

CONTRACEPTION GUIDE

INTRODUCTION

Since there are many varieties of contraceptives, we've created this brochure to give you an overview of the different types. This will make it easier for you when making a choice about what contraception is best for you. It helps to know more about what they contain, how effective and expensive they are, and how long you have to take them for before you choose.

It is important to remember that only condoms protect against sexually transmitted infections. Even if you use another method of contraception, we recommend that you use a condom as well if you have sex with a new partner. You can order free condoms from www.gratiskondomer.no.

If you have any questions, you can chat with us on our website www.sexogsamfunn.no.

All the information in this brochure has been quality-controlled by Sex og samfunn and University of Oslo employees.

Oslo, November 2016

TYPES OF CONTRACEPTIVES

NON-HORMONAL CONTRACEPTIVES

Duration	Type	Find out more
5 years	Copper IUD	Page 8
Each time you have sex	Condoms	Page 10

HORMONAL CONTRACEPTION WITH PROGESTERONE ONLY

Duration	Type	Brand name	Find out more
3 or 5 years	Hormonal IUDs	Mirena (5 years), Levosert (3 years), Jaydess (3 years)	Page 12
3 years	Birth control implants	Nexplanon	Page 14
3 months	Birth control shot	Depo-Provera	Page 16
24 hours	Progesterone pills	Cerazette, Desogestrel Orifarm, Conludag	Page 8

HORMONAL CONTRACEPTION WITH OESTROGEN AND PROGESERONE

Duration	Type	Brand name	Find out more
3 weeks	Vaginal rings	NuvaRing	Page 20
1 week	Birth control patches	Evra	Page 22
24 hours	Birth control pills	Microgynon, Oralcon, Loette, Synfase, Mercilon, Marvelon, Yasmin, Yasminelle, Yaz, Qlaira, Zoely	Page 24

DIFFERENT TYPES OF CONTRACEPTIVES

Benefits and disadvantages

There are benefits and disadvantages to all contraceptives. The advantage of hormonal contraceptives, of any kind, is that they often reduce bleeding and pain during menstruation. An important difference between the methods is how long they have to be taken for.

NON-HORMONAL CONTRACEPTIVES

Non-hormonal contraception does not affect ovulation, so it does not alter your regular menstrual cycle.

The advantage is that you do not need to think about the side-effects hormones can cause. In addition, condoms protect you against sexually transmitted infections. The disadvantage is that you cannot control your menstruation, and copper-based IUDs can give you heavier bleeding and worse menstrual cramps than before.

HORMONAL CONTRACEPTION WITH PROGESTERONE ONLY

These contraceptives contain hormones similar to the female hormone progesterone. Progesterone prevents ovulation, making it harder for sperm to enter the uterus and making the lining of the uterus thinner so as to prevent any fertilised eggs from attaching.

Your ovulation cycle will quickly return once you stop taking the contraceptive. The only exception is the birth control shot: with this, it often takes a long time before your ovulation returns to normal. The advantage of contraceptives that only contain progesterone is that they do not increase the risk of blood clots, cardiovascular disease or breast cancer. Therefore, women who should not take oestrogen can use contraceptives only containing progesterone.

Many stop menstruating after using contraception for a few months, and this is nothing to be worried about. The disadvantage is that you cannot control your bleeding, and some may experience irregular bleeding or spotting.

HORMONAL CONTRACEPTION WITH BOTH OESTROGEN AND PROGESTERONE

These contraceptives are called combined oral contraceptive pills because they contain a combination of hormones similar to the female sex hormones oestrogen and progesterone. They protect against pregnancy by preventing ovulation and making it harder for sperm to enter the uterus. The effect is temporary. Your ovulation cycle will quickly return once you stop taking these contraceptives.

The advantage of combined contraceptives is that they give you good menstruation control, meaning you can decide when you want to menstruate. If you follow the instructions by taking a break from the hormonal pill one week each month, you will menstruate every month. You can also 'skip' your menstruation by not taking a break. The disadvantage of contraceptives containing oestrogen is that they can cause a slight increase in the risk of harmful side-effects such as blood clots (especially during the first six months), of cardiovascular disease and of breast cancer.

