

INFORMATION FOR WOMEN

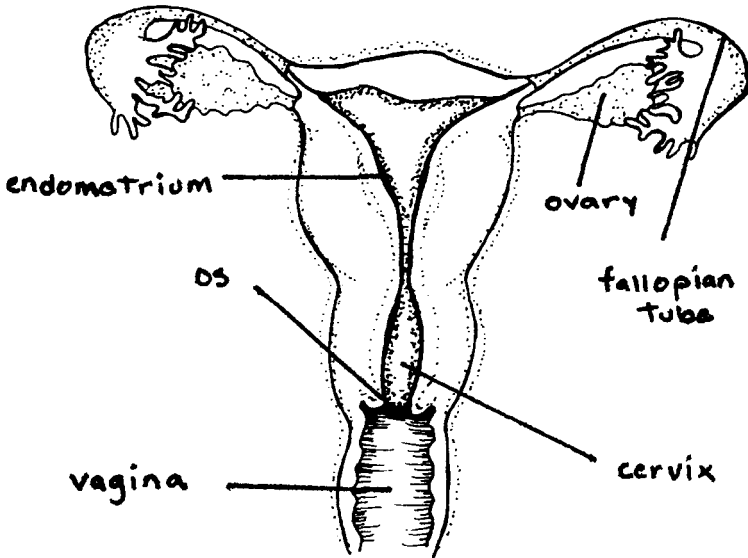
BIRTH CONTROL

Contents

	Page
REPRODUCTIVE SYSTEMS	1
Female	1
Male	2
HOW PREGNANCY OCCURS	2
WHAT IS BIRTH CONTROL	3
HOW TO CHOOSE A BIRTH CONTROL METHOD	3
METHODS OF BIRTH CONTROL	4
Barrier methods	4
Vaginal spermicides	4
The Diaphragm	5
Cervical Cap	6
Condom	7
Vaginal Sponge	7
Oral Contraception	8
I.U.Ds.	9
Natural Methods	10
Basal Body Temperature	11
Ovulation Method	12
Calender Method	12
Sterilization	13
Tubal Ligation	13
Vasectomy	14
MYTHS ABOUT BIRTH CONTROL	15
RESOURCES	15

REPRODUCTIVE SYSTEMS

FEMALE REPRODUCTIVE ORGANS



Ovaries: Release an egg(s) every month (this is called ovulation). They also release reproductive hormones.

Fallopian tubes: Tube through which the egg travels from the ovaries to the uterus.

Uterus: Also called womb. A muscular sack that is capable of expanding to hold a developing baby.

Endometrium: The inner lining of the uterus.

Cervix: The lower part of the uterus.

Os: The opening to the uterus.

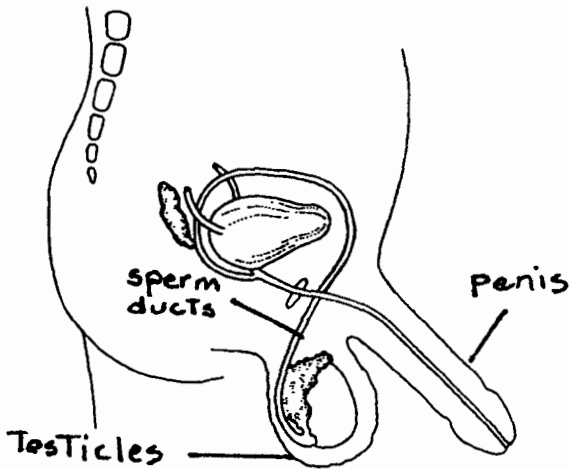
Vagina: The passage that connects the uterus with the outer genitals (vulva).

MALE REPRODUCTIVE ORGANS

Testicles: Produce sperm and release hormones.

— Sperm ducts: (Vas deferens) Tubes through which sperm travels from the testicles to the penis.

Penis: A man's sexual organ from which sperm are released during ejaculation.



HOW PREGNANCY OCCURS

After the sperm is released from the penis it enters the uterus, meets an egg in a fallopian tube and fertilizes it. Pregnancy occurs when the fertilized egg implants in the endometrium.

WHAT IS BIRTH CONTROL ?

Anything which prevents pregnancy from occurring as a result of sexual intercourse.

HOW TO CHOOSE A BIRTH CONTROL METHOD

You can first investigate which forms of birth control are available, how effective and safe each form is and decide how convenient each method will be for you.

