

Shorter Acting Hormonal Contraception



SHINE_{SA}

sacid
South Australian Council
on Intellectual Disability

What is contraception?



Contraception is something you use or do to stop pregnancy.

Contraception means using things like medicine or items to stop you from getting pregnant.



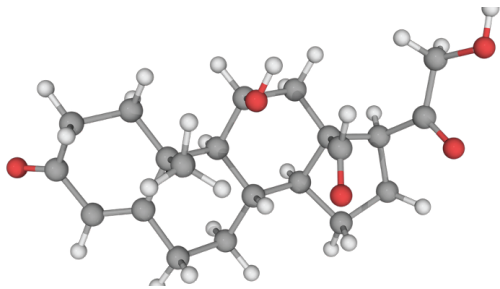
There are many different types of contraception.

Each type works in a different way.

What are shorter-acting hormonal methods?



Shorter-acting hormonal methods are also called **Hormonal Contraception**.



Hormonal contraception uses **hormones** to stop pregnancy.

Hormones are chemicals made by the body that control how it works.

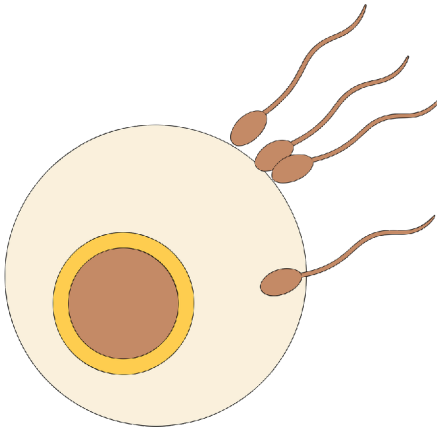


These methods work by stopping the body from:

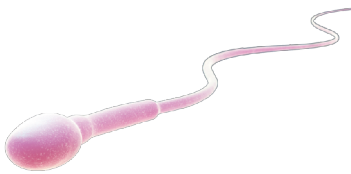
releasing an **egg**.

blocking **sperm**.

changing the inside of the womb.



An egg is a tiny cell that can grow into a baby when joined with sperm.



Sperm are tiny cells made by people with testicles that can join with an egg to start a pregnancy.

Hormonal contraception works well when used correctly.



Hormonal contraception must be used on time to keep working.



Hormonal contraception does not protect you against **Sexually Transmitted Infections**.

Sexually Transmitted Infections are also called STIs.



STIs are infections passed through sex.

There are different kinds of hormonal contraception:

The Pill



- The Combined Pill (The Pill).

POP



- The Progestogen-Only Pill (POP).

Contraceptive Injection



- The Contraceptive Injection (DepoProvera).

NuvaRing



- Contraceptive vaginal ring (NuvaRing).



This guide will tell you about the different types.



Your doctor or clinician should use this guide while talking with you.



Your doctor should check your understanding and support you to ask questions.



It is your body and your choice.

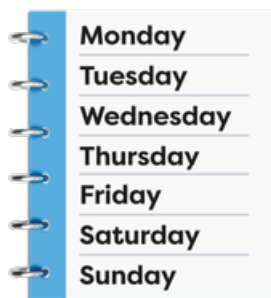


You have the right to information and choice.

The Combined Pill



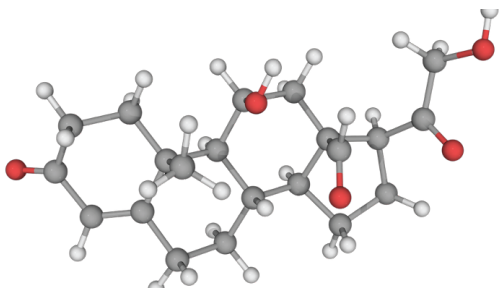
The combined oral contraceptive pill is also called The Pill.



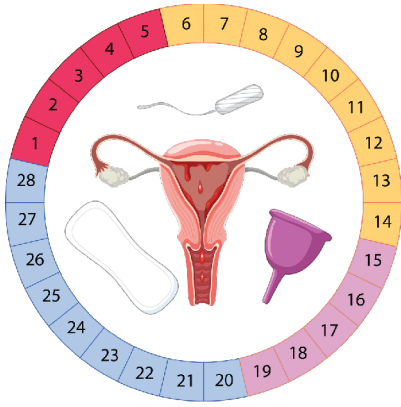
It is a pill you take every day.



