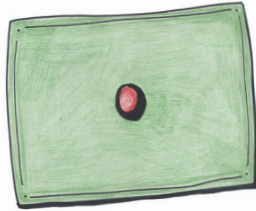


## THE MORNING-AFTER PILL



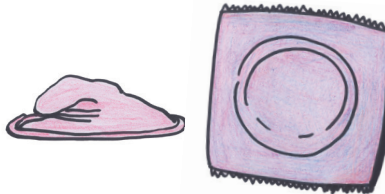
Emergency contraception, not suitable as a regular method of contraception

- **Safety:** about 60 to 90 percent, should be taken as early as possible for best effectiveness
- Provides protection against pregnancy only once, not for the rest of the cycle
- **How to use:** take a single hormone pill after unprotected intercourse to prevent pregnancy
- **Available:** in pharmacies, without a prescription from a doctor
- **Price:** 17 to 30 Euros, there are 2 different kinds available

## THE CONDOM

Made of Latex or silicone, for men

- **Safety:** safe if used correctly and at every intercourse
- Protects against many transmittable diseases, e.g., HIV, chlamydia
- **How to use:** is rolled onto the erect penis before intercourse
- **Disadvantage:** can tear or slide off. In that case, emergency contraception is possible using the morning-after pill or an IUD
- **Available:** in drugstores, supermarkets, pharmacies, at gas stations and vending machines
- **Price:** 1 to 2 Euros per condom



## Contraception



INFORMATION

## COUNSELING

Many people think about when is the best time for them to have children. This is their right. For this reason, it is important for women and men to know about contraception.

There are several contraceptives available to prevent pregnancy. Contraceptives do not cause infertility. This flyer tells you about the most commonly used contraceptives.

You can get more information at a gynaecologist and at the pro familia information centers.

### Information Center am Hafen

Seewartenstr. 10, Bldg. 1, 20459 Hamburg  
[www.profamilia-hamburg.de](http://www.profamilia-hamburg.de)

### Phone consultation hours:

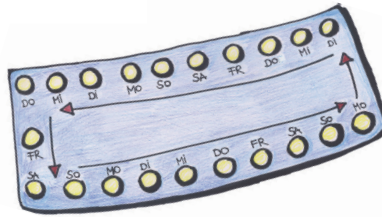
phone 040-30 99 749 10

Mon, Tue, Thu	10:00 a.m. – 2:00 p.m.
Wed	2:00 p.m. – 4:00 p.m.
Fri	10:00 a.m. – 12:00 p.m.

### Walk-in consultation hours

Mon and Wed 4:00 p.m. – 6.30 p.m.

## THE PILL



Contains hormones, and you need a prescription from a doctor

- **Safety:** very reliable if taken regularly
- Stop taking it if you want to become pregnant.
- **How to use:** each strip contains 21 pills. Take one pill at the same time every day, starting on the first day of your period. Then take a 7-day break, during which your period will start. Then start the next strip.
- **Interaction:** if you vomit or have diarrhea or are taking certain kinds of medication (for example, antibiotics), the pill becomes less effective, and you will need a condom for additional protection
- **Price:** approximately 5 to 15 Euros per month

## THE IUD

A small plastic device (ca. 3 cm) that is inserted into the uterus by a gynaecologist during menstruation

- **Safety:** reliably prevents pregnancy for 3 to 5 years, effective also in case of vomiting or diarrhea
- Is removed by a doctor, every six months correct position needs to be checked with ultrasound
- **Copper IUD:**  
Period may become stronger, longer and more painful  
**Price:** 120 to 220 Euros
- **Hormonal IUD:**  
Period may become weaker or stop, there may be irregular bleeding at first  
**Price:** 250 to 400 Euros

