ROCK MY MENPAUSE

Contraception

What are the contraceptive options available for women in perimenopause, at menopause and postmenopause? Here are the facts.

Words by Dr Ramiya Al-Alousi

UNDER 50, USE CONTRACEPTION OVER 50, USE CONTRACEPTION FOR 1 MORE NO NEED FOR FOR 2 MORE YEARS AFTER LAST YEAR AFTER LAST PERIOD **CONTRACEPTION AFTER 55 PERIOD PROGESTERONE INTRAUTERINE SYSTEM IMPLANT ONLY PILL INTRAUTERINE DEVICE** Sits in the womb Sits in arm Daily tablet Sits in the womb Lasts 3 or 5 years Safe Lasts 3 years Lasts 5 or 10 years Hormonal & Need to remember Safe Non hormonal & Reversible to take otherwise Reversible Reversible Lightens periods ineffective Can make Can cause irregular Can be used as Can cause periods heavier bleeding part of HRT irregular bleeding If inserted from 40 can be If inserted from 45 can be left until menopause > left until menopause > **SUITABLE UP TO 55 PROGESTERONE** COMBINED INJECTION CONTRACEPTION Given in arm Tablets, patch BARRIER **STERILISATION** or buttock or ring Non hormonal Needs an 3 monthly Regulates & lightens Condoms protect operation periods Safe against STI Effective Helps with Reversible but usually Higher failure menopausal Can cause irregular permanent rate symptoms bleeding and Not suitable temporary for all women thinning of bones **SUITABLE UP TO 50**

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