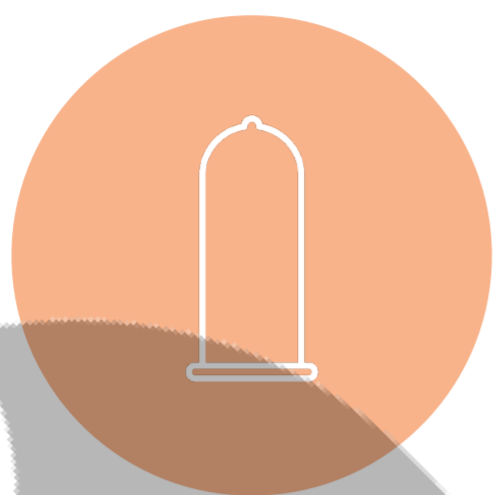


Birth control

Birth control (or contraception) is used to prevent against unwanted pregnancy. There are birth control methods available for both men and women. Discuss the most suitable method for you with your partner and / or your doctor.

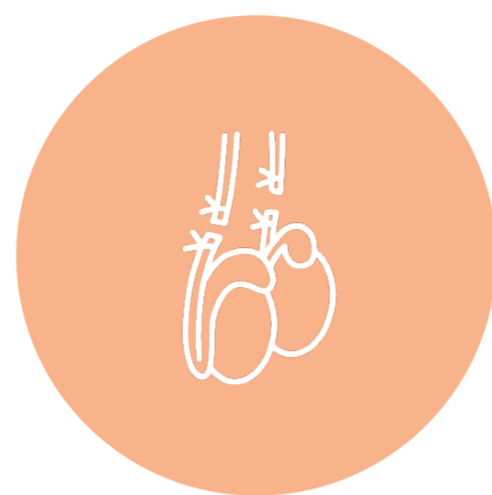
Male birth control



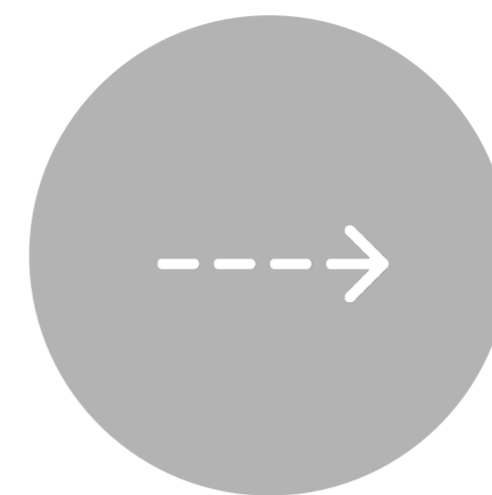
Condom
applied before sexual intercourse on the top of an erected penis and unrolled to the bottom.



Sexual abstinence
the most reliable contraceptive method :-).



Vasectomy
a surgical procedure during which the vas deferens are cut and tied.



Withdrawal
NOT a birth control method, it fails in up to 20 % of the cases!

Female birth control

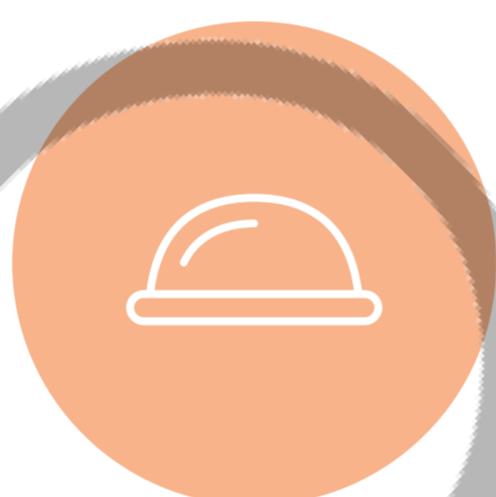
Non-hormonal



Female condom
inserted into the vagina before sexual intercourse.



Intrauterine device
inserted into the uterus for 3 - 5 years.



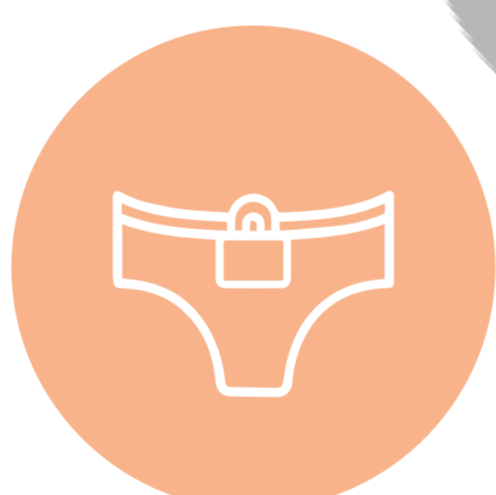
Diaphragm
inserted into the vagina before sexual intercourse and kept there for 8 hours after.