Harmless side-effects

It is normal to experience side-effects, no matter what contraceptive you choose.

These events are harmless. Luckily most side-effects stop after 1-2 months of use, so please try to bear with them when you start taking a new contraceptive. The most common side-effects are headache, nausea, mood changes, disturbances in menstrual bleeding patterns, pimples and decreased sex drive.

It is important for you to be satisfied with whichever contraceptive you choose. If these side-effects do not stop after a while, it may make sense to switch to another brand or another type of contraceptive. You are the only person who can assess how bad you find the various side-effects.



CORRECT USE IS MOST EFFECTIVE!

Most contraceptives are very safe, but for them to work properly, you must be careful to use them exactly the right way. The risk of unplanned pregnancy is largely related to how good you are at remembering your contraception, whether that be taking a pill daily or changing to a new patch or vaginal ring at the right time.

Taking other medicines, such as anti-epileptic medication, may reduce the effectiveness of your contraception. For those taking the pill, other conditions such as vomiting and diarrhoea can also affect their effectiveness.

The safest contraceptives are the ones that make it impossible to forget anything or do anything wrong. So the lowest likelihood of an unplanned pregnancy is with long-acting contraceptives such as implants and IUDs

Some contraceptives require you to remember more than others. The less you have to remember, the less you can do wrong!



Sex og samfunn client, aged 17

Not very safe

Safe

15+ out of 100
get pregnant per year

Condoms



3-8 out of 100 get
pregnant per year

Birth control shot



Less than 1 out of 100
get pregnant per year

Birth control
implants



Birth
control
pill



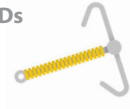
Hormonal IUDs



Mini pill



Copper IUDs



Contraceptive
patches



Vaginal ring



We recommend using hormonal contraception for protection against pregnancy.



If you have sex with a new partner, we recommend using a condom as well.

COPPER IUDs

Non-hormonal contraceptives

Copper IUDs, also called coils or copper Ts, are made of plastic, with a soft copper wire wrapped around part of the plastic. Copper IUDs prevent pregnancy without using hormones. The copper IUD is approximately 3 cm long. You still ovulate as normal, but the copper in the IUD destroys sperms' ability to fertilise an egg. Once the IUD is inserted, there is nothing more you need to remember for it to work properly.

If you use a copper IUD, your menstruation pattern will stay the same. Some bleed a bit more, and for a bit longer, than they would normally without the IUD. Using a copper IUD does not impair your ability to have children, no matter how long you use it for.

BENEFITS

Copper IUDs are one of the surest contraceptives. Copper IUDs save you hassle. You only have to think about contraception once every five years. Most women can use copper IUDs – even those who have never given birth. Copper IUDs give you none of the hormonal side-effects, and no harmful side-effects either.

DISADVANTAGES

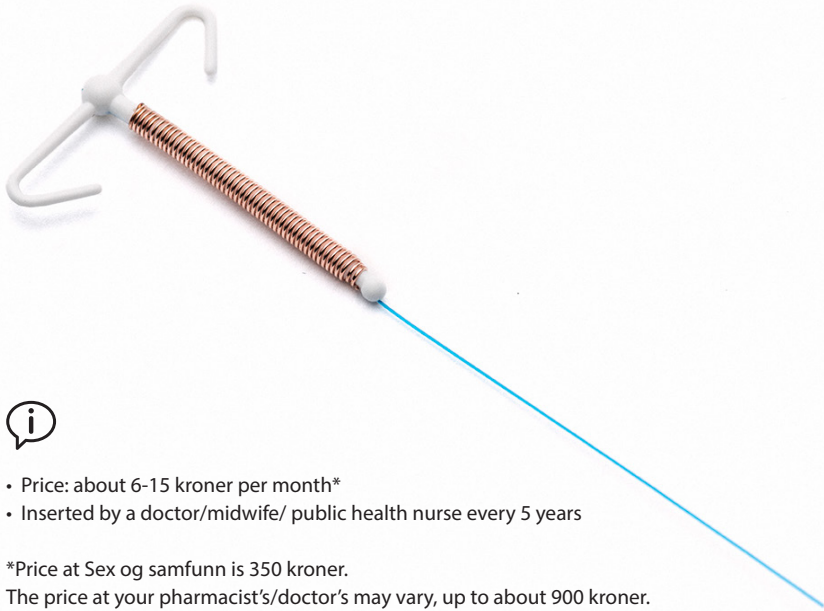
You might find that your bleeding and menstrual cramps are a bit heavier and last longer than your normal menstruation. This can be particularly unfortunate if you already suffer from menstrual pain or heavy bleeding.

