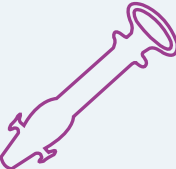
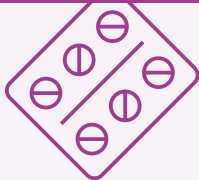


Post abortion contraception summary sheet


I. STARTING CONTRACEPTIVE METHODS

SURGICAL ABORTION	MEDICAL ABORTION	IMMEDIATE LARC INSERTION:
 <p>All methods can be started at the time</p>	 <p>Injection, pills, patches, implants: Can be started/ fitted at the time</p> <p>IUD, ring: Can be fitted after expulsion of the pregnancy</p>	<ul style="list-style-type: none"> - better uptake - reduced risk of unplanned pregnancy.

8-10 DAYS
Following an abortion, ovulation can return within 8-10 days

5 DAYS
All methods immediately effective if started within 5 days of an abortion

INITIATING A DISCUSSION

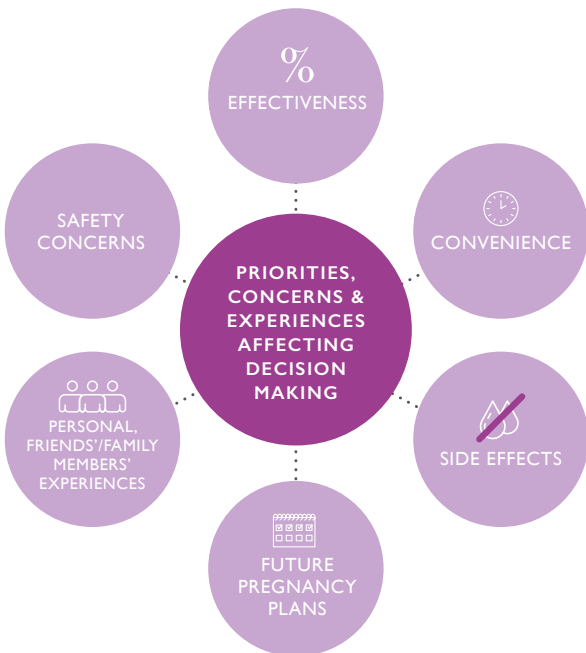


SHARED DECISION MAKING

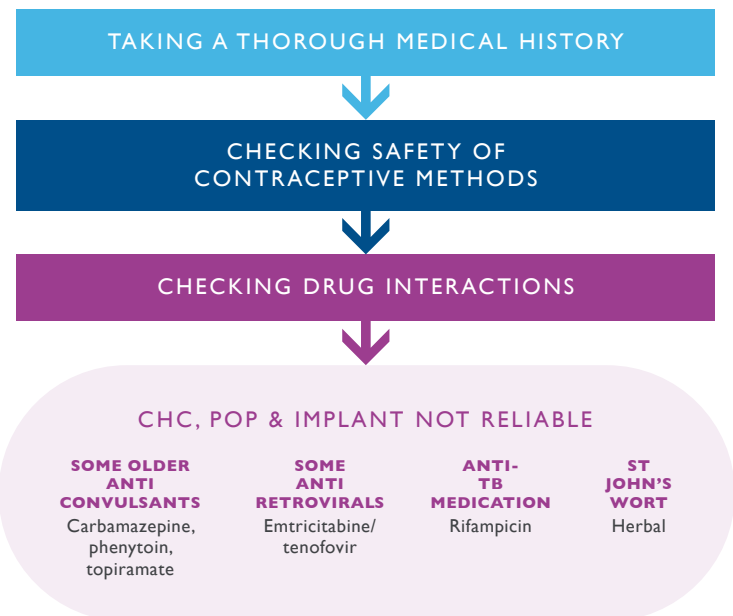
- Offer choice
- No pressure

- Information gathering
- Identify contraindications
- Information sharing

2. INFORMATION GATHERING



3. IDENTIFYING CONTRAINDICATIONS



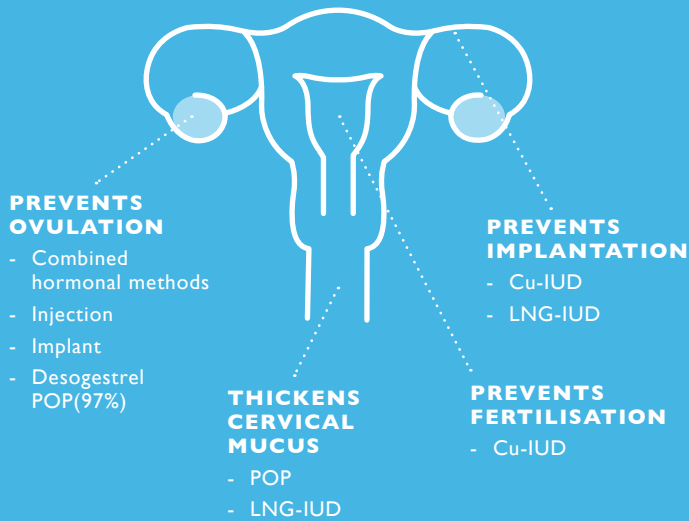
4. INFORMATION TO FACILITATE DECISION MAKING

HOW METHODS WORK

MAIN ADVANTAGES & DISADVANTAGES PAGE 3

EFFECTIVENESS

5. HOW CONTRACEPTIVES WORK



6. CONTRACEPTIVE EFFECTIVENESS

How many will get pregnant in first year of use?

