

A STUDENT WELLNESS SERVICE (SWS) BROCHURE

1. EIGHT- WEEK INJECTABLE (Nur Isterate) 2. TWELVE - WEEK INJECTABLE (Petogen/Depo Provera)

WHEN STARTING A CONTRACEPTIVE:

There are many different types of Contraceptives. The SWS UCT prides itself on delivery of a high standard of counselling and preparation for our students who are considering the need for contraceptive use. We recommend you make a first time “contraceptive booking appointment”. The Clinical Nurse Practitioner (CNP) will do a thorough assessment, take a medical history, discuss the importance of Self-Breast Examination and Pap smears and negotiate the best option for you personally. Both the 8-week and the 12week ICs are provided free from the State. Once you have had the medical assessment, together you and the CNP will decide upon the most suitable product for you, in relation to your medical profile, lifestyle preferences.

MECHANISM OF ACTION OF THE INJECTABLE CONTRACEPTIVE:

It prevents the ripening and release of the ovum

It thickens the mucus plug in the cervix making sperm travel into the upper genital tract less likely.

It changes the nature of the lining of the uterus making it inhospitable for implantation of a fertilized ovum

They take 7 days from the date of administration to become contraceptively effective.

BENEFITS OF THE INJECTABLE CONTRACEPTIVE:

ICs are highly effective contraceptives

- It may reduce heavy painful periods and help with premenstrual symptoms
- It may give you some protection against cancer of the womb
- It may give you some protection against pelvic inflammatory disease
- It isn't affected by other medicines
- You do not have to remember to take it every day

SIDE EFFECTS OF THE IC

In the majority of users it is known to cause irregular bleeding. There might be irregular bleeding or spotting, a predictable pattern of bleeding, no bleeding at all. Your bleeding response to the IC is not predictable by any test or assessment. It will have to be a ‘trial and see.’ If you develop prolonged heavy bleeding on the IC then the CNP will prescribe an oestrogen preparation to stop the bleeding.

Not every user will have side-effects to the IC. However some women report adjustment headaches, gastric disturbance, change in sexual libido, changes in appetite, slight weight gain. The weight gain of about 1-2kg is most often due to generalised water retention. Usually by the second or third dose, these side-effects disappear.

USEFUL WEBSITE:

<http://www.mariestopes.org.za/iud-everything-youve-ever-wanted-to-know-about-intrauterine-devices/>

<https://www.nuvaring.com/>

<https://www.arhp.org/Publications-and-Resources/Clinical-Fact-Sheets/The-Facts-About-Intrauterine-Contraception->

Planned Parenthood Association (PPSA) Western Cape

Tel: 021 448 7312

Email: admin@ppawc.co.za

Marie Stopes

Tel: 021 422 4660

Call centre: 0800 11 77 85

Email: info@mariestopes.org.

Inform the call center agent that you are a UCT student to access the discounted rates offered to UCT.

Take along your ID and UCT student card to your appointment