WHERE DO I GET A COPPER IUD?

Copper IUDs can be purchased from most doctors. You can also purchase them at a pharmacy. The coil is inserted by a doctor, public health nurse or midwife. Since the IUD is placed inside the uterus, neither you nor your partner can feel it. The coil has a thin wire hanging down through the cervix, which you can feel at the back of your vagina if you put one or two fingers right in.

WHAT NEEDS TO BE CHECKED BEFORE I CAN HAVE A COPPER IUD?

- Checklist for your own health & safety (see page 27)
- Pregnancy test, if there is a possibility that you might be pregnant
- Testing for sexually transmitted infections before, or at time of, insertion
- You must undergo a gynaecological examination when you insert a copper IUD



- Price: about 6-15 kroner per month*
- Inserted by a doctor/midwife/ public health nurse every 5 years

*Price at Sex og samfunn is 350 kroner.

The price at your pharmacist's/doctor's may vary, up to about 900 kroner.
Free for 16- to 18-year-olds, and 19-year-olds pay about half price.

HELPFUL HINTS:

- You are advised to take painkillers one hour before insertion (2 Paracetamol 500 mg tablets plus 1 tablet of Ibuprofen 400 mg).
- Some people dread inserting an IUD, and are worried about it hurting. Think of it as an 'investment'. It doesn't take long to insert an IUD, and after that you do not have to think about contraception for the next five years!
- Schedule an appointment with a doctor, midwife or public health nurse 1-2 months after IUD insertion to check that the IUD is in place.
- Never use a menstrual cup if you have an IUD.
- If you wish to continue with the IUD after 5 years, you can have the old one removed and a new one inserted



CONDOMS

Non-hormonal contraceptives

Most condoms are made of latex, which is a type of rubber. Condoms come in different sizes, colours and flavours. Condoms are rolled onto an erect (stiff) penis before sex and are kept on until you have finished having sex. Anyone can use a condom. Latex-free condoms are also available, so that people allergic to latex can use a condom.

Condoms are the only contraceptives that protect both against pregnancy and against sexually transmitted infections.

BENEFITS

Condoms are a sure and effective way of protecting against both pregnancy and sexually transmitted infections, provided they are used correctly. Practice makes perfect. If you are in the habit of using a condom every time, it becomes a very effective contraceptive. Condoms do not contain any hormones, so they do not give the side-effects that hormones do. Condoms may slightly reduce sensation in the penis, so they can be an effective way of making sex last longer. Most condoms are covered with lubricant, and this can make sex more comfortable.

DISADVANTAGES

Some find it a disadvantage that condoms reduce sensation. Having to 'stop what you are doing' to put the condom on before sex can also be disruptive.

WHERE CAN I GET CONDOMS?

You can order free condoms by mail, sent in discreet packaging, from www.gratiskondomer.no. You can also get free condoms at Sex og samfunn. Condoms are sold in most grocery stores, supermarkets and kiosks. Vending machines can also be found in some public toilets, clubs etc.

WHAT NEEDS TO BE CHECKED?

No check-up is necessary to use a condom. Feel free to try out different sizes, smells, tastes and designs.



