

You are in a sexual relationship and want to enjoy sex safely, without any shocks or surprises

You are not sure if you are with your lifelong partner and there's a lot you still want to do; a pregnancy does not in any way fit in with your plans right now!

Contraceptive methods are available precisely for this reason, to prevent unwanted pregnancy.

There are many effective types of contraception, the most appropriate depends on you, your lifestyle and the type of relationship you have. At HC Marbella we will examine your case with you and advise you on which one we think would be the best suited to your needs and preferences, whilst providing you with comprehensive information on them all.



“ My name is **Caroline**, I'm 18 and I'm worried about **#Contraception**.

Points for and against hormonal contraception?

- Points in its favour include: regulation of the menstrual cycle, reduction in flow and reduction in period pain. It also reduces the risk of anaemia and the risk of ovarian, endometrial and colon cancer.
- Points against include: lack of protection against sexually transmitted diseases as well as possible side effects such as nausea and headache. Long-acting methods do not contain oestrogen and therefore do not regulate the menstrual cycle well, this can cause undesired bleeding.

What is right for your friend may not be right for you!

In general, hormonal contraceptives are quite safe, millions of women have been using them for many years, the benefits outweighing the risks. However there are a group of conditions which must be ruled out before starting them, to prevent any risk. These include: severe liver disease, diabetes and history of stroke as well as current pregnancy. At HC Marbella we recommend that you do not start to use any form of contraception before speaking to a specialist.

What types of contraception are there?

There is a wide variety of contraception available, with different classifications, At HC Marbella we prefer to classify them according to their duration: short acting (1 month) or long acting (3 to 5 years) and their composition: hormonal or non-hormonal.

➤ **Hormonal contraceptive methods** are those most commonly used throughout the world, and are very effective. They act by inhibiting ovulation, they also cause mucous to thicken and the neck of the uterus to become impenetrable to sperm.

- If you prefer one which is short-acting you can take this in the form of the pill, which is taken once a day, in the form of a vaginal ring, which is used in the same way as a tampon and only needs to be changed every 28 days, or in the form of a patch, which sticks to the skin and requires changing every week. Reliability is similar in all 3 cases, but forgetting just one reduces the effect, with the resulting risk of pregnancy.
- If you want to forget about contraception in the long term, you can choose a long-acting contraceptive such as the IUD (intrauterine device or coil) or in the form of an implant (under the skin in the arm).

➤ **Non-hormonal contraceptive methods** include barrier methods (condom or diaphragm) and the intrauterine device (Copper IUD). They are less effective than hormonal methods, although sometimes they are necessary for medical reasons or to complement a hormonal method to prevent sexually transmitted diseases.

You should know:

- The morning after pill is a second opportunity to prevent an unwanted pregnancy, but must not be considered as a regular method of contraception.
- To prevent sexually transmitted diseases we recommend that you use the “double method,” hormonal contraception and a condom..
- Forgetting is one of the main causes for contraception to be ineffective. Put a reminder on your phone so that you never forget to take it!