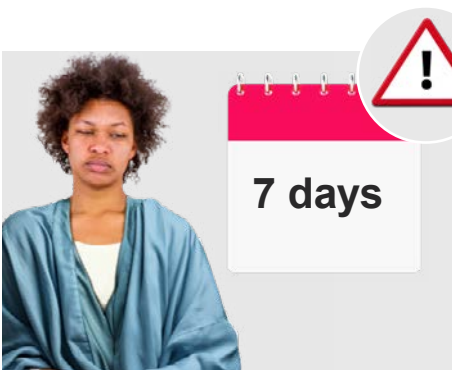
This is a soft ring that sits high inside your vagina for 3 weeks.



You then wait 1 week before putting in a new ring.



You need a script from your doctor to buy the vaginal ring at the chemist.



The vaginal ring can have side effects.

It takes 7 days before the vaginal ring starts to work.



The vaginal ring does **not** protect you from STIs.



## Depo injection

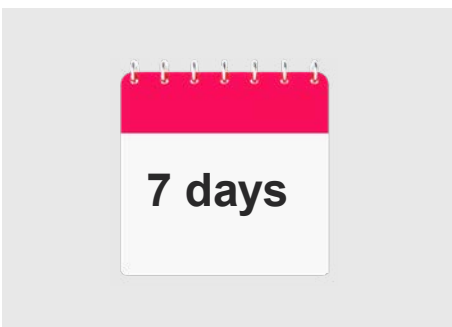
The Depo injection is a needle that goes into your arm or your bottom cheek every 12 weeks.



Only a nurse or doctor can give you this needle.



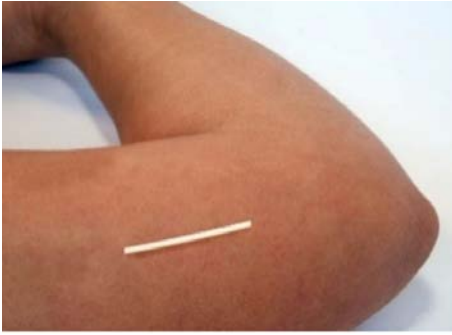
The Depo injection can sometimes stop you getting pregnant for up to 18 months after your last injection.



It takes 7 days before the Depo injection starts to work.



The Depo injection does **not** protect you from STIs.



## Implant

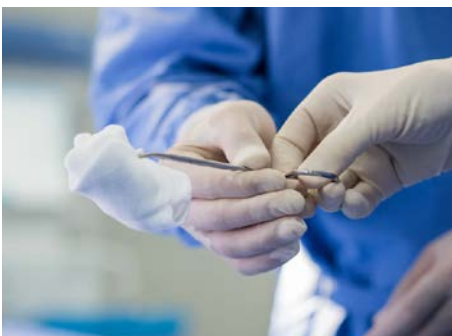
This is a little stick that goes under the skin on your arm.



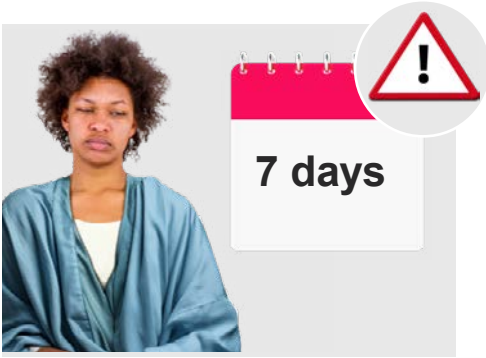
The implant stays in your arm for 3 years.



You need a small **procedure** to get the implant.

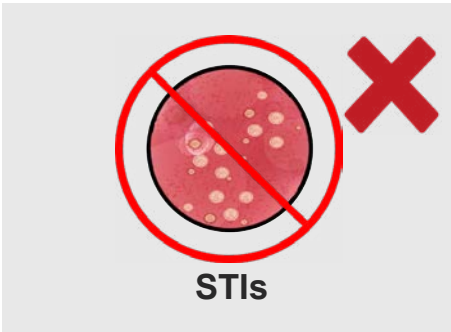


A **procedure** is when a doctor puts something inside your body or makes a small cut.