You must take it at the same time every day for it to work.



The Pill has two hormones called **oestrogen and progestogen**.



Oestrogen and progesterone are body chemicals that help control the **menstrual cycle**.



The menstrual cycle is the monthly pattern of bleeding and hormone changes.



There are many kinds of pills with different hormone levels.



The Pill can make periods
 Lighter.
 More regular.
 Less painful.



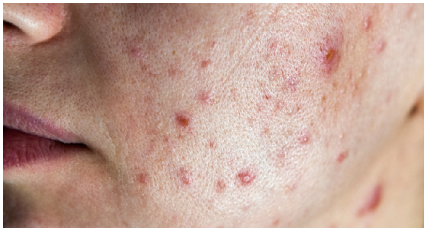
Some people have **side effects** like:

- Sore breasts.
- Mood changes.
- Headaches.

Side effects are changes in the body that happen when taking medicine.

Changing the type of pill can help if side effects happen.

The Pill can help with some medical problems like:



- **Acne**

Acne means spots or pimples on the skin.



- **Pre- Menstrual Syndrome (PMS)**

Pre-Menstrual Syndrome (PMS) means mood or body changes before a period.

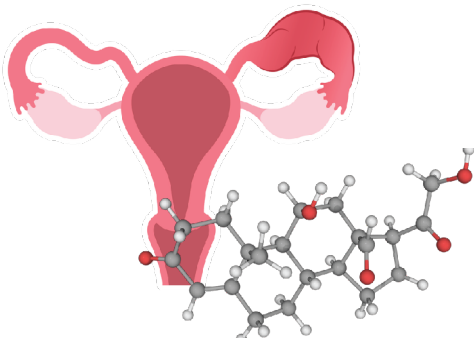


- **Endometriosis**

Endometriosis means when tissue like the womb lining grows outside the womb.

- **Polyendocrine Metabolic Ovarian Syndrome (PMOS)**

PMOS is a condition where ovaries make extra hormones.

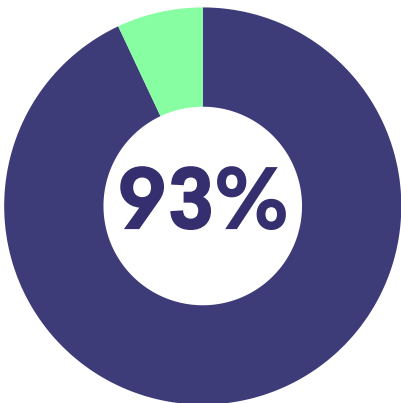




The Pill may not work for everyone.



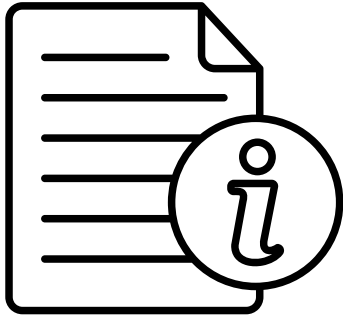
You should talk to a doctor to check if it is safe for you.



The pill is 93% effective in real-world use.

This means that the pill does not work 7% of the time.

How well it works depends on:



If you take it on time.

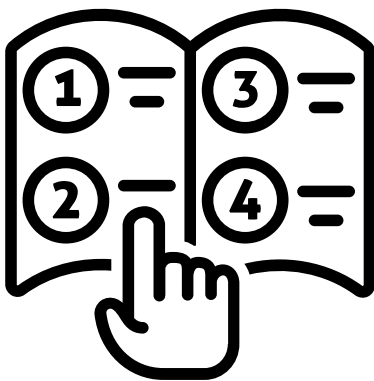
If you forget.

If you are sick.

How well you follow the instructions.



If The Pill is taken perfectly it is 99.5% effective.

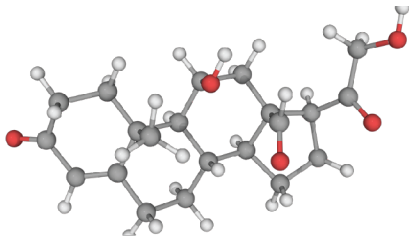


This means it works very well when people follow all the instructions perfectly.

