



are you
having
sex?



are you
ready for
a baby?



Family planning is
about having a baby
when you are ready



Options for Family Planning

It's ***your*** choice.

Te Whatu Ora

Health New Zealand

Counties Manukau

IUCD (NO HORMONE)

DESCRIPTION:

- May be suitable for women of all ages
- Small plastic device containing copper
- Placed into the uterus (womb)
- Insert within 48 hours or 4 weeks after birth

ADVANTAGES:

- Good option for post coital (after sex)
- Lasts for 5 – 10 years but can be removed any time
- No hormonal side effects

DISADVANTAGES

- Needs to be removed by a doctor or nurse
- Can make periods heavier

OK WHEN BREASTFEEDING

Typical user failure rate 0.8%*



INTRAUTERINE SYSTEM (MIRENA/JAYDESS)

DESCRIPTION:

- May be suitable for women of all ages
- Small plastic device containing a hormone which is released slowly
- It is placed into the uterus (womb)
- Insert within 48 hours or 4 weeks after birth

ADVANTAGES:

- Lasts 5 years (3 years for Jaydess) but can be removed anytime
- Lighter periods or no periods
- Provides treatment for heavy bleeding

SIDE EFFECTS & DISADVANTAGES

- Can cause irregular bleeding in first few months, usually settles
- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING

Typical user failure rate 0.2%*



JADELLE (IMPLANT)

DESCRIPTION:

- Two rods thinner than a matchstick inserted under the skin of upper arm

ADVANTAGES:

- Lasts for up to 5 years but can be removed at any time
- May stop periods

SIDE EFFECTS & DISADVANTAGES

- Irregular bleeding which may require treatment
- Needs to be removed by a doctor or nurse

OK WHEN BREASTFEEDING

Typical user failure rate 0.05%*



DEPO PROVERA (INJECTION)

DESCRIPTION:

- Injection every 12 weeks

ADVANTAGES:

- May stop periods

SIDE EFFECTS & DISADVANTAGES

- Can cause irregular bleeding
- Can delay return of fertility up to 18 months
- Not recommended if high BMI, hypertension, diabetes

OK WHEN BREASTFEEDING

Typical user failure rate 6.0%*



PROGESTOGEN ONLY PILL (MINI PILL)

DESCRIPTION:

- A daily pill that contains one hormone

ADVANTAGES:

- May stop periods

SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day at the same time (within three hours)
- Can have irregular bleeding or spotting

OK WHEN BREASTFEEDING

Typical user failure rate 9.0%*



Options for family planning

“
It's your choice

“
**Speak to your Midwife/
Nurse/GP anytime. It could be
free of charge**

“
**Make a plan during
your pregnancy**

COMBINED ORAL CONTRACEPTIVE PILL (COC)

DESCRIPTION:

- A daily pill that contains two hormones

ADVANTAGES:

- Periods usually shorter, lighter and less painful
- Regular periods, or no periods if taken continuously

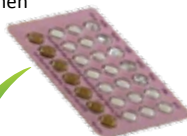
SIDE EFFECTS & DISADVANTAGES

- Have to remember to take every day (within 24 hours)
- Cannot be used by some women who are overweight, smoke or have high blood pressure

OK WHEN BREASTFEEDING

from 6 weeks

Typical user failure rate 9.0%*



CONDOMS

DESCRIPTION:

- Thin rubber device that fits over the man's erect penis
- Collects sperm

ADVANTAGES:

- Protects against some sexually transmitted infections

SIDE EFFECTS & DISADVANTAGES

- Have to remember to carry with you
- Unreliable unless used correctly

OK WHEN BREASTFEEDING

Typical user failure rate 18.0%*



TUBAL LIGATION (FEMALE STERILISATION) - TUBE TIE

DESCRIPTION:

- Surgery which requires a general anaesthetic
- Usually a “keyhole” procedure where a clip is put on each of the woman's tubes

ADVANTAGES:

- Permanent
- If you decide before birth of baby it can be done before you leave hospital after the birth

SIDE EFFECTS & DISADVANTAGES

- Only for women who are certain their family is complete
- Difficult and expensive to reverse

OK WHEN BREASTFEEDING

Typical user failure rate 0.5%*



VASECTOMY (MALE STERILISATION)

DESCRIPTION:

- Minor surgery on a man's scrotum (balls)
- Cut and tie vas deferens (tubes) that transport sperm
- Takes up to three months to be reliable

ADVANTAGES:

- Does not interfere with sexual performance
- A very effective method of contraception for men

SIDE EFFECTS & DISADVANTAGES

- Only for men who are certain their family is complete
- Difficult and expensive to reverse

OK WHEN BREASTFEEDING

Typical user failure rate 0.15%*



Options for Family Planning

It's **your** choice.

Cervical Screening can be done during pregnancy and from 6 weeks after baby is born.

For more information visit **Time to Screen** website:
<https://www.timetoscreen.nz/cervical-screening/screening-options/>

Where can we go for family planning?

- Family planning clinic - ph: 263 7600
- Your GP / Practice nurse
- Midwife (up to 6 weeks post birth)
- Counties Manukau Health Community Contraception Clinic - ph: 259 3826
- Private specialist

Where can I go for an STI check?

- Your GP or Practice nurse
- Family planning clinic - ph: 263 7600
- Sexual health clinic 0800 SEX HEALTH (0800 739 432)

For further information please see the **Protected and Proud** website:
Protectedandproud.nz/counties-manukau



Te Whatu Ora
Health New Zealand
Counties Manukau

www.countiesmanukau.health.nz

Department: Primary Community & Integrated Care	Update: October 2023
Document owner: GP Liaison for Women's Health	Review: October 2025
WH014 - Pamphlet Family Planning PK100	