

## Shorter-Acting Reversible Contraceptive Methods

This decision aid is to help you and your healthcare provider talk about methods of contraception and choose what's right for you. Most people can safely use these methods. Your healthcare provider can tell you whether these methods are safe for you.



	PROGESTOGEN ONLY PILL	COMBINED PILL	VAGINAL RING	INJECTION
<b>How is it used?</b>	You swallow a small pill <sup>1</sup>	You swallow a small pill <sup>2</sup>	You put a flexible, plastic ring in your vagina <sup>2</sup>	A healthcare provider gives you a shot in your arm or buttock <sup>3</sup>
<b>How often?</b>	Every day at the same time <sup>1</sup>	Every day at the same time <sup>2</sup>	Every 4 weeks <sup>2</sup>	Every 12 weeks <sup>3</sup>
<b>How does it work?</b>	Releases a progestogen hormone to <sup>4,5</sup> <ul style="list-style-type: none"> <li>stop sperm from entering the uterus by thickening the mucus at the cervix</li> <li>sometimes stop ovaries from releasing an egg</li> </ul>	Releases progestogen and oestrogen hormones to <sup>6-8</sup> <ul style="list-style-type: none"> <li>stop ovaries from releasing an egg</li> <li>stop sperm from entering the uterus by thickening the mucus at the cervix</li> </ul>		Releases a progestogen hormone to <sup>9-11</sup> <ul style="list-style-type: none"> <li>stop ovaries from releasing an egg</li> <li>stop sperm from entering the uterus by thickening the mucus at the cervix</li> </ul>
<b>When does it start working?</b>	Immediately or after 3 pills have been taken (depends on when you start taking the pill) <sup>1</sup>	Immediately or after 7 days (depends on when you start taking the pill) <sup>12</sup>	Immediately or after 7 days (depends on when you start using the ring) <sup>12</sup>	Immediately or after 7 days (depends on when you get the first shot) <sup>12</sup>
<b>How long does it take to return to previous level of fertility after stopping?</b>	Returns immediately after stopping <sup>1,13</sup>	Returns immediately after stopping <sup>13</sup>	Returns immediately after removing <sup>13</sup>	May take up to 18 months <sup>14,15</sup>
<b>How many people become pregnant in the first year?</b>				
Not always following the instructions:	9 in 100 people <sup>16</sup> ● ○ ○ ○ ○ ○ ○ ○ ○ ○	9 in 100 people <sup>16</sup> ● ○ ○ ○ ○ ○ ○ ○ ○ ○	9 in 100 people <sup>16</sup> ● ○ ○ ○ ○ ○ ○ ○ ○ ○	6 in 100 people <sup>16</sup> ● ○ ○ ○ ○ ○ ○ ○ ○ ○
Always following the instructions:	Fewer than 1 in 100 people <sup>16</sup> ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	Fewer than 1 in 100 people <sup>16</sup> ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	Fewer than 1 in 100 people <sup>16</sup> ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	Fewer than 1 in 100 people <sup>16</sup> ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
<b>What are some of the side effects?</b>				
A change in bleeding?	<ul style="list-style-type: none"> <li>Unscheduled bleeding is likely, may or may not improve over time<sup>1</sup></li> <li>At 12 months of use, in 100 women<sup>1,17</sup> <ul style="list-style-type: none"> <li>20 have no bleeding</li> <li>30 have infrequent bleeding</li> <li>40 have regular bleeding</li> <li>10 have frequent bleeding</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Unscheduled bleeding is likely in first three months, usually improves over time<sup>2,18</sup></li> <li>Can be used to manage heavy and painful periods<sup>19-21</sup></li> </ul>		<ul style="list-style-type: none"> <li>Unscheduled bleeding is likely in the first month of injection, usually improves over time<sup>22,23</sup></li> <li>Around 50 in 100 women have no bleeding by 12 months of use<sup>22,23</sup></li> </ul>
Other side effects?	May cause acne <sup>24</sup>	May improve acne <sup>25</sup>		Bone loss is possible, usually recovers after stopping <sup>3,26</sup>
Mood change?	Possible but no clear evidence of a causal link <sup>27,28</sup>	Possible but no clear evidence of causal link <sup>2,27,28</sup>		Possible (little evidence of causal link) <sup>3</sup>
Weight gain?	Unlikely <sup>29</sup>	Unlikely <sup>30</sup>		Possible <sup>29,31-33</sup>
Chance of developing blood clot?	No (no evidence of increased chance) <sup>1,34</sup>	Around 9-10 in 10000 women in a year (4-5 in non-users). <sup>35,36</sup>		No (no evidence of increased chance) <sup>3</sup>
<b>Does it protect against sexually transmitted infections (STIs)?</b>	No <sup>12</sup>	No <sup>12</sup>	No <sup>12</sup>	No <sup>12</sup>

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## Supporting Document

<b>Decision aids:</b>	The following decision aids are part of this collection: <ol style="list-style-type: none"><li>1. Types of contraceptive methods</li><li>2. Long-acting reversible contraceptive methods</li><li>3. Shorter-acting reversible contraceptive methods</li><li>4. Barrier contraceptive methods</li><li>5. Fertility awareness and traditional contraceptive methods</li><li>6. Permanent contraceptive methods</li><li>7. Emergency contraceptive methods</li></ol>
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<b>Authors:</b>	Hankiz Dolan, Deborah Bateson, Lyndal Trevena, Mu Li, Chun Wah Michael Tam, Carissa Bonner  The authors do not stand to gain or lose anything by the contraceptive choices people make after using this decision aid
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<b>Terms of use:</b>	See <a href="https://askshareknow.com.au/terms-of-use/">https://askshareknow.com.au/terms-of-use/</a>  All users: Reasonable efforts have been made to ensure that the content provided in these decision aids is up-to-date and accurate. However, none of the authors, their organisations, or the funders of these decision aids accepts any liability or responsibility for the accuracy, currency or completeness of the information contained in the decision aids.

### Notes:

- This decision aid includes a statement about the general safety of the contraceptive methods described. The *UK Medical Eligibility Criteria for Contraceptive Use*<sup>37</sup> and published updates provide guidance on who can safely use each contraceptive method and may be used to facilitate the provision of individualized information on method safety.
- For the injection, 12-month typical-use and perfect-use effectiveness data are for Depo-Provera®. For the Vaginal Ring, 12-month typical-use and perfect-use effectiveness data are for NuvaRing®.
- To enhance comprehension, 12-month typical-use and perfect-use effectiveness data are displayed both using raw numbers ("X in 100 people") and using a visual aid based on the following:
  - Less than 1%: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
  - 1% to 9%: ● ○ ○ ○ ○ ○ ○ ○ ○ ○
  - 10% to 19%: ● ● ○ ○ ○ ○ ○ ○ ○ ○
  - 20% to 29%: ● ● ● ○ ○ ○ ○ ○ ○ ○
- Definitions of the bleeding patterns according to the information sources<sup>17,22,23</sup> included in this decision aid:
  - No bleeding (no period, amenorrhoea): No bleeding episodes throughout a 90-day period
  - Infrequent bleeding: less than three bleeding episodes in a 90-day period
  - Frequent bleeding: more than five bleeding episodes in a 90-day period
  - Prolonged bleeding: any bleeding episode that lasts for more than 14 days in a 90-day period

### Information Sources:

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