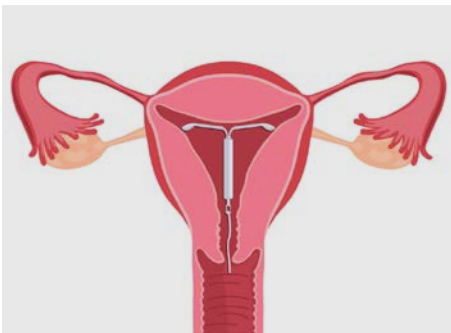


The implant can have side effects.

It takes 7 days before the implant starts to work.



The implant does **not** protect you from STIs.



## Hormonal IUD

The hormonal IUD is an item that goes inside your uterus.

It is shaped like a T.



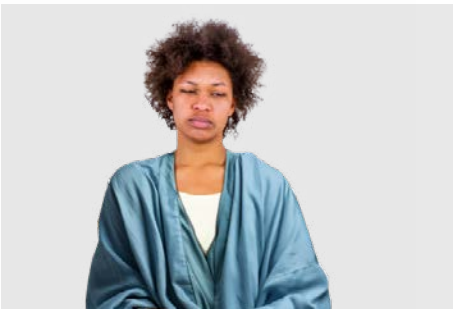
It can also be called a Mirena or a Kyleena.



The Mirena works for up to **5 years**.



You need a procedure to have the Mirena put inside your uterus.



The Mirena can have side effects.



It takes 7 days before the Mirena starts to work.



**STIs**

The Mirena does **not** protect you from STIs.

## Other contraception



### Copper IUD

The copper IUD is another item that goes inside your uterus.

It is also shaped like a T.



The copper IUD can work for **5 to 10 years**.



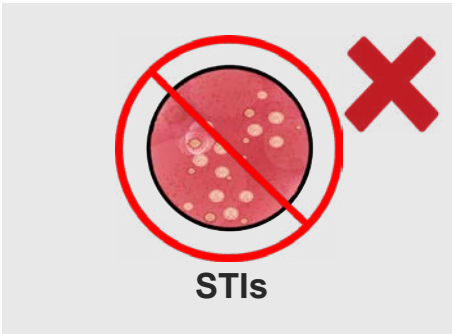
You need a procedure to have the copper IUD put inside your uterus.



The copper IUD can have side effects.



The copper IUD starts to work straight away.



The copper IUD does **not** protect you from STIs.



## Emergency pill

You take this as soon as possible after sex if you did not use any other contraception.



It is also called the morning after pill.



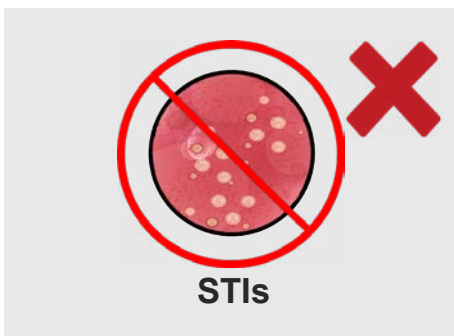
You can buy the morning after pill from the chemist.



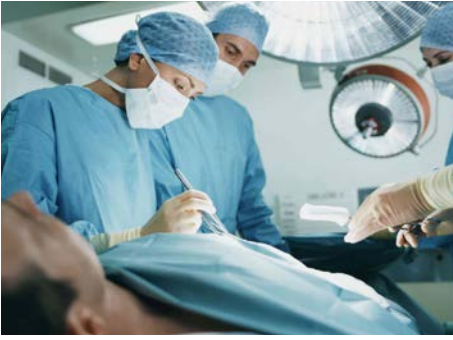
The morning after pill can have side effects.



The morning after pill starts to work straight away.



The morning after pill does **not** protect you from STIs.



## Vasectomy

This is a small operation a male can have.

This operation stops sperm going into semen.



It is mostly **permanent**.

This means it is very hard to undo.



A vasectomy can only be done by a doctor at hospital or in a clinic.



## Tubal ligation

This is an operation a female can have.