Effectiveness

There is no method of birth control that is 100% effective. The effectiveness of commonly used forms of birth control vary. All the methods in this book can be good protection against pregnancy if used correctly and carefully. The more care you take in using a method, the better it works.

Safety

There are a variety of problems you may encounter with any type of birth control method. Some methods can cause problems while others pose few health risks. A thorough investigation of the effects on your health should be made before a final decision is made.

Convenience

You may consider how a certain method will affect your sex life. If you are not comfortable with a method and it is not convenient to use, it may not be used correctly. The amount of cooperation received from your partner may also influence your choice. Some methods may have a positive effect on your relationship because they encourage sharing of responsibility.

Counselling

You may seek help in choosing a birth control method. A counsellor or doctor can guide you in making the best decision for you. Counselling can provide that extra bit of assistance needed to make a good informed decision.

METHODS OF BIRTH CONTROL

A. BARRIER METHODS

The barrier methods prevent sperm from entering the uterus. One type **destroys** sperm by the use of spermicidal jellies, creams and foam. The other type **blocks** entry into the uterus.

VAGINAL SPERMICIDES

These are chemical preparations that kill sperm. They are available as creams, jellies and aerosol foam. Spermicide applicators aid their insertion into the vagina. The most effective vaginal spermicide is foam because it spreads quickly and evenly over the cervix. Foam should not be used alone.

How it is used

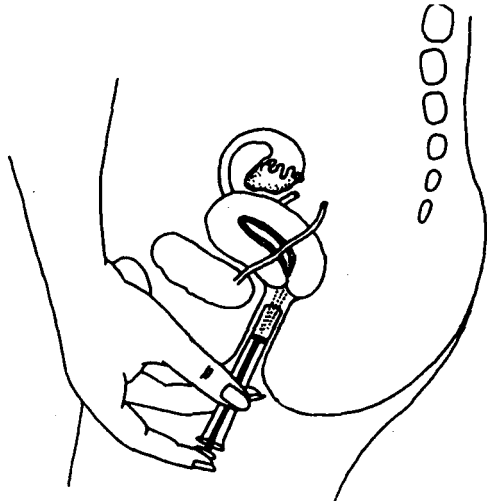
Just before you have sexual intercourse insert a full applicator of foam deep into the vagina. You must re-apply foam every time you have intercourse. It is suggested that you always have an extra full container of foam as it is hard to know the amount of spermicide left.

Negative effects

Some women and men develop allergic reactions to the chemicals in the foam. Foam can have an unpleasant taste during oral-genital sex.

Effectiveness

Spermicides are very effective when used as a back up for other birth control methods. Foam is not effective when used on its own. When foam is used with a condom it is as effective as the pill.



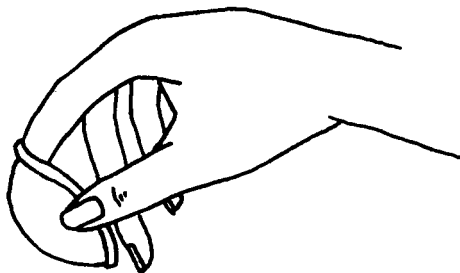
THE DIAPHRAGM

Is made of soft rubber and it is used with about a tablespoon of spermicide. (not foam)

How it is used

The diaphragm is put into the vagina.

It fits over the cervix and is held in place behind the pubic bone. For proper use the diaphragm must cover the cervix.



Because every woman has a different shape and size of vagina, a doctor or a health worker must first fit the diaphragm. Once you know the correct size you can obtain the diaphragm at any drug store. You should have your size checked after pregnancy, abortion and weight gain or loss.

Your doctor or health worker at a clinic should teach you how to insert and remove the diaphragm.

The diaphragm must be inserted before sexual intercourse. You must leave the diaphragm in place 8 hours after intercourse.

Positive effects

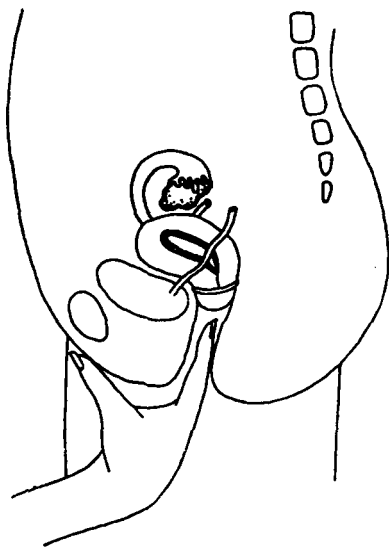
It is a healthy method of birth control because it does not affect your whole body. It is a very convenient for women who have sexual intercourse infrequently.

