









Female Athlete Education.

HORMONAL **CONTRACEPTION:** THE DIFFERENT TYPES

COMBINED CONTRACEPTIVE PILL

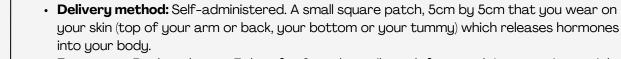
Example brands: Microgynon®, Rigevidon®, and Ovranette®



- · Delivery method: Self-administered, taken orally
- Frequency: Some types might be taken every day whereas others might be taken for 21 days followed by a break for 7 days. Sometimes individuals might have a shorter break of 4 days (tailored regime) or skip the break (continuous regime).
- Formulation: Synthetic oestrogen and progesterone. Also available in monophasic, biphasic, triphasic and quadraphasic forms.

CONTRACEPTIVE PATCH

Example brands: EVRA®



- Frequency: Replaced every 7 days for 3 weeks until patch free week (or sometimes might be worn back-to-back)
- · Formulation: Synthetic oestrogen and progesterone.

VAGINAL RING

Example brands: NuvaRing®



- · Delivery method: Self-administered, inserted into vagina. It's made of soft plastic and is around 5cm across.
- Frequency: Replaced every 3 weeks followed by ring free week (or sometimes might be worn back-to-back)
- · Formulation: Synthetic oestrogen and progesterone.

PROGESTIN-ONLY PILL

Example brands: Cerazette®, Cerelle®, and Norgeston®



- Delivery method: Self-administered, taken orally.
- Frequency: Typically this is taken daily for 28 days. When you finish a pack, you start a new pack the next day (without any break). Some new forms might be taken for 24 days followed by a 4 day break.
- Formulation: Synthetic progesterone only.

INJECTION

Example brands: Depo-Provera™



- · Delivery method: Medically administered, intramuscular injection (you can choose to do one type of contraceptive injection yourself at home and a doctor or nurse can show you how to do this).
- Frequency: Once every 8 to 13 weeks, depending on the type.
- Formulation: Synthetic progesterone only.

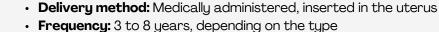
IMPLANT

Example brands: Implanon™ and Nexplanon™

- · Delivery method: Medically administered. A small plastic rod, around 4 cm long which is implanted under skin of the upper arm.
- Frequency: 3 years then needs to be replaced with a new one
- Formulation: Synthetic progesterone only.

INTRAUTERINE SYSTEM [IUS]

Example brands: Mirena™



• Formulation: Synthetic progesterone only.

*Please note: The IUS (or hormonal coil) is <u>not</u> the same as an intrauterine device (IUD). An IUD, also known as a copper coil, does not contain any synthetic hormones.

T**his infographic does not constitute medical advice.** It is essential to consult with your healthcare provider/GP



