



## Contraception: What is right for you?

### Contraceptive Implant (Implanon)

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 birth 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.

#### FERTILITY CONTROL CLINIC

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#### What is a contraceptive implant ( Implanon )?

A contraceptive implant is a hormonal implant inserted under the skin at the inner side of the upper arm. The implant prevents ovulation thereby stopping the body from releasing an egg, and thickens the mucous in cervix preventing sperm from getting through . The device is inserted under a local anaesthetic by a doctor.

#### How effective is it?

99.9% effective contraceptive method.

#### Advantages?

It lasts for 3 years; it is cost effective and can be used by women who can not take synthetic oestrogen.

#### Disadvantages?

Can cause irregularities with periods ( breakthrough bleeding ), headaches, acne, breast tenderness or increased appetite.

#### Prevent STI and HIV?

No.

#### How to obtain it?

Fertility Control Clinic and your general practitioner.