Negative effects

Some women are allergic to the rubber.

Effectiveness

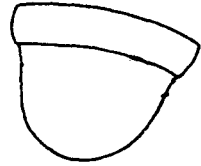
Very effective if it is fitted and used correctly. In order to be effective, a diaphragm must be used every time a woman has vaginal intercourse.



CERVICAL CAP

The cervical cap is similar to a diaphragm but smaller. The cap is also used with spermicide (not foam). It fits over the cervix and is held in place by suction. The cap comes in several shapes and sizes.

A health worker should check the size of your cervix to know the right size cap for you.



How it is used

Before the cap is inserted it must be filled one third full of spermicide.

The cap must always be inserted at least half an hour before intercourse, because it can take his long for suction to occur. It can be inserted several hours before intercourse. The cap should remain in for 8 hours after intercourse but can stay in up to 72 hours.

Positive aspects

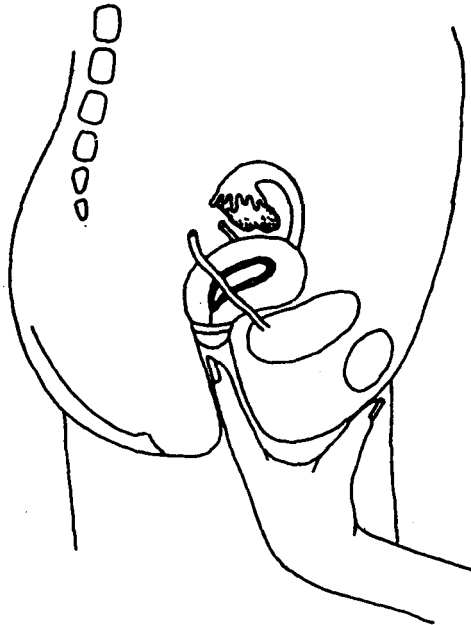
It is a reliable method if used correctly. The cap does not affect a woman's whole body.

Negative aspects

The cap cannot be obtained at any drugstore. Only certain doctors and some clinics fit caps.

Effectiveness

The cervical cap is as effective as the diaphragm.



CONDOM

Is a thin sheath of rubber that covers the penis during sexual intercourse. The condom prevents sperm from entering the vagina. ***Only latex condoms prevent sexually transmitted diseases from passing through the condom.***

Condoms are sold at all drugstores. They come in one standard size.

Note: *Condoms should not be kept in pockets or wallets for too long because heat and wear can tear the rubber.*

How it is used

The condom is unrolled over the erect penis before there is any contact with the vagina. After ejaculation, the condom must be held firmly over the penis during withdrawal. Withdrawal should be immediate.

It is best to use a condom only once.

Positive aspects

The condom is easy to use and it can prevent the spread of sexually transmitted diseases.

By using the condom the man shares the responsibility for birth control.

Negative aspects

Some people feel that condoms reduce sensitivity.

Effectiveness

Is dependent upon the user's motivation and care in using it. When used with foam the effectiveness is greatly increased. The condom may break.

VAGINAL SPONGE

Is a small round sponge with spermicide in it. Before sexual intercourse the sponge is wet with a little water to release the spermicide. It is used with foam. It is placed high into the vagina over the cervix.

The sponge is not reliable as it may not cover the cervix.

B. ORAL CONTRACEPTION

The PILL works by changing hormone levels in the body so that no eggs are released. This prevents pregnancy.

The pill contains artificial hormones similar to those made by the ovaries. It usually contains two hormones: estrogen and progestin.

The mini-pill only contains progestin. The pill comes in packages of 21 or 28 pills

It is obtained only with a prescription from your doctor.

How it is used

1. Count the first day of menstruation (bleeding) as day one
2. Take first pill as instructed, whether or not you are still bleeding.
3. Take one pill every day until your package is finished.
4. If you miss one pill, take it as soon as you remember and take the next pill at the regular time.

Note: If you forget to take the pill two or more days, use another form of birth control for the rest of that cycle.

You must not take the pill without your doctor fully knowing your medical history.

If you have high blood pressure, diabetes, liver, heart or circulatory diseases, or if you have a family history of stroke, heart attacks or diabetes inform the doctor.

The pill is not recommended if you are over 35 years old, breastfeeding or if you smoke. Smoking increases the risk of heart attack among women who use the pill.

