men and babies

No one said it would all be easy...

in association with The Men’s Project
### Contraceptive Methods with No Possibility of User Failure

<table>
<thead>
<tr>
<th>Method</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Combination pills</strong></td>
<td>- Improved menstrual bleeding; - Effective against acne</td>
<td>- Side effects (nausea, depression, weight gain)</td>
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<tr>
<td><strong>Implants</strong></td>
<td>- Effective for up to 3 years; - No monthly bleeding</td>
<td>- Side effects (bleeding, weight gain)</td>
</tr>
<tr>
<td><strong>Intrauterine Devices</strong></td>
<td>- Effective for up to 5 years; - No monthly bleeding</td>
<td>- Side effects (bleeding, weight gain)</td>
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<tr>
<td><strong>Progestogen-only pills</strong></td>
<td>- Effective for up to 2 years; - No monthly bleeding</td>
<td>- Side effects (bleeding, weight gain)</td>
</tr>
</tbody>
</table>

### Effects on the Body

- **Periods:** Usually return after stopping the implant or injection.
- **Weight gain:** Common; first 3 months is worst.
- **Bleeding:** Normally lighter and less painful.
- **Painful periods:** Common; first 3 months is worst.

### Protecting Against Cancer

- **Single implant:** Protects against cervical cancer.
- **Implanting:** Usually inserted under the skin. It releases progestogen, a hormone against cancer, slowly over 3 years. Quickly reversed by stopping implanting.
- **Cervical mucus:** Thicker, preventing the sperm from meeting the egg.

### Protecting Against Infection

- **Condoms:** Use as emergency contraception after unprotected sex. Effective against sexually transmitted infections. Should be used correctly and consistently to prevent infection.
- **Implants and injections:** Effective against pregnancy. Other contraception methods are not foolproof, and it's important to use condoms in addition.
- **Implants:** Usually inserted under the skin. It releases progestogen, a hormone against cancer, slowly over 3 years. Quickly reversed by stopping implanting.
- **Cervical mucus:** Thicker, preventing the sperm from meeting the egg.

### Male Sterilisation

- **Vasectomy:** A small plastic device is attached to each testis, allowing sperm to be removed. A small possibility of long-term side-effects.
- **Sterilisation:** Permanently prevents fertilisation. Other contraception methods are not foolproof, and it's important to use condoms in addition.

### Female Sterilisation

- **Sterilisation:** Permanently prevents fertilisation. Other contraception methods are not foolproof, and it's important to use condoms in addition.
- **Periods:** Usually return after stopping the implant or injection.
- **Weight gain:** Common; first 3 months is worst.