- Price: free from www.gratiskondomer.no; otherwise about 60-100 kroner for a pack of 10.
- Needs to be put on before sex.

HELPFUL HINTS:

- Check the date stamp and make sure that the wrapping is intact.
- Open the wrapping carefully so that you do not damage the condom.
- Your penis needs to be stiff when you put the condom on.
- Pull your foreskin back when you put on the condom, unless you are circumcised.
- Squeeze the tip of the condom (air bubbles can cause the condom to break).
- Hold at least one finger width on the tip of the condom while rolling down the rest of the condom, making sure not to damage the condom with your fingernails. Roll it right down to the base of your penis.
- Hold onto the condom at the base of your penis when you pull your penis out. You must use the condom the entire time you are having sex.
- Condoms must only be used once.
- Throw away condoms in your household rubbish bin after use, not in the toilet.
- Make 'dressing' the penis part of the fun!



HORMONAL IUDs

Hormonal contraceptives with progesterone only

Hormonal IUDs, or coils, are made of soft plastic and is about 3 cm long. The hormonal IUD is active for three to five years, but can be removed earlier, for instance if you want to get pregnant. Once the IUD is inserted, there is nothing more you need to remember for it to work properly. Most people who use hormonal IUDs will stop menstruating after a while. Some retain their menstruation pattern, while others may experience irregular bleeding or spotting. Although this may seem bothersome, it is harmless.

When you stop using hormonal IUDs, your normal menstruation will quickly return. Using a hormonal IUD does not impair your ability to have children, no matter how long you use it for.

There are three different brands:

- Mirena: Can stay in for up to five years.
- Jaydess: Can stay in for up to three years.
- Levosert: This is new on the market and is currently only approved for use for three years. The approved use is likely to be increased to five years.

BENEFITS

Hormonal IUDs save you hassle. You only have to think about contraception once every five (or three) years. Most women can use hormonal IUDs – even those who have never given birth. They have no harmful side-effects.

DISADVANTAGES

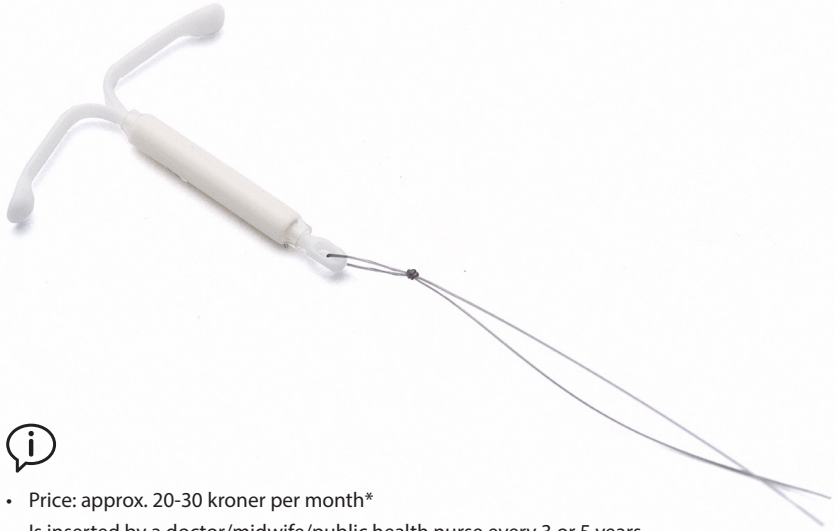
You do not know beforehand how your menstruation pattern will be.

WHERE CAN I GET A HORMONAL IUD

Hormonal IUD can be purchased at pharmacies. A doctor, public health nurse or midwife can write you a prescription for an IUD, and insert it. Since the IUD is placed inside the uterus, neither you nor your partner can feel it. The hormonal IUD has two thin wires hanging down through the cervix, which you can feel at the back of your vagina if you put two fingers right in.

WHAT NEEDS TO BE CHECKED BEFORE I CAN HAVE A HORMONAL IUD?