IF YOU HAVE ABNORMAL REACTIONS SUCH AS BLEEDING, CONTACT YOUR DOCTOR OR CLINIC.

Positive effects

The pill is convenient as a birth control method because it is very simple to use.

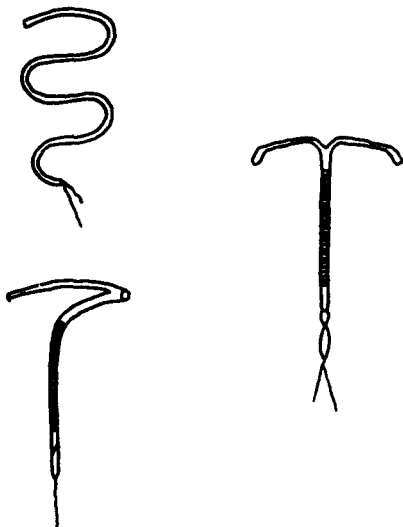
Negative effects

The chemicals contained in the pill produce changes in the functioning of your whole body. It is well known that the pill can cause serious side effects.

Effectiveness

If taken daily, it is very effective.

C. INTRAUTERINE DEVICES – I.U.D.s



An IUD is a plastic object which is inserted inside the uterus. They come in several shapes.

Some types contain copper or slow release hormones. It is not known how the IUD prevents pregnancy.

How it is used

An IUD is only inserted by a doctor.

The IUD should be inserted during menstruation. After insertion an IUD can remain in the uterus up to two years. It should be removed only by a doctor.

An IUD should not be used by anyone who has an active or recurring pelvic infection. It is not recommended for women with heart disease, acute cervical or vaginal infection, abnormal pap smear or a history of ectopic pregnancy (pregnancy in the fallopian tubes).

Positive effects

The IUD is convenient. Once it is put in the uterus it can remain in place for up to 2 years.

Negative effects

A serious problem associated with IUD use is Pelvic Inflammatory Disease (P.I.D.). This is an infection caused by germs finding a way into the uterus and spreading into the fallopian tubes and ovaries.

Pelvic Inflammatory Disease can lead to infertility and/or chronic pain. Another rare problem is that the IUD may perforate the uterus.

Effectiveness

The effectiveness of the IUD is slightly lower than the pill.

D. NATURAL METHODS

Are those methods in which pregnancy is prevented by not having sexual intercourse during the time when a woman is fertile.

To use these methods correctly it is essential to know how to determine the fertile days. A specific technique that observes, records and interprets bodily changes that occur in the menstrual cycle is used.

Training is required to use these methods.

BASAL BODY TEMPERATURE

Records the fertile time by charting your temperature early in the morning.

A special thermometer called a basal body thermometer, is used. Basal thermometers are sold in drug stores and include instructions.

How it is used

You take your temperature every morning immediately after waking (before any other activity) and record it on a chart. Take your temperature at about the same time every day.

The changes in temperature will indicate when you have ovulated (when the egg is released).

If using this method you should not have intercourse during the first part of the fertility cycle because you will not know when you are fertile.

Only after your temperature has risen and remained elevated for three consecutive days should intercourse be considered safe.

Positive aspects

This method is completely natural and therefore is not harmful to the body.

Negative aspects

Illness, tension, anxiety and drinking alcohol, increase body temperature and this can interfere with the temperature method.

Effectiveness

This method is effective if you commit yourself to follow it as taught

OVULATION METHOD

Is the observation and recording of the changes in appearance and amount of cervical mucus to detect when ovulation occurs.

How it is used

To detect ovulation it is necessary to check the mucus discharged at the opening of the vagina every day.

There are two types of mucus; one type is fertile and the other is non-fertile.

The fertile mucus is thin, watery, slippery and stretchy. The non-fertile mucus is thick, sticky and is less watery.

Positive effects

The ovulation method has no harmful physical effects. It accurately records the menstrual cycle whether it is regular or irregular.

Negative aspects

The time required for training and establishing a fertility-sign pattern may discourage some people from using this method.

Effectiveness

If used accurately this is an effective birth control method

NOTE: *Many women have had excellent results by combining the basal body temperature method with the ovulation method. By combining the two signs you can tell more accurately, both when you are fertile before ovulation (mucus) and when you are sure of having ovulated (temperature).*

CALENDAR (RHYTHM) METHOD

The Calendar method is when you guess when you are fertile according to the length of your menstrual cycle. This method is not recognized as a reliable birth control method.

