

# Contraception Methods in Nunavut

## Implant (Nexplanon)

**Low Maintenance**  
>99% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Can be left in place for up to ~3 years
- Can be used while breastfeeding

**CONS** ✗

- May cause irregular bleeding initially, and up to three months
- May cause acne, headaches, breast sensitivity or mood swings
- Does not protect against STIs



## Progestin IUD (Mirena & Kyleena)

**Low Maintenance**  
>99% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Can be left in place for 3-4 years
- Can be used while breastfeeding

**CONS** ✗

- May cause lighter periods, spotting or no periods
- May cause acne, headaches, breast sensitivity or mood swings
- Does not protect against STIs



## Tubal Ligation

**Permanent**  
>99% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Permanent method
- Non-hormonal method

**CONS** ✗

- Permanent and irreversible
- Side effects may include pain, infection and bleeding
- Does not protect against STIs



## Vasectomy

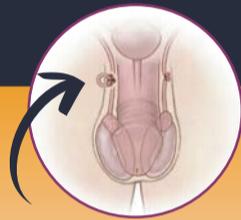
**Permanent**  
>99% Efficacy

**PROS** ✓

- Permanent method
- Performed under local or general anesthetic
- Safer than a tubal ligation

**CONS** ✗

- Side effects may include pain, infection and bleeding
- Will be put on a waitlist
- Does not protect against STIs



## Injection (Depo-Provera)

**Used on a Schedule**  
>96% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Helps prevent cancer of the uterus
- May be used in women over 35 who smoke

**CONS** ✗

- May cause spotting, weight gain, depression, hair changes and a change in sex drive
- Side effects can last for up to 6 months after the injections are stopped
- Does not protect against STIs



## The Pill

**Used on a Schedule**  
>93% Efficacy

**PROS** ✓

- Can regulate an irregular period
- Can become pregnant immediately after stopping use

**CONS** ✗

- Must be taken daily to achieve full efficacy
- May cause depression, headaches, acne, hair or skin changes and a change in sex drive
- Does not protect against STIs



## The Patch (Ortho Evra)

**Used on a Schedule**  
>93% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Can become pregnant immediately after stopping use
- Reduces the risk of endometrial, ovarian and colon cancers

**CONS** ✗

- May cause spotting for first 1-2 months
- May cause breast tenderness, nausea, headache or skin irritation
- Does not protect against STIs



## The Ring (Nuvaring)

**Used on a Schedule**  
>93% Efficacy

**PROS** ✓

- No need for daily reminder of birth control
- Can regulate an irregular period
- Easy to insert and remove

**CONS** ✗

- May cause spotting for first 1-2 months
- May increase vaginal discharge
- Does not protect against STIs



## Condom

**Used everytime**  
>87% Efficacy

**PROS** ✓

- Protects against STIs
- Can be used while breastfeeding
- Free at Health Centres

**CONS** ✗

- Can decrease sensation during sex
- Can break or slip off
- Expiration date



## Lactation Amenorrhea

**Life Style**  
>95-98% Efficacy

**PROS** ✓

- Effective right away once breastfeeding is established
- Non-hormonal
- Free!

**CONS** ✗

- Fertility can return if breastfeeding is reduced
- Effective only up to 6 months postpartum
- Does not protect against STIs



## Withdrawal

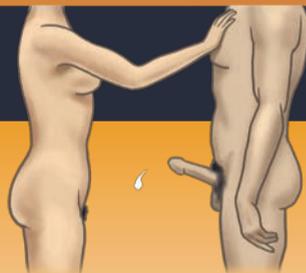
**Life Style**  
>80% Efficacy

**PROS** ✓

- Can be used while breastfeeding
- Considered a natural method of birth control
- Free!

**CONS** ✗

- Does not always work if the penis is not taken out in time
- Less pleasurable for some
- Does not protect against STIs



## Emergency Contraception Pills (Plan B or Ella-C)

**Life Style**  
>79% Efficacy

**PROS** ✓

- Pill can be taken up to 5 days after unprotected sex
- If pregnancy still occurs after trial of the pill, the fetus will not be harmed
- Covered under NIHB

**CONS** ✗

- May cause next period to be irregular
- May cause spotting
- Does not protect against STIs

