



Contraception is used to prevent a pregnancy. One form of contraception, the condom, offers the best known protection against sexually transmitted infections (STIs). All contraceptive methods are very effective - most are 99% effective if used correctly and consistently.

In 'The Facts' DVD, General Practitioner, Dr. Mary Short, talks about different methods of contraception - condoms, the pill, the patch, the injection, the implant (or rod) and the vaginal ring. Dr. Short gives information on how each method of contraception works, how effective they are and the advantages and disadvantages of each.

**The majority of contraception is 99% effective but only if used correctly and consistently.**

**Vomiting, diarrhoea, antibiotics and some other prescribed drugs can interfere with the effectiveness of the pill. In such instances another method of contraception should be used and medical advice sought.**

### **Think - Your Guide To Contraception**

This leaflet is aimed at 18-24 year olds. It contains information on eight different methods of contraception; condoms, the pill, the mini-pill, IUS, the implant, the injection, the patch and the vaginal ring. It also includes information on fertility, emergency contraception, STI screening and how to use a condom. To order copies of these leaflets, call the Crisis Pregnancy Agency on 01-8146292 or email [info@crisispregnancy.ie](mailto:info@crisispregnancy.ie).



**Condoms are the most frequently used method of contraception by 18 to 24 year olds. In an Irish study, 78% of this age group reported using condoms on the most recent sexual encounter. (ISSHR, 2006)**