E. STERILIZATION

Can permanently prevent pregnancy.

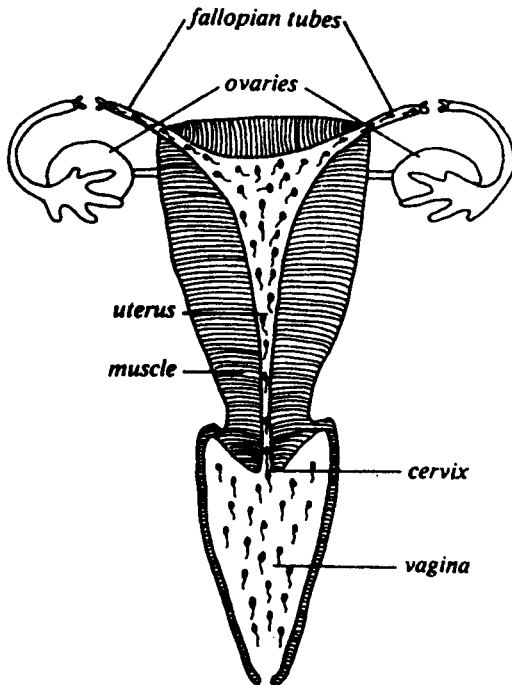
TUBAL LIGATION

Is the most common form of sterilization for women. The fallopian tubes are cut so that the egg cannot get from the ovary to the uterus.

How it is done

There are two ways of blocking the fallopian tubes. The first is done through the abdomen and the second through the vagina.

Once the tubes are reached, they are either cut and the ends burned (cauterized) or tied or blocked with clips or rings.



Positive Aspects

Many women say they enjoy sex more because they are not worried about becoming pregnant.

Negative effects

Some women notice increased menstrual bleeding and pain.

Effectiveness

Tubal ligation is highly effective as long as the fallopian tubes do not grow back together. This is very rare.

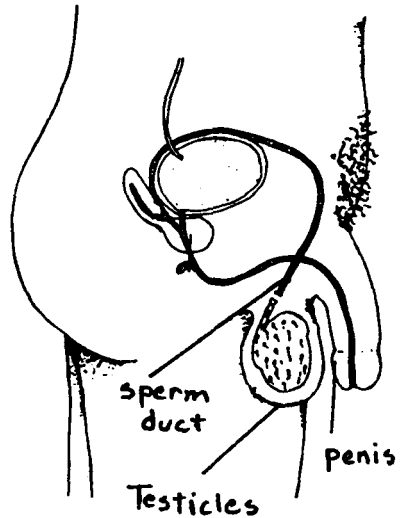
Note: After tubal ligation women continue to menstruate as before. The ovaries continue to release eggs – the only difference is that the eggs released do not go to the uterus. They are absorbed by the body. Because tubal ligation is a permanent method of birth control, you may want to seek counselling if considering it.

VASECTOMY

Is the procedure used to sterilize men. It is a quick operation that can be done under local anesthetic.

How it is done

A small cut is made in the skin of the testicles. Then the tubes that carry sperm from the testicles, are cut. Small sections of the tubes are removed and the open ends are closed.



The man continues to ejaculate as he did before the operation but now there are no sperm in the semen. The man may experience some discomfort (soreness or swelling) for a few days after the operation.

Positive aspects

Having a vasectomy should not affect a man's sexual potency. Many men claim that their sex life is more enjoyable after a vasectomy because there is no concern for birth control.

Negative aspects

There are no known negative effects.

Effectiveness

Vasectomy is highly effective as long as the tubes do not grow back together. This is very rare.

NOTE: *Counselling prior to having a vasectomy, may be useful*

MYTHS ABOUT BIRTH CONTROL

Myth: If you withdraw the penis from the vagina before ejaculation, you will not become pregnant.

Truth: There is a chance of pre-ejaculatory fluid that contains sperm escaping before withdrawal. If this happens you can become pregnant.

Withdrawal is not a reliable method. However, it is better than no method.

Myth: You cannot become pregnant while breastfeeding.

Truth: Breastfeeding is not a birth control method. Breastfeeding may delay the return to fertility. *It does not prevent return to fertility.*

There is no way of knowing when menstruation or ovulation will resume.

While breast-feeding a woman should use a form of birth control.

Acknowledgement to Toronto Immigrant Women's Centre for illustrations on Pages 13 and 14.

