

### Additional Contraceptive Method Available (Not offered by the Indian Public Health System)

No	Method	Mechanism of Action <sup>1</sup> /requirement	Benefits	Effects and limitations	Effectiveness of the method
<b>Contraceptive Implant</b>					
1.	<b>Contraceptive Subdermal Implant (Nexplanon)</b>	<p>It keeps releasing the hormone progestogen into the bloodstream to prevent pregnancy</p> <p>The implant is inserted under a woman's skin in the inner area of her arm. It is radiopaque (visible through X-Ray).</p>	<ul style="list-style-type: none"> <li>Provides protection for 3 years.</li> <li>It doesn't interrupt sexual contact.</li> <li>It's a safe option for people who can't use oestrogen-based contraception, such as the combined contraceptive pill, contraceptive patch or vaginal ring</li> <li>It's safe to use while breastfeeding</li> <li>Return of fertility upon extraction is immediate.</li> </ul>	<ul style="list-style-type: none"> <li>Temporary side effects during the first few months- headaches, nausea, breast tenderness and mood swings</li> <li>Periods may be irregular or stop altogether</li> <li>Acne</li> <li>Some medicines can make the implant less effective – HIV, epilepsy, tuberculosis, etc<sup>2,3</sup>.</li> <li>Does not protect from STIs, HIV</li> </ul>	<1 pregnancy per 100 women
1	<b>Combined Patch (Also called Ortho Evra and Evra)</b>	<p>A small, thin, square of flexible plastic worn on the body.</p> <p>The patch releases 2 hormones- progestin and estrogen- directly through the skin into the bloodstream. A new patch is used every week for 3 weeks, then no patch for the fourth week (monthly bleeding)</p> <p>Works primarily by preventing the release of eggs from the ovaries (ovulation).</p>	<ul style="list-style-type: none"> <li>Long term studies are limited but health benefits are same as for combined oral contraceptives</li> <li>Return of fertility is immediate</li> </ul>	<ul style="list-style-type: none"> <li>Pregnancy rates may be slightly higher among women weighing &gt;90 kg</li> <li>Bleeding changes (irregular bleeding, no monthly bleeding, etc)</li> <li>Nausea, vomiting, headache</li> <li>Weight changes, breast tenderness, acne</li> <li>Mood changes or changes in sex drive</li> </ul>	<p>Perfect use: &lt;1 pregnancy per 100 women</p> <p>Common use: 7 pregnancies per 100 women</p> <p>The risk of pregnancy is greatest when a woman is late to change the patch</p>
2	<b>Combined Vaginal Ring (Also called NuvaRing)</b>	<p>A flexible ring is placed in the vagina, releasing 2 hormones- progestin and estrogen-from inside the ring. Hormones are absorbed through the walls of the vagina directly into the bloodstream. The ring is left in place for 3 weeks, and removed in the fourth week (monthly bleeding).</p> <p>Works primarily by preventing the release of eggs from the ovaries (ovulation).</p>	<ul style="list-style-type: none"> <li>Long term studies are limited but health benefits are same as for combined oral contraceptives</li> <li>Return of fertility is immediate</li> </ul>	<ul style="list-style-type: none"> <li>Changes in bleeding patterns- Lighter bleeding and fewer days of bleeding, Irregular bleeding, Infrequent bleeding, Prolonged bleeding, No monthly bleeding</li> <li>Headaches</li> <li>Irritation, redness, or inflammation of the vagina (vaginitis)</li> <li>White vaginal discharge</li> </ul>	<p>Perfect use: &lt; 1 pregnancy per 100 women</p> <p>Typical use: 7 pregnancies per 100 women</p> <p>Risk of pregnancy is greatest when a woman is late to start a new ring.</p>
3	<b>Female Condoms</b>	<p>Sheaths, or linings, that fit loosely inside a woman's vagina, made of thin, transparent, soft film</p>	<ul style="list-style-type: none"> <li>Only method that provides protection from pregnancy and sexually transmitted infections (STIs) - those spread by discharge</li> </ul>	<ul style="list-style-type: none"> <li>May require some practice. Inserting and removing the female condom from the vagina.</li> </ul>	Perfect use: 5 pregnancies per 100 women

		Forms a barrier that keeps sperms out of the vagina, preventing pregnancy.	such as HIV, ggonorrhoea, and chlamydia, and <i>those spread by skin-to-skin contact</i> , such as herpes and human papillomavirus		Common use: 21 pregnancies per 100 women
4	<b>Spermicides and Diaphragms</b>	<p><b>Spermicide</b> Sperm-killing substances (tablets, jellies, creams, foams) inserted deep in the vagina, near the cervix, before sexual contact</p> <p>Works by causing the membrane of sperm cells to break, killing them or slowing their movement. This keeps sperm from meeting an egg.</p> <p><b>Diaphragms</b> A soft latex cup that covers the cervix. The diaphragm is placed deep inside the vagina before sexual contact to cover the cervix, thereby blocking sperm from entering the cervix.</p>	<ul style="list-style-type: none"> <li>• Return of fertility: Immediate</li> <li>• Prevents pregnancy</li> <li>• Return of fertility is immediate</li> <li>• Use of Spermicide with Diaphragms is recommended to provide additional protection.</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot be used by those who are at a high risk for HIV infection or have HIV infection</li> <li>• Irritation in or around the vagina or penis</li> <li>• Vaginal lesions</li> <li>• A pelvic examination may be needed before starting use. The user must select a diaphragm that fits properly.</li> <li>• Should not be used by those who have a history of toxic shock syndrome, HIV infection, allergy to latex</li> </ul>	<p>Perfect use: 16 pregnancies per 100 women</p> <p>Common use: 21 pregnancies per 100 women</p> <p>Perfect use: 16 pregnancies per 100 women</p> <p>Typical use: 17 pregnancies per 100 women</p> <p>Combined use of diaphragm and spermicide is recommended for greater protection</p>
5	<b>Cervical Caps</b>	<p>A soft, deep, latex or plastic rubber cup that snugly covers the cervix</p> <p>Used with spermicide</p>	<ul style="list-style-type: none"> <li>• Prevents pregnancy</li> <li>• Return of fertility is immediate</li> </ul>	One of the least effective methods for women who have already given birth	<p>For women who have not given birth- Perfect use: 16 pregnancies per 100 women using the cervical cap with spermicide</p> <p>Typical use: 26 pregnancies per 100 women using the cervical cap with spermicide</p>

<sup>1</sup> Family Planning: A Global Handbook for Providers. 2018 World Health Organization and Johns Hopkins Bloomberg School of Public Health. <https://apps.who.int/iris/bitstream/handle/10665/260156/9780999203705-eng.pdf?sequence=1>

<sup>2</sup> Contraceptive implant Contraception Guide. National Health Services. UK. <https://www.nhs.uk/conditions/contraception/contraceptive-implant/>

<sup>3</sup> Subdermal implant can boost family planning in India: Experts <https://www.fogsi.org/subdermal-implant-can-boost-family-planning-in-india-experts/#:~:text=In%20India%2C%20this%20method%20is,for%20three%20years%20at%20least.>