Disadvantages
Can take up to 6 months to learn effectively and need to avoid intercourse at certain times in the month. Stress and illness can make this method unreliable.

Sterilisation
This would involve a surgical procedure.

Advantages
Over 99% effective and involves no hormones.

Disadvantages
Cannot be reversed and involves an operation.

Patch
Patch containing oestrogen and progestogen.

Advantages
99% or more effective when used correctly and is applied once a week for 3 weeks.

Disadvantages
May be seen on skin, not suitable for women with conditions such as blood pressure or for those over 35 who smoke.

Emergency Contraception
You only have a short period of time after unprotected sex to sort out some emergency contraception. This can be either up to 3 days to obtain emergency contraception pill or up to 5 days for an intrauterine device to be fitted. The earlier you seek advice the better. Emergency contraception is available free from your GP, family planning clinic or Brook Advisory Centre. If you are over 16 years of age you can also buy it at a chemist.

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

Further information can also be obtained from:
www.cftrust.org or telephone CF Trust helpline: 08458591000
Liverpool Brook Centre: www.brook.org.uk or 0151 207 4000/802 1234

If you have any problems or concerns about the level of cover your current method of contraception offers you or need advice regarding contraception please contact the Cystic Fibrosis Nurse Specialists Monday – Friday 8am–4pm on: 0151 600 1374.

Тақатырылық жөндөө фера. Суранычынын көрүнүшү жана суранычынын ар кыска мезгил ар тентүү ойноо. Стрес жана ишкенчүлүк адистердин өзгө чыгаруу мүмкүн боло албайт көп жерге көрүнүшү болушу мүмкүн. Отторун жана аракеттин башка сөз ар кыска мезгил ар тентүү ойнашкан боло албайт.

Берилген сүрөөдө бир жерде же көп жерде көргөнүү жана андан кийин түшүнөтүү мүмкүн.

Берилген сүрөөдө бир жерде же көп жерде көргөнүү жана андан кийин түшүнөтүү мүмкүн.
Intrauterine Contraceptive Devices (IUCDs) (coil)
These are fitted by a doctor or suitable qualified nurse inside the womb.

Advantages
- 98-99% effective
- These are not affected by antibiotics and can last up to 5 years.

Disadvantages
- Some devices may cause heavy and/or painful periods and may be slightly uncomfortable when initially inserted.

Barrier methods
Cervical cap - covers the cervix, may be difficult to position correctly.
Diaphragm - Covers the top of the vagina and is larger and easier to fit.

Advantages
- Effective in 92%-96% of women when used correctly.
- Involves interruption of intercourse and can be messy as you need to use a spermicide.

Natural Methods
Withdrawal - the man withdraws before ejaculation.
Rhythm - Detecting changes in body temperature and the stickiness of cervical mucus so sex is avoided at times when a woman is fertile. It is important to remember that in Cystic Fibrosis the mucus is always thick and a rise in temperature may be a sign of infection.

Advantages
- 94%-99% effective when intercourse is restricted to the time after ovulation.