The Progestogen-only Pill (POP)



The Progestogen-only Pill is sometimes called the Mini Pill.



It has one hormone called **progestogen**.



Progestogen is a hormone that stops eggs from being released.



You must take it at the same time every day for it to work.



There are two main types of the Mini Pill available in Australia.

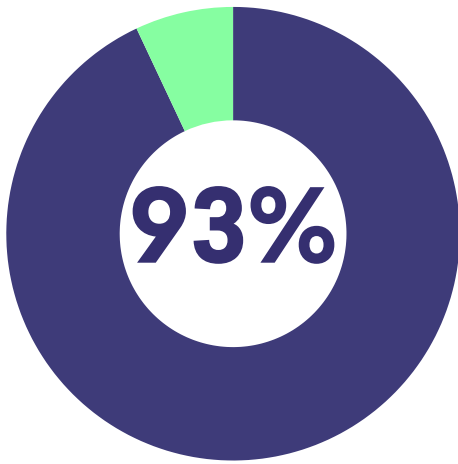


Some people have hormonal side effects like mood changes or **spotting**.



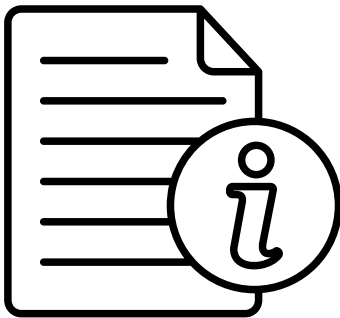
Spotting means light bleeding between periods.

This pill can be used by people who cannot take the combined pill for health reasons.



The progestogen-only pill is 93% effective with real-world use.

This means that it does not work 7% of the time.



How well it works depends on

If you take it on time.

If you forget.

If you are sick.

How well you follow the instructions.



The progestogen-only pill is 99.5% effective with perfect use.

This means it works very well when people follow all the instructions perfectly.

The Vaginal Ring (NuvaRing)

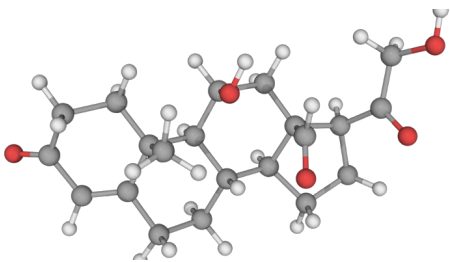


The vaginal ring is a soft and flexible ring you place inside the **vagina**.

It is also called the NuvaRing.



Vagina is the opening in the body that leads to the womb.



The vaginal ring slowly releases hormones called oestrogen and progesterone into the body.



You leave it in for 3 weeks and then take it out for 1 week.



After the 1 week you put in a new ring.

It works like the combined pill but you do not need to take a pill every day.



It can make periods:

lighter.
more regular.
less painful.



Some people might have side effects like:

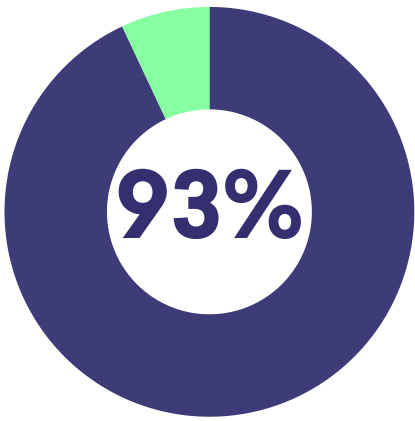
headaches.
sore breasts.



The vaginal ring might not work for everyone.

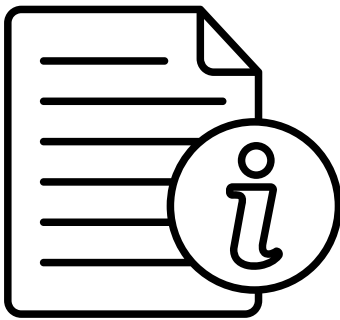


A doctor or nurse can help you decide if it is right for you.



The vaginal ring is 93% effective with real-world use.

This means that it does not work 7% of the time



How well it works depends on:

- If you put it in and take it out on time
- If you forget.
- How well you follow the instructions



The vaginal ring is 99.5% effective with perfect use.