1. HIGHLY EFFECTIVE

<1 pregnancy in 100 per year

IMPLANT
LNG-IUD
CU-IUD
STERILISATION

2. EFFECTIVE

1-10 pregnancies in 100 per year

INJECTION
CHC
POP

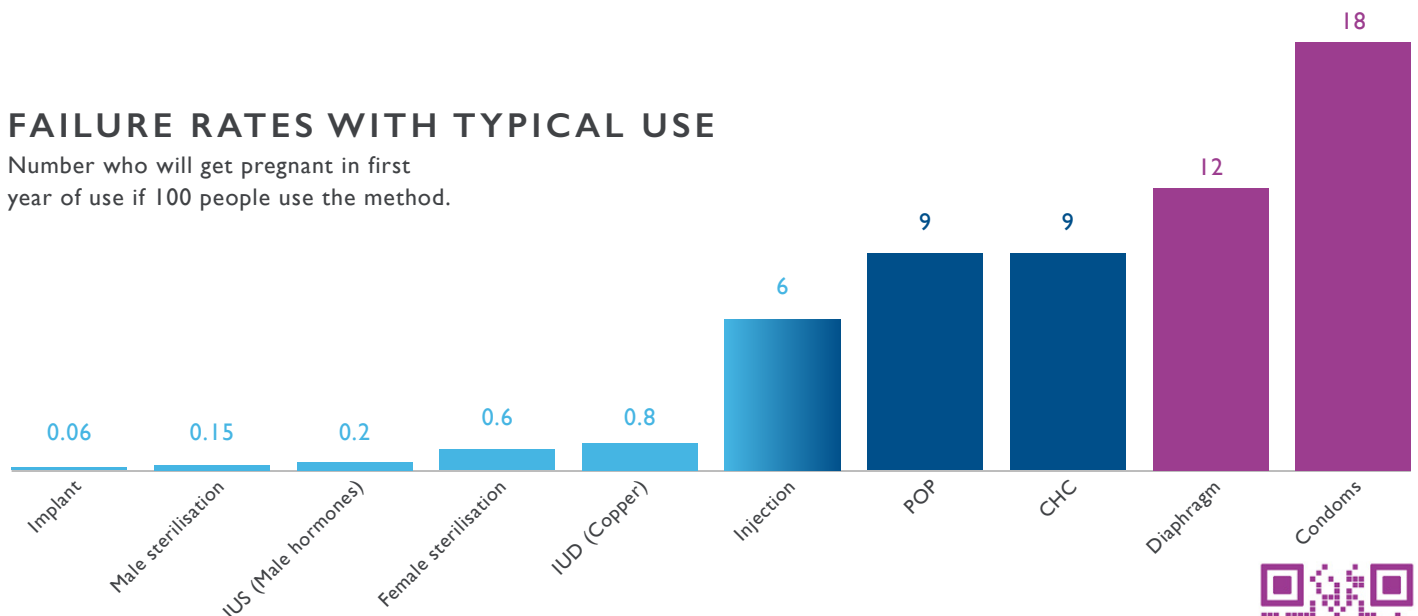
3. LESS EFFECTIVE

>10 pregnancies in 100 per year

CONDOMS
FERTILITY AWARENESS METHODS

FAILURE RATES WITH TYPICAL USE

Number who will get pregnant in first year of use if 100 people use the method.



7. MAIN ADVANTAGES & DISADVANTAGES

CU-IUD



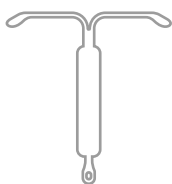
ADVANTAGES

- Lasts for 5-10 years
- Once fitted, no action needed by users
- No hormonal side effects
- Effective as soon as it's inserted
- Fertility returns to normal as soon as it's removed

DISADVANTAGES

- Minor medical procedure to insert, can be painful
- Very small risk of perforation
- Small risk of expulsion
- Small risk of infection for 3 weeks after insertion
- Risk of heavier/longer/more painful periods

LNG-IUD



ADVANTAGES

- Lasts for 3-6 years
- Once fitted, no action needed by users
- Fewer or no periods (treatment for heavy periods)
- Fertility returns to normal as soon as it's removed

DISADVANTAGES

- Minor medical procedure to insert, can be painful
- Very small risk of perforation
- Small risk of expulsion
- Small risk of infection for 3 weeks after insertion
