

If your contraceptive fails or you have not used any

Always try to use condoms and a backup contraceptive. If it fails or you have not used any contraceptive, for whatever reason, and you do not want to get pregnant then act as quickly as possible.

You can get emergency contraception up to 72 hours after sexual contact that will reduce the risk of you getting pregnant. You can get this from a family planning service.

UNWANTED pregnancies

If your period is late then get a pregnancy test done – you can buy one from a pharmacy or go to a family planning service. It is important to find out as soon as possible if you do not want to have a baby. Abortion can be arranged in most countries, but it is not usually carried out after 12 weeks.

If you are pregnant and want to arrange an abortion check with the organisation on the back of this leaflet as to what your rights are in this country.

WANTED pregnancies

Keep you and your baby safe

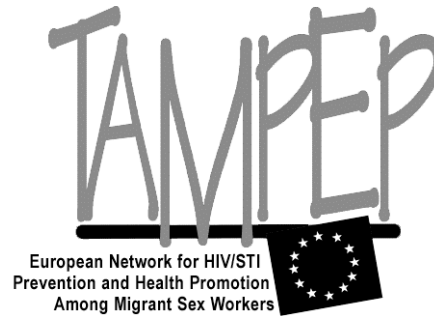
Always use condoms with clients - a mother can pass sexually transmitted infections, including HIV the virus that causes AIDS, to her baby during pregnancy and childbirth.

If you have symptoms, are bleeding, or in pain go for a medical check up immediately.

Don't self-prescribe, get a medical check up to ensure proper treatment that will not damage your baby.



If you are pregnant and want to have the baby in this country check with the organisation on the back of this leaflet to find out what your rights are in relation to health care during the pregnancy and childbirth and to you and your baby's rights once the baby is born.



European Network for HIV/STI
Prevention and Health Promotion
Among Migrant Sex Workers

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For more information:

ENGLISH
Contraception & Pregnancy

CONTRACEPTION & PREGNANCY





If you do NOT want to get pregnant by a client, then you must always use contraceptives

when you have vaginal sex with clients, unless you have been sterilised or know you cannot have children.

THE CONDOM

For sex workers the condom is a lifesaver as well as a contraceptive, it can protect you from sexually transmitted infections, including HIV the virus that causes AIDS

The condom is a thin latex tube that is put on the penis and prevents the sperm from entering the vagina and uterus, which prevents your eggs being fertilised.

- Condoms must be put on before any contact between the vagina and penis occurs.
- Condoms can burst, leak or slip off, so if you do not want to get pregnant by your clients always use a reliable back up contraceptive.
- Always use a lubricant to reduce the risk of the condom bursting.
- See the TAMPEP condoms & lubricant leaflet for other tips on reducing condom bursts.

If used properly condoms are effective in preventing pregnancy AND could save your life by protecting you from HIV and other sexually transmitted infections.

IT'S UP TO YOU !

Choosing a reliable backup contraceptive, lets you decide if, when, and by whom you get pregnant.

But always use a condom to protect yourself from HIV, the virus that causes AIDS, and from other sexually transmitted infections.

Reliable back up contraceptive methods

Always discuss your contraceptive options with a doctor. Not everyone can use all of the methods listed below so it is important to discuss your choices with a doctor before making a final decision.

INJECTIONS & IMPLANTS

Injections and implants alter your hormonal balance, which prevent your eggs from being fertilised and maturing when sperm enter your uterus. There are a number of different types of injections and implants available from family planning services by prescription. Always discuss which one would suit you best with a reputable doctor.

- Injections and implants cannot protect you from sexually transmitted infections including HIV the virus that causes AIDS.
- Injections can provide protection for up to 3 months.
- Implants can provide protection for up to five years
- Some women get side effects from injections and implants, always check with your doctor if you get any side effects they may need to change the prescription.
- Some women find that their menstruation is more regular, shorter, lighter and less painful with hormonal contraceptives.

If used properly injections and implants are 99% effective in preventing pregnancy.

THE PILL

Contraceptive pills alter your hormonal balance, which prevent your eggs from being fertilised and maturing when sperm enter your uterus. There are a number of different types of pills available by prescription from family planning services, always discuss which one would suit you best with a reputable doctor.

- The pill cannot protect you from sexually transmitted infections including HIV the virus that causes AIDS.
- The pill must be taken everyday, at approximately the same time.
- If you forget to take the pill for one or more days or if you vomit and/or have diarrhoea you will not be protected until after your next menstruation. It is important to use additional contraception for the rest of the month to prevent pregnancy.
- Some women get side effects from the pill. Always check with your doctor if you get any side effects they may need to change the prescription.
- Some women find that their menstruation is more regular, shorter, lighter and less painful with hormonal contraceptives.

If used properly the pill is 97% effective in preventing pregnancy.

THE IUD

The IUD (intrauterine device) is a tiny T shaped flexible device that is placed in the neck of the uterus which prevents fertilised eggs from attaching to the wall of the uterus. There are a number

of different types of IUD available by prescription from family planning services, they must be fitted by a qualified person, always discuss what one would suit you best with a reputable doctor

- The IUD cannot protect you from sexually transmitted infections including HIV, the virus that causes AIDS.
 - The IUD increases the risk of sexually transmitted infections if not always used with a condom.
 - The IUD must always be put in by a doctor and must be changed every two years.
 - The IUD can make your menstruation heavier and more painful
- If used properly the IUD is 98% effective in preventing pregnancy.**

THE DIAPHRAGM & CAP

The diaphragm and cap are thin rubber domes used with a spermicide that prevent and kill sperm entering the uterus, which prevents your eggs being fertilised.

- The diaphragm or cap must be used with spermicide and inserted before any contact between the vagina and penis. It must be left in for eight hours after any vaginal contact with sperm.
- The diaphragm and cap must be fitted at a family planning service as a doctor has to check the size you need and teach you how to insert it properly.
- The diaphragm and cap can be left in for multiple sexual partners, if used as a backup contraceptive it can be removed immediately if there has been no vaginal contact with sperm, otherwise it should be left in for eight hours.
- The diaphragm and cap can be used when menstruating to hold back the blood.
- The diaphragm and cap can prevent some sexually transmitted infections, including Chlamydia and gonorrhoea, but cannot prevent HIV.

If used properly the diaphragm and cap are 82% effective in preventing pregnancy

SPERMICIDES

Spermicides are not effective contraceptives on their own but can increase the effectiveness of diaphragms and caps. The spermicide kills or weakens sperm entering the vagina, which prevents it from fertilising your eggs – but it does not always get to all the sperm and therefore does not always work.

- **However many spermicidal products which include Nonoxynol are known to increase the risk of HIV infection. So avoid any product with Nonoxynol in it.**
- **Spermicides can cause irritation inside the vagina, so do not use if you get an itching or burning sensation in your vagina.**