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| Contraception methods |
| Barrier methods of contraception |

You have to remember to use these methods every time you have sex

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| Method | Male condom | Female condom | Diaphragm (Caya™) |
| **Effectiveness\*** | * Perfect use: 98% * Typical use: 82% | * Perfect use:95% * Typical use: 79% | * Perfect use: 86% * Typical use: 82% |
| **What is it?** | * A latex (or polyurethane) covering that is put over the erect penis, stopping sperm from getting into the vagina. | * A loose polyurethane pouch that sits in the vagina. * Has a flexible ring at each end (the inner end is closed). * Stops sperm from getting into the uterus. * Available from Family Planning Victoria [https://www.fpv.org.au/] (by mail order) and some retail outlets and sexual health clinics. | * A soft, shallow, single-size silicone dome that fits in the vagina. * Covers the opening to the uterus, stopping sperm from getting through. * Can be bought online, from some family planning clinics and pharmacies. |
| **How often do you use it?** | * Put on every time before intercourse or before any contact between the penis and the vagina. * One use only. | * Put in every time before intercourse or before any contact between the penis and the vagina. * One use only. | * Should be inserted before sex and left in for six hours afterwards. |
| **Benefits** | * Provides the best protection against sexually transmissible infections. | * Can be put in several hours before sex. * Stronger than the male latex condom. * Protects against sexually transmissible infections. | * Re-useable. * Should be replaced after two years. |
| **Other considerations** | * Remove carefully afterwards. * Easily available from:   + - pharmacies     - supermarkets     - sexual health clinics     - vending machines (in some locations). | * May take some practice to use correctly. * Remove carefully afterwards. * Slightly more expensive and less readily available than male condoms. | * The single size diaphragm fits most women. * See a doctor or nurse to check that the diaphragm is a good fit for you. |

\* Perfect use = when used exactly as intended

\* Typical use = when not used perfectly.

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