- Risk of light vaginal bleeding for 3-6 months after insertion

COMBINED
HORMONAL
CONTRACEPTIVES



ADVANTAGES

- Easy to use, controlled by user
- Effective compared to some other methods
- Regular withdrawal bleed improves irregular bleeding
- Helps with premenstrual symptoms and heavy and painful periods
- Used to treat acne, endometriosis, polycystic ovary syndrome
- Association with reduction of ovarian/endometrial cancer risk

DISADVANTAGES

- Need to remember to take/change it regularly
- Not as effective as LARC methods
- Many medical contraindications e.g. VTE, CVD, migraine with aura
- Small increase in risk of VTE
- Small increase risk of breast cancer

IMPLANT



ADVANTAGES

- Lasts for 3 years (Implanon/Nexplanon) or 5 years (Jadelle)
- Once fitted, no action needed by users
- Fertility returns to normal as soon as it's removed

DISADVANTAGES

- Insertion and removal procedure by healthcare provider
- Unpredictable bleeding

POP

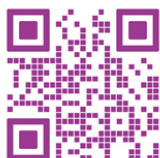


ADVANTAGES

- Effective compared to some other methods
- Very few contraindications, almost everyone can use it
- May help with pre menstrual symptoms and painful and heavy periods

DISADVANTAGES

- Need to remember to take it every day
- Not as effective as LARC methods
- Unpredictable bleeding



