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Female Athlete Education.

# HORMONAL CONTRACEPTION: THE DIFFERENT TYPES

01



## COMBINED CONTRACEPTIVE PILL

*Example brands: Microgynon®, Rigevidon®, and Ovrnette®*

- **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 quadruphasic forms.

02



## CONTRACEPTIVE PATCH

*Example brands: EVRA®*

- **Delivery method:** Self-administered. A small square patch, 5cm by 5cm that you wear on your skin (top of your arm or back, your bottom or your tummy) which releases hormones into your body.
- **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.

03



## 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.

04



## 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*.

05



## 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*.

06



## 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*.

07



## INTRAUTERINE SYSTEM [IUS]

*Example brands: Mirena™*

- **Delivery method:** Medically administered, inserted in the uterus
- **Frequency:** 3 to 8 years, depending on the type
- **Formulation:** Synthetic progesterone *only*.

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



This infographic does not constitute medical advice. It is essential to consult with your healthcare provider/GP regarding hormonal contraceptive options to make informed decisions that prioritise your health and safety. Always adhere to the manufacturer's instructions and follow your doctor's advice.

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