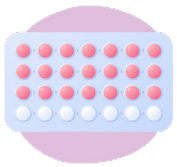


Contraception

Contraception can help you prevent pregnancy.

There are different types of contraception. Each type has different benefits. Some methods can be used while breastfeeding. Some methods are private – no one else needs to know you are taking them. Some methods last for years. Your doctor can help you work out which method could work best for you.



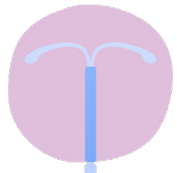
The most common contraception is **"the pill"**. It needs to be taken every day at the same time. The pill stops your ovaries from releasing an egg each month. You get the pill from a chemist but you need a script from your doctor.



The **contraceptive injection** is given by a doctor every 3 months. It stops your ovaries from releasing an egg each month.



The **contraceptive implant** is a small plastic rod that a doctor inserts into your upper arm. It stops your ovaries from releasing an egg each month. An implant lasts for 3 years.



The **Hormonal IUD** and **Copper IUD** are small T-shaped devices that a doctor puts into your uterus. They prevent the release of eggs. They last for 5 years or more.



A **condom** is a rubber tube that a man can put onto their penis to prevent sperm from entering the vagina. It can be bought at a chemist or supermarket. A new condom should be used every time you have sex.



If you have sex without contraception, you can take the **"morning after pill"** to reduce the chance of pregnancy. It is more effective if it is taken within 24 hours of sex. You can get the "morning after pill" from a chemist without a script.

There are other methods of contraception that you can talk to your doctor about.

Family Planning Tasmania is a health service that has clinics in Glenorchy, Launceston and Burnie. It has female doctors and nurses who are experts in contraception as well as cervical screening tests, pregnancy, pelvic pain, breast checks and menopause. Appointments are free for Concession Card holders and they can organise an interpreter.

To make a booking, call TIS on **131 450** and tell them your language. Tell the interpreter your name and which Family Planning Tasmania clinic you are calling:

- Glenorchy: 03 6273 9117
- Launceston: 03 6343 4566
- Burnie: 03 6431 7692.

Women's Health Tasmania can help you if you are pregnant and not sure what to do. You might want to talk about your fears of giving birth or your feelings as a new parent. You might want information about abortion in Tasmania. Call **1800 675 028** and ask for a counselling session. We will organise an interpreter.