7. MAIN ADVANTAGES & DISADVANTAGES

PROGESTOGEN INJECTION



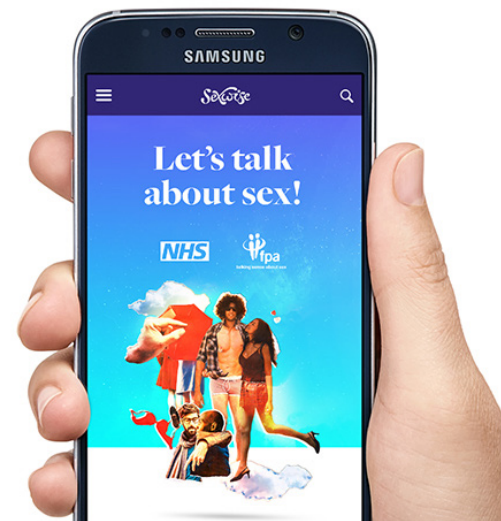
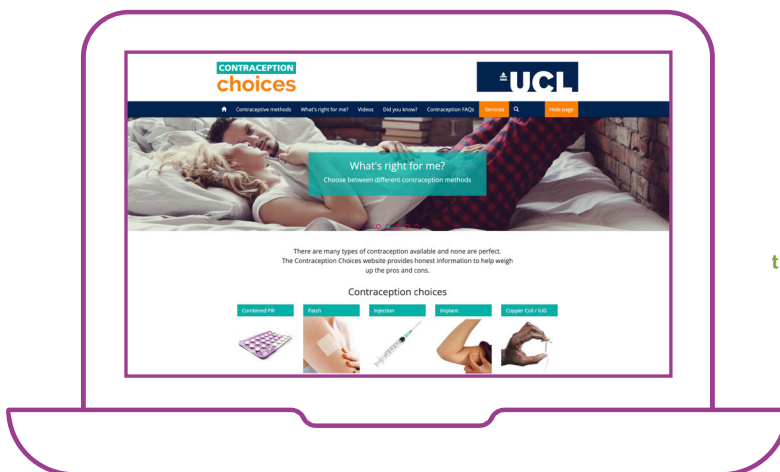
ADVANTAGES

- Effective compared to some other methods
- Likely to stop periods
- Don't need to remember to take every day
- Not associated with increased risk of acquiring HIV

DISADVANTAGES

- Need to remember to repeat every 3 months
- Not as effective as LARC methods
- Can delay return to fertility (up to 1 year) after stopping
- Erratic bleeding is common initially
- Likely to stop periods (advantage for some)
- Association with weight gain
- Slightly reduce bone density

8. ACCESSIBLE PATIENT INFORMATION



9. INFORMATION PRIOR TO PRESCRIBING/FITTING METHODS

PROGESTOGEN ONLY METHODS

POP

- Effectiveness** Typical effectiveness: **91%**
Not as effective as LARCs
- How method works** Thickens cervical mucus
Desogestrel pills prevent ovulation in 97%
- Side effects/risks** Unpredictable bleeding
- How to take** 1 pill per day, no break
Not effective if vomits within 2 hours of taking
- What to do if late** Desogestrel POP: 12 hours
Traditional POP: 3 hours
Condoms until 2 days after resumed pill taking

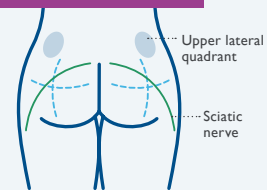


PROGESTOGEN ONLY INJECTION

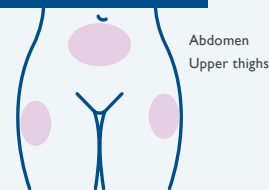
- Effectiveness** Typical effectiveness: **94%**
Not as effective as LARCs
- How method works** Prevents ovulation
- Side effects/risks** Bleeding changes
Weight gain
Fertility return
Slight bone density loss
- How to take** Deep intra-muscular:
HCP administered
Subcutaneous: self-administered
- How long it lasts** Repeat every 2 or 3 months, depending on type
Give date for next injection
If late, condoms until 7 days after next injection



Deep intramuscular HCP administered e.g. Depo-provera



Subcutaneous Self administered e.g. Sayana Press



IMPLANT

- Effectiveness** Typical effectiveness **>99%**
Not as effective as LARCs
- How method works** Prevents ovulation
- Side effects/risks** Small scar at insertion site
Unpredictable bleeding
Insertion risks
- How to take** Take <5 mins to fit by HCP
Local anaesthetic
Subdermal
Non-dominant upper, inner arm
- How long it lasts** 3 years, (Implanon/Nexplanon)
5 years (Jadelle)



