

If you had sex and not used any reliable contraception...

Use **EMERGENCY CONTRACEPTION**

- Copper IUD
 - Most effective
 - Inserted within five days after unprotected sex
 - Can be kept for long-term contraception
- ELLA tablet
 - More effective than Postinor-2
 - Should be taken as soon as possible after unprotected sex and within 120 hours
- Postinor-2 tablets
 - Should be taken as soon as possible after unprotected sex and within 72 hours

The only methods you can use to protect yourself from sexually transmitted infections (STIs), including HIV:

- Abstinence (no sex)
 - 100% effective
- Male CONDOM
 - Up to 99% effective if use consistently and correctly

Note: This brochure only provides you with general information about birth control. Please consult the doctor for more information on the individual birth control methods or if you have any concerns.

This information is correct as of January 2024.

Useful telephone number

Central Appointments

6294-4050



100 Bukit Timah Road
Singapore 229899
Tel: 6-CALL KKH (6-2255 554)
Fax: 6293-7933
Website: www.kkh.com.sg
www.facebook.com/kkh.sg












Your Guide to Contraception and Sexual Health



Reg No 198904227G OOGcsh0124

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Birth Control Methods Available in KKH

	Method	What is it?	Good points	Bad points
LESS EFFECTIVE (76-82%)	Natural/timing 	Withdrawal, temperature and calendar chart	<ul style="list-style-type: none"> No physical side effects 	<ul style="list-style-type: none"> Need to avoid sex or use condoms during fertile period
	Male condoms 	A sheath that covers the penis during sex	<ul style="list-style-type: none"> No serious side effects Can help protect from sexually transmitted infection 	<ul style="list-style-type: none"> May slip off or break Need to withdraw penis from vagina before penis goes soft and avoid spillage of semen during fertile period
EFFECTIVE (91-94%)	Pill 	Hormone tablets that need to be taken daily	<ul style="list-style-type: none"> Can make periods regular, lighter and less painful Protect from ovarian, womb and colon cancer Fertility returns once you stop taking the pill 	<ul style="list-style-type: none"> Small risk of clots, breast and cervical cancer Temporary side effects include headache, mood changes and breast tenderness
	Patch 	Hormone stick-on patch that needs to be changed weekly	<ul style="list-style-type: none"> Can make periods regular, lighter and less painful Fertility returns once you stop using the patch 	<ul style="list-style-type: none"> Small risk of clots, breast and cervical cancer Temporary side effects include headache, mood changes, breast tenderness and skin irritation
	Injection 	Hormone injection that needs to be taken every three months	<ul style="list-style-type: none"> May reduce heavy painful periods 	<ul style="list-style-type: none"> Periods may stop, be irregular or last longer Periods and fertility may take time to return when stopping the injection Injection cannot be removed when you experience side effects
VERY EFFECTIVE (≥99%)	Intrauterine device (IUD) / Coil 	T-shaped device that contains copper or hormone and needs to be replaced every five years (copper IUD)/ eight years (hormonal IUD)	<ul style="list-style-type: none"> Hormonal IUD can make periods lighter, shorter and less painful Copper IUD is non-hormonal and can avoid any potential hormonal side effects Fertility returns once IUD is removed 	<ul style="list-style-type: none"> Hormone IUD may cause irregular spotting in the first six months Copper IUD can make periods heavier and more painful Small chance of infection after insertion (first 20 days) Insertion can be uncomfortable
	Implant 	Small hormone rod that is inserted under the skin on your arm and needs to be replaced every three years	<ul style="list-style-type: none"> Fertility returns once implant is removed 	<ul style="list-style-type: none"> Periods may stop, be irregular or last longer Small procedure to fit and remove it Possible side effects include headache, mood changes and breast tenderness
	Female sterilisation 	A key-hole surgery to apply clips on your fallopian tubes	<ul style="list-style-type: none"> Periods are unaffected (risk of failure 1:200) 	<ul style="list-style-type: none"> Need general anaesthesia Permanent method Risk of ectopic pregnancy if sterilisation fails
	Male sterilisation 	A minor surgery to tie off the sperm cords	<ul style="list-style-type: none"> Most effective birth control method (risk of failure 1:2000) 	<ul style="list-style-type: none"> Will need to be referred to a urologist