Introduction:
- Contraception, also known as Birth Control and fertility control, is a method or device used to prevent pregnancy.

Methods of Contraception:
1. Temporary Method
2. Permanent Method

Classification of Contraceptive Methods:

Temporary Methods

Barrier Method
1. Physical
   - Condoms
   - Diaphragms
2. Chemical
   - Cream
   - Jelly
   - Foam Tablets
3. Combined
   - Condoms + Jelly

Hormonal
1. Oral Pills
   - Combined Oral Pills eg. Mala-N, Mala-D
   - Progesterone Oral Pills
   - Male Pill
2. Injectables
   - DMPA
   - NET-EN
3. Subdermal Implant
   - eg. Norplant

Intrauterine Devices
1. First generation
   - Lippes Loop
2. Second generation
   - Copper - T
3. Third generation
   - Progestart

Permanent Method

For Female
- Tubectomy
- Mini - Lap Operation
- Laparoscopic Tubectomy

For Male
- NSV (Non Scalpel Vasectomy)

Natural Method
- Breast Feeding
- Abstinence
- Rhythm Method
- Withdrawal
【Special Key Points】

★ Emergency Contraception - **Levonorgestrel** 1.5 mg, Which should be use in 72 hours of unprotected intercourse.

★ **Abstinence** is 100% effective way to Prevent Pregnancy, STD, HIV.

➢ **Pearl Index** :- वे Method Pregnancy failure rate को determine करने के लिए करते हैं
   वे Birth Control का effective Method हैं,

• A woman can start the Pill up to day 5 of the Bleeding.

★ Oral Contraceptives Pills वे **Ovulation को Supress** कर Birth Control का काम करती हैं।

★ Best Method of Contraception for a Newly married healthy couple ( also known as **Honeymoon Contraception** is **Combined Oral Pills**.

• Combine OCP, contains Oestrogen is 30 micrograms.

★ When taking Oral Contraceptive Pills, if one tablet is missed, it should be taken as soon as it is remembered, alternatively 2 tablets can be taken the following day.

★ OCP increase chance of Breast Cancer and Decrease Chance of Ovarian Cancer.

★ Contraception for a Patient with Heart Failure - **Diaphragm**

★ **Diaphragm** also known as "**Dutch Cap**".

★ Mifepristone is a Progesterone antagonist, also Known as **RU-486**, is used in MTP with Misoprostol combination.

  o Best Contraceptives for a 20 year Nulliparous woman is **OCP Oral Contraceptives Pills**.
  o Copper T have Highest incidence of Ectopic Pregnancy.
  o **TODAY** is the Contraceptives method which has been Recently introduced Contain 9-Nonoxynoly.
**CU-T 380 A** IUCD Should be Replaced once in **10 years.**

**Most common complication of IUCD is Bleeding.**

**First Generation IUCD is** Lippes loop (Double S Shape).

**Second Generation IUCD is** Copper T.

**Third Generation IUCD is** Progestart.

**Most suitable timing of IUD insertion is during menstruation or within 10 days (7 - 10 days) of the beginning of MC.**

**IUD may also be inserted in immediate post partum or 1st weeks after delivery (On the first partum visit.)**

• **Multi loaded Devices** (Second Generation) --> ML CU-250, ML CU-375.

▶ **Injectable Progestron Contraceptives :-**

  • DMPA (Depot medroxy-Progesteron Acetate) - 150 mg / 3 month [I.M.]
  • NET-EN (Norethisterone Enantate) - 200 mg / 2 month [I.M.]

▶ **Permanent Sterilization :-**

  • Female Sterilization - Tubectomy
  • Male Sterilization - Vasectomy
  • Female Sterilization is commonly Performed at Isthmus of Fallopian tube.
  • Most Successful / Ir-reversible method of Tubal ligation is Bipolar Cautery.
  • LaproScopic ligation is Contraindicated in Heart Disease.
  • Vas Deferens Duct close/clamp during male Sterilization.

**Q.** Oestrogen & Progesteron गर्भधारण करने के लिए आवश्यक हार्मोन हैं फिर इनका Use OCP में क्यों करते हैं ?

**Ans.** - High dose of Oestrogen यह FSH को suppress कर Follicular Growth को रोकने का काम करता है, इसके साथ Progestin - LH को suppress कर Anovulatory effect डालती है।

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