- Checklist for your and your family's health and safety (see page 27)
- Pregnancy test, if there is a possibility that you might be pregnant
- Testing for sexually transmitted infections before, or at time of, insertion
- You must undergo a gynaecological examination when inserting the IUD



- Price: approx. 20-30 kroner per month*
- Is inserted by a doctor/midwife/public health nurse every 3 or 5 years

*A hormonal IUD costs 935-1225 kroner, and can be used for 3-5 years. Hormonal IUDs are free for 16- and 17-year-olds. If you are 18 you have to pay about one third of the price, and 19-year-olds pay about two-thirds of the price.

HELPFUL HINTS:

- You are advised to take painkillers one hour before insertion (2 Paracetamol 500 mg tablets plus 1 tablet of Ibuprofen 400 mg).
- Some people dread inserting an IUD, and are worried about it hurting. Think of it as an 'investment'. It doesn't take long to insert an IUD, and after that you do not have to think about contraception for the next 5 (or 3) years!
- Schedule an appointment with a doctor, midwife or nurse 1-2 months after IUD insertion to check that the IUD is in place.
- Never use a menstrual cup if you have a hormonal IUD.
- If you wish to continue with the IUD after 5 (or 3) years, you can have the old one removed and a new one inserted



BIRTH CONTROL IMPLANTS

Hormonal contraceptives with progesterone only

Birth control implants or contraceptive implants are a soft plastic stick that are 4 cm long and 2 mm in diameter. Birth control implants contain only the hormone progesterone.

The implant can stay in for up to three years, although it can also be removed earlier. Once the implant is inserted, there is nothing more you need to remember for it to work properly. Most people with a birth control implant will either stop menstruating completely, or their menstruation will basically stay the same as before. Some people experience irregular bleeding or spotting. Although this may seem bothersome, it is harmless.

Once the implant is removed, you will soon start ovulating again. The implant does not affect your fertility, no matter how long you have it in for.

BENEFITS

Birth control implants save you hassle. You only have to think about contraception once every three years. Most women can use the implants. They have no harmful side-effects.

DISADVANTAGES

You do not know beforehand how your menstruation pattern will be.

WHERE CAN I GET A BIRTH CONTROL IMPLANT?

Birth control implants can be purchased at pharmacies. A doctor, public health nurse or midwife can write you a prescription for one, and insert the implant. The implant lies just under the skin of your upper arm, meaning that you can feel it but not see it. You get a small scar about 3 millimetres long at the implant insertion site. You will be given a local anaesthetic before it is implanted, so the procedure does not hurt at all.

WHAT NEEDS TO BE CHECKED BEFORE I CAN HAVE AN IMPLANT?

- Checklist for your and your family's health and safety (see page 27)
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required



- Costs about 32 kroner per month*
- Is implanted by your doctor/public health nurse/midwife every 3 years

* A birth control implant costs 1141 kr. and can stay in for up to 3 years. Birth control implants are free for 16- and 17-year-olds. If you are 18 you have to pay about one third of the price, and 19-year-olds pay about two-thirds of the price.

HELPFUL HINTS:

- The implantation does not hurt at all – you will be given a local anaesthetic beforehand.
- After implantation, you will have a small scar about 3 millimetres long where the implant was inserted.
- If you wish to continue to have an implant after 3 years, you can have the old one removed and a new one implanted.



BIRTH CONTROL SHOTS

Hormonal contraceptives with progesterone only

Birth control shots or contraception injections contain only the hormone progesterone. For the birth control shot to be effective, it is important for you to get a new injection no more than 12 weeks later. Most people who use birth control shots will stop menstruating after a while, while some may experience irregular bleeding or spotting. Although this may seem bothersome, it is harmless.

Once people stop taking contraceptive injections, it often takes a long time before they start ovulating again. So you may find that it can take 6-12 months for you to regain your normal menstruation pattern. However, birth control shots do not affect fertility after that point, no matter how long you were taking them.

BENEFITS

Contraceptive injections save you hassle. You only have to think about contraception four times a year. Most women can use birth control shots. Contraceptive injections have no harmful side-effects.

