



Contraception: What is right for you?

Combined Vaginal Ring

Every woman has the right to choose if and when she wants to become pregnant. If you are sexually active, the only way to prevent pregnancy is to choose an effective method of contraception, and to use it correctly and consistently.

There are only 2 ways to prevent pregnancy:

1. Not having sexual intercourse (abstinence), or
2. Using an effective method of contraception.

There are many safe and effective methods of contraception available today, and one of them is right for you.

Our friendly staff at the Fertility Control Clinic can help you decide what contraception is right for you.

We care about your sexual health and wellbeing and we are experts in fertility control and reproductive health with over forty years experience.

Our health facilities and services are accredited to best practice standards and guidelines thereby providing quality assurance for you.

Our staff work together to provide you the best level of patient care.

For help to choose the right method of contraception or for more information, please contact the Fertility Control Clinic.

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What is a contraceptive vaginal ring?

A contraceptive vaginal ring is a soft and flexible ring that sits inside the vagina. The ring contains the hormones oestrogen and progesterone and prevents ovulation thereby stopping the body from releasing an egg. It also thickens the mucous in the cervix which prevents sperm from getting through and thins the lining of the uterus which makes it less suitable for pregnancy.

How effective is it?

More than 99% effective contraceptive method.

Advantages?

It helps to regulate periods and bleeding usually becomes shorter and lighter. Acne improves (which are similar advantages to "The Pill" but the ring contains lower doses of the hormones).

Disadvantages?

You must remember to replace the ring after the 7 day break and it is not recommended for all women with specific medical conditions. The ring is also expensive method of contraception.

Prevent STI and HIV?

No. Only latex male condoms and female condoms protect against STIs.

How to obtain it?

Fertility Control Clinic and your general practitioner. Only you and your doctor can decide if this contraceptive method is right for you.