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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%
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| **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.
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| **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.
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| **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.
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| **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.
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\* Perfect use = when used exactly as intended

\* Typical use = when not used perfectly.

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