DISADVANTAGES

There may be a correlation between the use of birth control shot among girls who are not fully developed and subsequent osteoporosis in later years. Some also find it a drawback that it can take a long time for them to regain menstruation and ovulation after they have stopped getting birth control shots.

WHERE CAN I GET BIRTH CONTROL SHOTS?

Birth control shots can be purchased at pharmacies. A doctor, public health nurse or midwife can write you a prescription, and administer the injection.

WHAT NEEDS TO BE CHECKED BEFORE I CAN HAVE AN INJECTION?

- Checklist for your and your family's health and safety (see page 27)
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required.



- Costs 29 kroner per month*
- Is injected by your doctor/nurse/midwife every 12 weeks

* One Depo-Provera birth control injection costs 86 kr., and lasts for 12 weeks. If you are aged between 16 and 20, birth control shots do not cost you anything.

HELPFUL HINTS:

- If you experience a lot of irregular bleeding or spotting, it can help if you get a new injection after 8 weeks. For most people, the bleeding will stop.



PROGESTERONE PILLS

Hormonal contraceptives with progesterone only

Progesterone pills contain only the hormone progesterone. For progesterone pills to be effective, it is important for you to take them at the same time every day, and without any break between the packs of pills. Many people who use progesterone pills will stop menstruating completely after a while. Some retain their menstruation pattern, while others may experience irregular bleeding or spotting. Although this may seem bothersome, it is harmless.

Once you stop taking progesterone pills, you will soon start ovulating again. Progesterone pills do not affect your fertility, no matter how long you take them for.

BENEFITS

Most women can use progesterone pills. The pills have no harmful side-effects.

DISADVANTAGES

You must remember to take the pill every day. Also, you do not have any certainty beforehand as to what your menstruation pattern will be like.

WHERE DO I GET PROGESTERONE PILLS?

A doctor, public health nurse or midwife can write you a prescription. Progesterone pills are only available from pharmacies.

WHAT NEEDS TO BE CHECKED BEFORE I CAN TAKE PROGESTERONE PILLS?

- Checklist for your and your family's health and safety (see page 27)
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required.



- Cost between 29-60 NOK per month*
- Taken daily without a break

*One pack of 3 rounds (3 months' supply) costs between 88-181 kr. If you are aged between 16 and 20, you get a 111 kroner discount every three months, meaning that you get some of the progesterone pills for free.

HELPFUL HINTS:

- Take your pills in the morning – then that gives you a full 12 hours to remember in case you have forgotten a pill (except for Concludag, where you have to remember within 3 hours).
- Keep your pills with your mobile phone, and set an alarm or download an app that gives you a daily reminder to take the pills.



VAGINAL BIRTH CONTROL RINGS

Hormonal contraceptives containing oestrogen and progesterone

Vaginal rings contain two hormones, oestrogen and progesterone. Vaginal rings are a soft rubber ring. You squeeze the ring between your thumb and finger and insert it into your vagina. As long as the vaginal ring is correctly inserted, you will not notice it, and won't feel it during sex either.

When you stop using a vaginal ring, you will soon start ovulating again. Vaginal rings do not affect your fertility, no matter how long you have them in for.

BENEFITS

The advantage of vaginal rings is that they give you good control of your menstruation pattern. You can choose to skip periods. If you keep using a ring without any break in between, you'll eventually start to bleed. You then take a break for 4-7 days, and then insert the next ring.

DISADVANTAGES

You must remember to change rings. If you have problems with thrush or bacterial vaginosis, these conditions can be harder to treat while you are using a vaginal ring.

WHO CAN USE BIRTH CONTROL VAGINAL RINGS?

Most women can use vaginal rings. Due to a slight increased risk of harmful side-effects, some people are recommended not to use vaginal rings or other contraceptives containing oestrogen.

WHERE CAN I GET A BIRTH CONTROL VAGINAL RING?

A doctor, public health nurse or midwife can write you a prescription. Birth control rings are only available from pharmacies.