RESOURCES

Downtown Community Health Clinic	255-3151 412 E. Cordova St., Vanc.
Pine Free Youth Clinic	736-2391 1985 West 4th Ave., Vanc.
Planned Parenthood Main office, Vancouver	266-1381

Prepared by:
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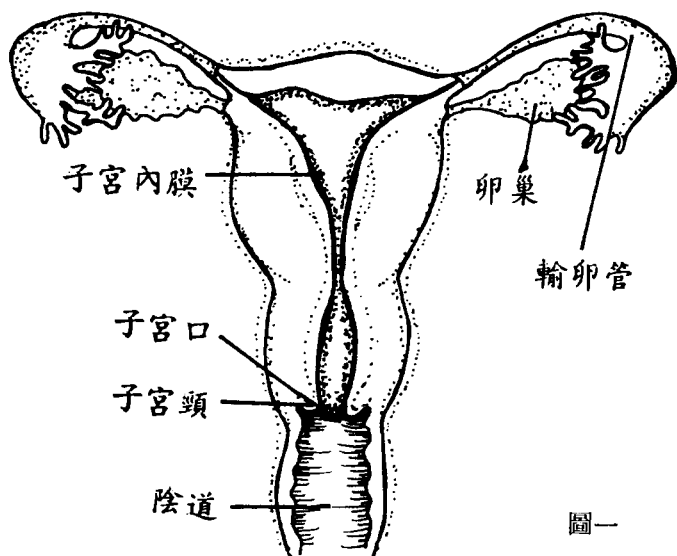
生 育 節 制 與 妳

目錄

生殖系統	頁
女性生殖器官	1
男性生殖器官	2
懷孕過程	2
何謂節育	3
如何選擇節育方法	3
節育方法	4
甲、障礙法	4
一、避孕殺精子劑	4
二、子宮帽	5
三、宮頸帽	6
四、陰莖套	7
五、陰道絨塞	7
乙、口服避孕法	8
丙、子宮環	9
丁、自然方法	10
一、基本體溫法	11
二、排卵法	12
三、行事曆(規律性)方法	12
戊、絕育法	13
一、輸卵管結紮法	13
二、輸精管截除法	14
有關節育錯誤的觀念	15
資料提供	15

生殖系統

女性生殖器官



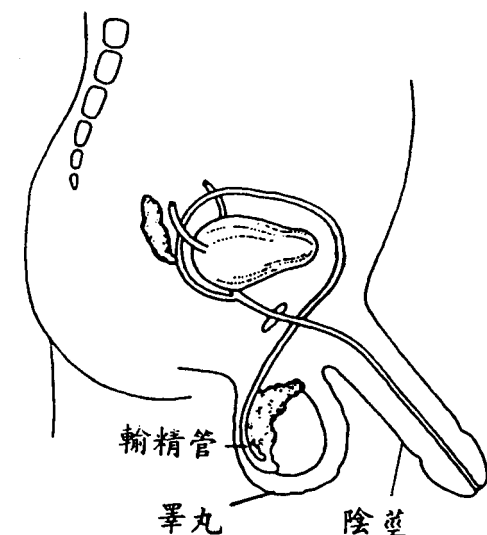
1. 卵巢：每月排出卵子（這過程叫排卵）。此外，卵巢亦排出生殖荷爾蒙。
2. 輸卵管：卵子從卵巢沿着此管流入子宮。
3. 子宮：是一個能擴大以容納成長中胎兒的肌肉囊。
4. 子宮內膜：生於子宮內的薄膜。
5. 子宮頸：子宮的下部。
6. 子宮口：通往子宮的孔道。
7. 陰道：連接子宮與外陰部（女陰）的通道。

請參看說明（一）

男性生殖器官

1. 陰莖：男性在射精時排出精液的性器官。
2. 輸精管：精液從睪丸流入陰莖的管。
3. 睪丸：製造精液及排出荷爾蒙。

請參看說明(二)