It is sometimes called having your tubes tied.



This stops a woman's eggs from going into her uterus.



It is permanent.

It is very hard to undo.



Tubal ligation is an operation that can only be done in a hospital.

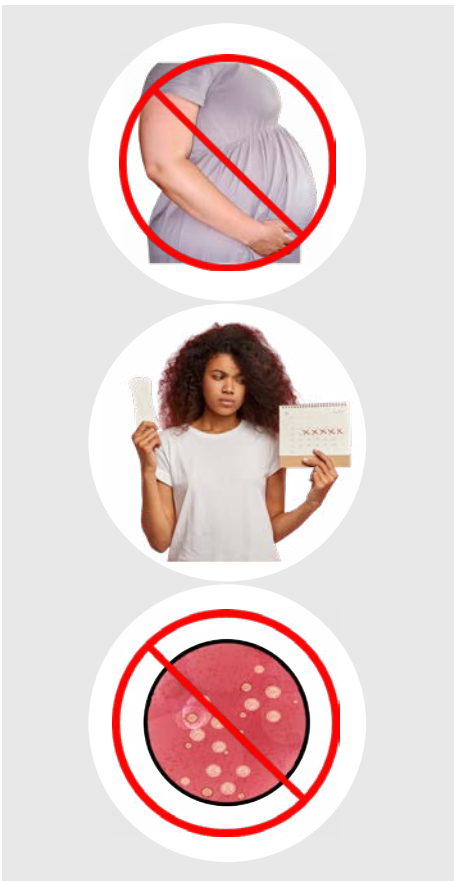
# Questions you can ask your doctor



Here are some questions you can ask your doctor.



They can help you choose the best contraception for you.



Which contraception will help me

- not get pregnant
- control my periods
- stop me from getting an STI?



I have sex with the same partner every time.

What contraception is best for me?



Does the contraception have any side effects?



How often do I need to use the contraception?



How long does it take for the contraception to work?

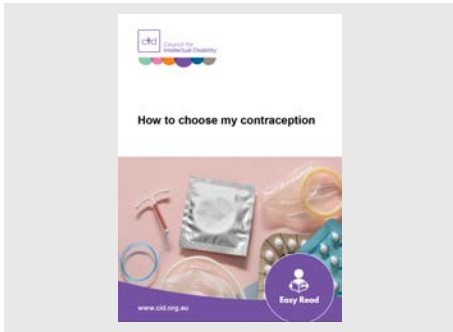


Can I try for a baby as soon as I stop using the contraception?



What else should I know?

## More information



This guide is not the same as advice from a doctor.



You should always talk to your doctor about your health.

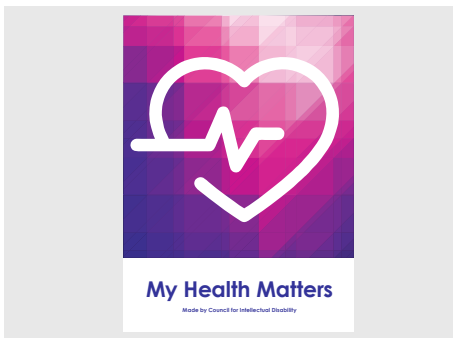


You can call **Healthdirect** if you cannot get to your doctor.

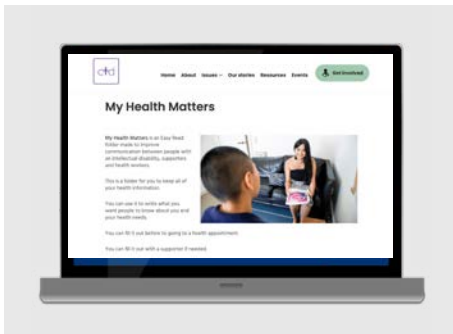


They can give you information on the phone.

Call **1800 022 222**.



My Health Matters Folder helps you tell doctors and other health workers what is important to you.



You can order or download the My Health Matters folder here  
[www.cid.org.au/resource/my-health-matters-folder](http://www.cid.org.au/resource/my-health-matters-folder)



See other Easy Read health guides here  
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