WHAT NEEDS TO BE CHECKED BEFORE I CAN USE A VAGINAL RING?

- Checklist for your and your family's health and safety (see page 27)
- Blood pressure measurement
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required.



- Costs about 113 kroner per month*
- Needs to be changed every 3 weeks

*One vaginal ring costs about 113 kroner and lasts for three weeks. If you are aged 16-20, the government will cover 111 kroner of the cost every three months.

HELPFUL HINTS:

- You can easily insert and remove the ring yourself by squeezing it to make it smaller and inserting into your vagina or pulling it out of your vagina.
- The ring can stay in the vagina during sex.
- The ring can be taken out for up to three hours a day, then reinserted. You will still be protected against pregnancy.



BIRTH CONTROL PATCHES

Hormonal contraceptives containing oestrogen and progesterone

Birth control patches or contraceptive patches are skin patches 4.5 x 4.5 cm in size containing two hormones, oestrogen and progesterone. For a birth control patch to be effective, it is important for you to replace it every week.

Once you stop using birth control patches, you will soon start ovulating again. Birth control patches do not affect your fertility, no matter how long you use them for.

BENEFITS

The advantage of patches is that they give you good control of your menstruation. You can choose to skip periods by skipping the weeks without a patch. If you keep skipping the patch-free week you'll eventually start to bleed. If you start to bleed, then you can take a break for 4-7 days before the next three-patch cycle.

DISADVANTAGES

You must remember to put on a new patch every week.

WHO CAN USE BIRTH CONTROL PATCHES?

Most women can use birth control patches. Due to a slight increased risk of harmful side-effects, some people are recommended not to use patches and other contraceptives containing oestrogen.

WHERE CAN I GET BIRTH CONTROL PATCHES?

A doctor, public health nurse or midwife can write you a prescription. Birth control patches are only available from pharmacies.

WHAT NEEDS TO BE CHECKED BEFORE I CAN USE BIRTH CONTROL PATCHES?

- Checklist for your and your family's health and safety (see page 27)
- Blood pressure measurement
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required.



- Costs 29 kroner per month*
- Needs to be changed every week

*One packet of 9 contraceptive patches (3 months' supply) costs 276 kr. If you are aged 16-20, you get a 111 kroner discount every three months.

HELPFUL HINTS:

- The patches are water-resistant and do not lose effect after swimming, showering or sweating.
- The patches can be put on any area of unbroken, clean and dry skin – except for your breasts, where you must not put them. The most common place to stick the patch on is the upper arm.
- You might like to change area when you put on a new plaster, to avoid any skin irritation



BIRTH CONTROL PILLS

Hormonal contraceptives containing oestrogen and progesterone

Birth control pills or contraceptive pills contain two hormones, oestrogen and progesterone. For birth control pills to be most effective, it is important for you to take them at the same time every day. Once you stop taking the pill, you will soon start ovulating again. The pill does not affect your fertility, no matter how long you take it for..

BENEFITS

The advantage of birth control pills is that they give you good control of your menstruation. You can choose to skip periods by starting a new pack of pills and skipping the break in between packs, or by skipping the placebo pills. If you keep skipping the period you'll eventually start to bleed anyway. If you start to bleed, then you can then take a break for 4-7 days before starting a new pack.

DISADVANTAGES

You must remember to take the pill every day

WHO CAN USE BIRTH CONTROL PILLS?

Most women can use the pill. Due to a slight increased risk of harmful side-effects, some people are recommended not to use birth control pills or other contraceptives containing oestrogen. RELIS (independent medicine information centre) recommends Microgynon or Oralcon (21-pill tray) and Loette (28-pill tray) as the first choice in oral contraceptives.

WHERE CAN I GET BIRTH CONTROL PILLS?

A doctor, public health nurse or midwife can write you a prescription. The pill is only available from pharmacies.

WHAT NEEDS TO BE CHECKED BEFORE I CAN USE THE PILL?