圖二

懷孕過程

精液從陰莖排出後，進入子宮，使輸卵管內的卵子受精，當受精卵在子宮內膜繁殖時，便產生懷孕。

何謂節育

節育是任何一種防止在性交後懷孕的方法。

如何選擇節育方法

首先妳要查明各種不同的節育方法、它們的效用及安全程度，然後決定個別的方法對妳是否合適。

效用

沒有一種節育方法是絕對有效的，各種普遍的節育方法亦有不同的效力，只要妳使用得正確及小心謹慎，本書所介紹的所有方法都是防止懷孕的良好措施，而使用愈小心，效果愈好。

安全度

每一種節育方法都可能引致種種問題，有些方法或許會導致嚴重後果，甚致危害性命，而另一些則令健康輕微受損，所以在作出選擇前，必須徹底查明該種方法對健康的影響。

方便程度

妳必須考慮該種方法是否會妨礙妳的性生活。若妳使用某方法時感到不合意及不方便，會影響妳，令妳使用不當。此外，妳的配偶所付出的合作有多少，亦會影響妳的選擇。有些方法會促進彼此之間共同分擔責任，可帶來良好的教果。

輔導

妳可在選擇節育的事上尋求幫助。輔導員、及妳可傾訴的護士、或醫生，都可以指導妳作出最適合妳的抉擇。輔導員亦能提供額外的援助，助妳作出清楚明確的決定。

節育方法

甲、障礙法

障礙法是用以防止精液進入子宮：一種是「阻塞」精液進入子宮；另一種是以殺精子凍膠、乳劑及發泡膏「毀壞」精子。

一、避孕殺精子劑

避孕殺精子劑是用以殺精子的化學物品，有乳劑、凍膠及噴霧發泡膏可供選擇。殺精子劑的塗藥器可幫助妳把藥物放進陰道。

因發泡膏能快捷及平均地遍佈子宮頸，所以是最有效的避孕殺精子劑，但切勿把它單獨使用。

使用方法

在妳進行性交前，把一個盛滿發泡膏的塗藥器插入陰道深處。請參看說明(三)——使用塗藥器的適當方法。

妳必須在每一次性交前再噴一次發泡膏。

由於妳不能清楚知道瓶內所剩下的殺精子劑有多少，所以，假如妳是用發泡膏的話，最好多備一瓶，以策安全。

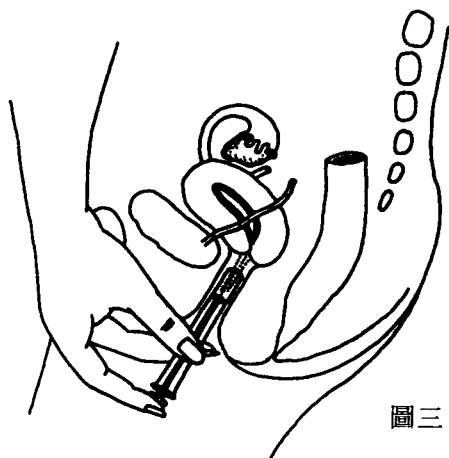
不良後果

無論男或女，對發泡膏中的化學物品亦可能產生敏感。此外，發泡膏會在口與外陰性交時產生異味。

效用

把殺精子劑用作其他節育方法的輔助

，可收優良效果。單獨使用發泡膏，所收的效果最低，但若與陰莖套一起使用，則與避孕丸一樣有效。

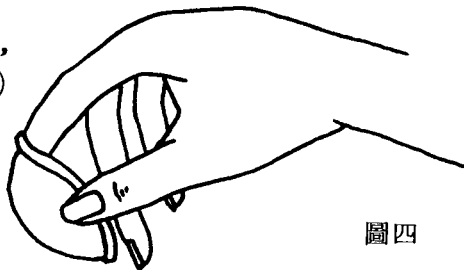


圖三

二、子宮帽

子宮帽是用軟橡皮膠造成，是與一湯匙（非泡沫類的）殺精子劑一起使用。

請參看說明（四）



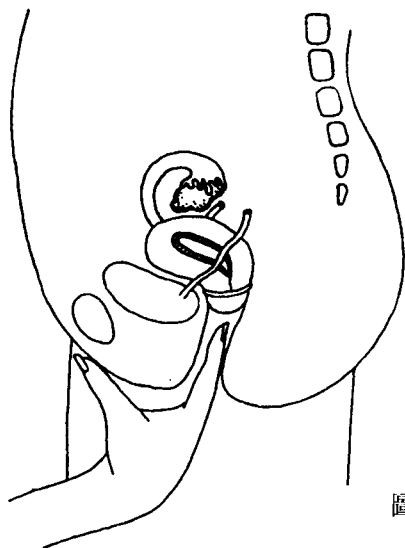
圖四

使用方法

子宮帽是用以放在陰道，佩戴在子宮頸，並在耻骨後適當的位置上固定。正確的使用方法，必須以子宮帽遮蓋子宮頸。請參看說明（五）

由於每位婦女的陰道形狀及大小亦不同，所以妳首先必須經由醫生或醫務護理員替妳佩戴子宮帽。知道正確尺碼後，妳便可到任何一間葯房買到子宮帽。但在妳懷孕、墮胎及體重增減後，必須再次檢查陰道的大小。