This means it works very well when people follow all the instructions perfectly.

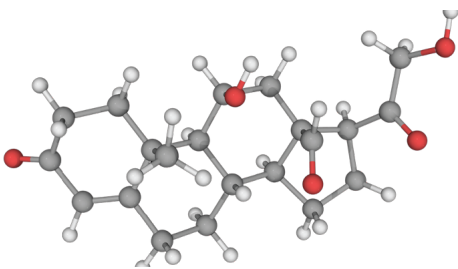
The Contraceptive Injection (Depo-Provera)



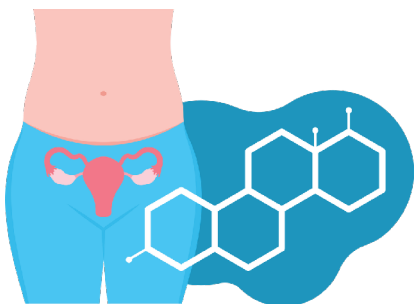
The contraceptive **injection** is given every 12 weeks by a nurse or doctor.



Injection means medicine given through a small needle into the body.



It has the hormone **progestogen** to stop pregnancy.

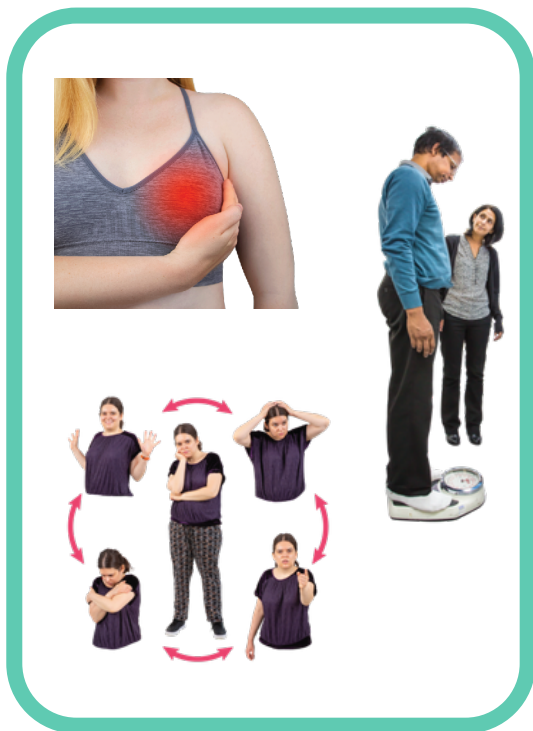


Progestogen is a hormone that stops eggs from being released.



Your periods may stop while using the injection.

This is not harmful to your body.



Some people have side effects like:

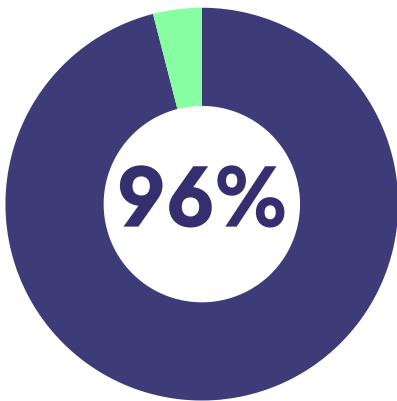
- weight change.
- sore breasts.
- mood swings.



When you stop the injections it might take some time for **fertility** to return.



Fertility means your body's ability to get pregnant.



The contraceptive injection is 96% effective with real world use.

This means that the contraceptive injection does not work 4% of the time.



The contraceptive injection is 99.8% effective with perfect use.

This means it works very well when people follow all the instructions perfectly.



SHINE SA Appointments and Enquiries



8300 5300



Online Bookings www.shinesa.org.au



Clinic locations and times are available at www.shinesa.org.au



Sexual Healthline

- ☎ 1300 883 793 Country callers (toll free)
- ☎ 1800 188 171 Talk to a sexual health nurse about any sexual health issue.
Available 9am – 12.30pm, Monday – Friday

National Relay Service

- 📄 www.relayservice.gov.au
- ☎ 133 677 (TTY/Voice)
- ☎ 1300 555 727 (Speak & Listen)
- 💬 0423 677 767 (SMS)



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Created November 2025