- Checklist for your and your family's health and safety (see page 27)
- Blood pressure measurement
- Pregnancy test, if there is a possibility that you might be pregnant
- No gynaecological examination is required.



- Costs 25-118 kr. per month*
- Has to be taken daily, break optional

*Prices vary. The cheapest pills cost 75 kr., and the most expensive 354 kr., per package. Each package contains 3 rounds of pills (3 months' supply). If you are aged between 16 and 20, you get a 111 kroner discount every three months, meaning that you get some of the pills for free.

HELPFUL HINTS:

- Take your pills in the morning – then that gives you a full 12 hours to remember in case you have forgotten a pill.
- Keep your pills with your mobile phone, and set an alarm or download an app that gives you a daily reminder to take the pills.



FORGOTTEN TO USE A CONTRACEPTIVE?

If you have forgotten your pills, ring or patch and are not sure what to do, you can go to www.sexogsamfunn.no where we have a chat service available.

There are three different emergency contraception options for preventing pregnancy after unprotected sex. Two of these methods can prevent ovulation.

Although certain emergency contraceptives still work up to 5 days after unprotected sex, we recommend taking them as soon as possible. The sooner you take them, the more effective they are. You should also take a pregnancy test 3 weeks after having unprotected sex to rule out a pregnancy.

HORMONAL EMERGENCY CONTRACEPTION

Type: EllaOne

Can be taken up to five days (120 hours) after unprotected sex

Prevents pregnancy in about 3/4 of cases if taken within 12 hours. After that it is less effective.

Can be purchased at a pharmacy – you do not need a prescription.

Type: Norlevo

Can be taken up to 3 days (72 hours) after unprotected sex

Prevents pregnancy in about 2/3 of cases if taken within 12 hours. After that it is less effective.

Can be purchased at a pharmacy – you do not need a prescription.

These tablets contain the hormone progesterone. It works by postponing ovulation for a few days. Take a pill as soon as possible after having unprotected sex. If you throw up less than 3 hours later, you should take another pill.

COPPER IUD AS EMERGENCY CONTRACEPTION

Type: Copper IUD

Can be taken up to 5 days (120 hours) after unprotected sex

Prevents pregnancy among over 99 percent women if it is inserted within 5 days.

You have to contact a doctor/midwife/public health nurse who can insert it.

IUDs do not stop ovulation, but prevent any potentially fertilised egg from attaching to the uterus, thus preventing pregnancy. Read more about copper IUDs on page 8.

PERSONAL DECLARATION FORM Name: _____

Please bring this page to your appointment Soc. sec. no. (11 digits): _____

I would like a doctor/ public health nurse/midwife to tell me more about these contraception methods (please tick):

- Copper IUD Condoms Hormonal IUDs Birth control implants Birth control shot
- Progesterone pills Vaginal rings Birth control patches Birth control pills Emergency contraception

So that we can be sure that it is safe to prescribe you the contraceptive you want, it is important for you to fill in the points below before your appointment:

	NO	YES	Not sure
I could already be pregnant now (unprotected sex/forgotten to take the pill)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a smoker (regular and/or social smoker)	<input type="checkbox"/>	<input type="checkbox"/>	
I have irregular vaginal bleeding (bleeding between periods)	<input type="checkbox"/>	<input type="checkbox"/>	
I have, or have had, blood clots or a known coagulation disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Close family member (mother, father, sibling) had clots before age 45	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had a stroke or heart attack myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have high blood pressure (or am taking blood pressure medication)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a pre-existing liver or bile duct condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had breast cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I suffer from migraines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I (might) have a gynaecological infection (e.g. chlamydia)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I gave birth less than six weeks ago/I am breastfeeding now	<input type="checkbox"/>	<input type="checkbox"/>	
I take medication	<input type="checkbox"/>	<input type="checkbox"/>	

If yes, what medication (please put what you take them for if you can't remember the name):

To be filled in by the doctor/public health nurse/midwife:

Date: _____ Contraception chosen: _____

Pat. informed: in writing verbally Sign: _____

Sex og samfunn

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