INTRAUTERINE DEVICES

LNG-IUD & CU-IUD RISKS

- INFECTION: <1 IN 100**
- EXPULSION: 1-5 IN 100**
- PERFORATION: 1-2 IN 1000**
- ECTOPIC PREGNANCY: <1 IN 2000**

LNG-IUD

- Effectiveness** Typical effectiveness: **>99%**
- How method works** Thickens cervical mucus
Prevents implantation
- Side effects/risks** Bleeding changes
Infection
Perforation/expulsion
Ectopic pregnancy
- How to fit** Fitted by HCP
Can be painful to insert
Pain relief medication and local anesthetic helps
- How long it lasts** 3-6 years
Longer if inserted after age 45 (52 mg LNG-IUD only)

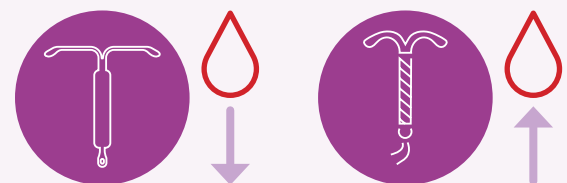


CU-IUD

- Effectiveness** Typical effectiveness: **>99%**
- How method works** Prevents fertilisation
Prevents implantation
- Side effects/risks** Bleeding changes
Infection
Perforation/expulsion
Ectopic pregnancy
- How to fit** Fitted by HCP
Can be painful to insert
Pain relief medication and local anesthetic helps
- How long it lasts** 5-10 years
Longer if inserted after age 40yrs



LNG-IUD & CU-IUD BLEEDING CHANGES



LNG-IUD:
Risk of light vaginal bleeding for 3-6 months after insertion.
Risk of amenorrhoea

CU-IUD:
Risk of heavier, longer, more painful periods

9. INFORMATION PRIOR TO PRESCRIBING/FITTING METHODS

COMBINED HORMONAL METHODS



Pill

One pill each day for 3 weeks

1 week break



Patch

One patch each week for 3 weeks

Withdrawal bleed (WDB) for a few days usually lighter than periods



Ring

One ring for 3 weeks

Effectiveness

Typical effectiveness: **91%**

How method works

Prevents ovulation

Side effects/risks

VTE
CVD
Breast cancer

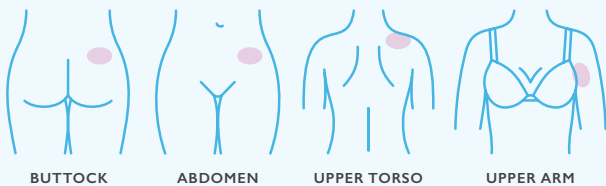
How to take

Pill: take daily
Patch: lasts 1 week
Ring: lasts 3 weeks

What to do if late

Pills: count as late if more than 24 hours since last pill

WHERE PATCH IS WORN



FLEXIBLE EXTENDED CHC PILL REGIMEN



VTE RISKS	RISK PER 10,000
No hormonal contraception, not pregnant	2-4
CHC containing ethinylestradiol + levonorgestrel / norgestimate / norethisterone	5-7
Vaginal ring and patch	6-12
CHC containing ethinylestradiol + gestodene / desogestrel / drospirenone	9-12
Pregnancy	29
Immediately postpartum	300-400

EVIDENCE DOES NOT SUPPORT A CAUSAL ASSOCIATION BETWEEN:

IMPLANT

HEADACHES

POP

WEIGHT CHANGES

CHC

**MOOD CHANGES/
DEPRESSION**

ACNE

BREAST TENDERNESS

If hormonal contraception is started more than 5 days after an abortion need to avoid sexual intercourse or use condoms:

CHC FOR 7 DAYS

INJECTION FOR 7 DAYS

IMPLANT FOR 7 DAYS

LNG-IUD FOR 7 DAYS

POP FOR 2 DAYS