Spermicides
should be used in a combination with condom or diaphragm.



Natural family planning
monitoring of cervical mucus changes and basal body temperature.

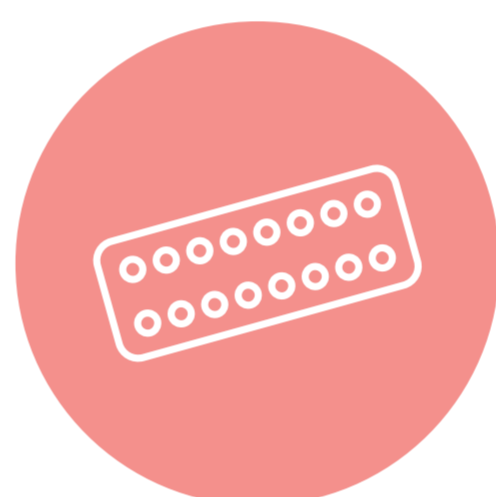


Sexual abstinence
the most reliable contraceptive method :-).

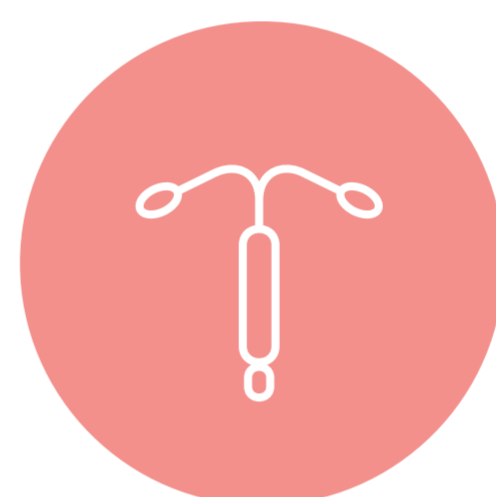


Sterilization
a surgical procedure during which fallopian tubes are blocked

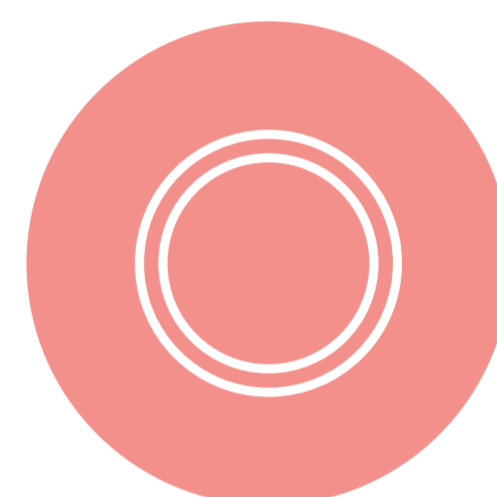
Hormonal



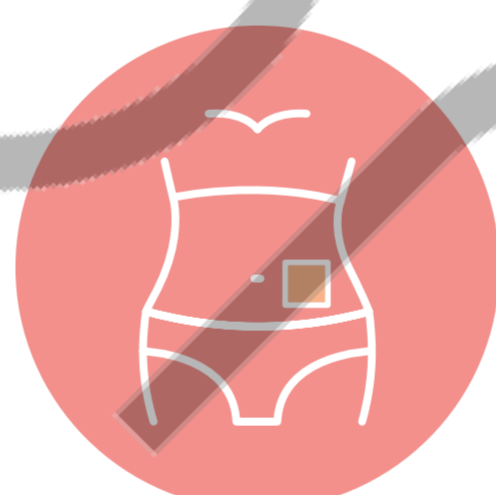
Birth control pills
taken every day continuously or with a 7 day break after 21 days.



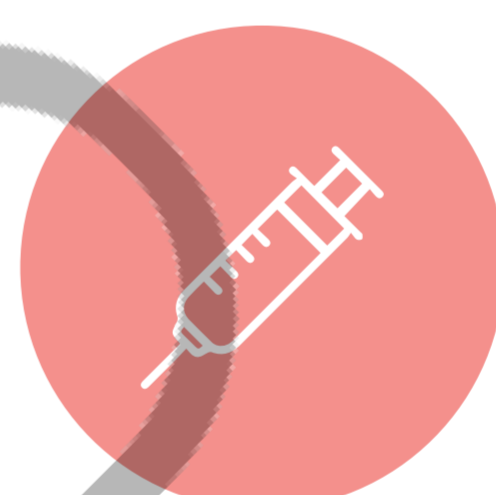
Intrauterine device
inserted into the uterus for 3 - 5 years.



Hormonal ring
inserted into the vagina for 3 weeks.



Skin patch
applied on the skin every week with a 7 day break after 21 days.



Injectable birth control
applied into a muscle every 3 months.



Birth control implant
applied under the skin of your upper inner arm for 3 years

*This list is for informational purposes only, the most suitable contraceptive method for you can be recommended by your gynecologist.

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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