妳的醫生或醫務護理員該指導妳如何把子宮帽嵌入及移離。子宮帽必須在性交前嵌入，並在性交後八小時內保持在原位。



圖五

良好效果

由於子宮帽並不會令整個身體受影響，所以是一種安全的節育方法。對於性交並不頻密的婦女，子宮帽亦非常方便。

不良後果

部分婦女對橡皮膠有敏感反應。

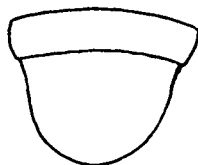
效用

正確的佩戴及使用可帶來十分優良的效果。爲了收到良好的效果，妳必須於每次性交時在陰道使用子宮帽。

三、宮頸帽

宮頸帽除了較細小外，與子宮帽大同小異，也是與非泡沫類的殺精子劑一起使用，用法是佩戴在子宮頸上，以

吸力固定位置。宮頸帽有不同的形狀及尺碼，妳必須經醫務護理員檢查後，才能得知合用的尺碼。



圖六

使用方法

首先把宮頸帽盛滿三分之一的殺精子劑，然後才把它嵌入。由於要經一段時間，宮頸帽才會產生吸力，所以最少要在性交前半小時嵌入。

宮頸帽可在性交前數小時便嵌入，但必須在性交後八至十小時移離。請參看說明（七）

良好效果

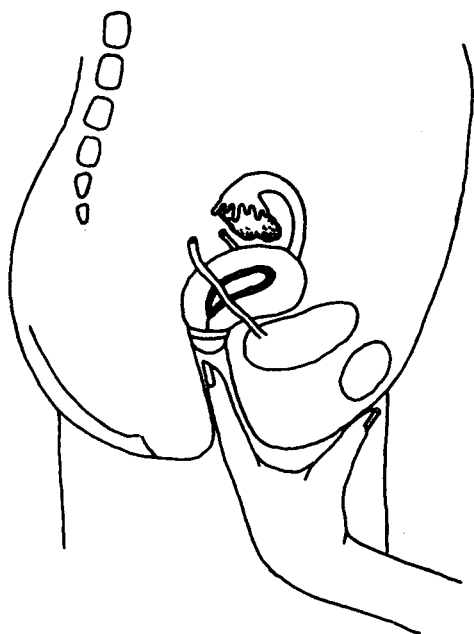
只要使用正確，這是一種可靠方法，宮頸帽和其他障礙法一樣，並不會影響妳的整體。

壞處

宮頸帽並不在任何藥房出售，而且只有某些醫生才懂得如何替妳佩戴。

效用

宮頸帽與子宮帽同樣有效。



圖七

四、陰莖套

陰莖套是一種薄橡皮膠套，用以在性交時套着陰莖，可防止精子進入陰道。

陰莖套在所有葯房亦有出售，出售品成卷狀，只有一種尺碼，並有含潤滑劑及不含潤滑劑兩種。

注意：切勿將陰莖套放在衣袋中或錢包內過久，因熱量會令膠質受損。

使用方法

在與陰道接觸前，首先將成卷狀的陰莖套打開，套在豎起的陰莖上。

在性交後，把陰莖退回時，必須固定膠套在陰莖上的位置，並要立即退回。

膠套最好只用一次。

良好效果

陰莖套的使用方法簡單，更可防止性病的蔓延。此外，使用這種方法，男性亦在節育的事上分擔責任。

不良後果

一些人覺得使用陰莖套會減低性交的感受程度。

效用

視乎使用者在使用時的動機及謹慎程度。陰莖套如與發泡膏一起使用，可大大增強效用，但膠套亦有破裂的可能。

五、陰道絨塞

陰道絨塞是附有殺精子劑的綿球。用法是在進行性交前，在絨塞上濕一點水以幫助殺精子劑排出，絨塞應與發泡膏一起使用，把它深入陰道，放在子宮頸上。

因陰道絨塞不一定能蓋着子宮頸，所以並不可靠。

乙、口服避孕法

避孕丸是用以改變體內的荷爾蒙量，使卵子不致散出，而防止懷孕。

藥丸中含人造荷爾蒙，與卵巢所製造的荷爾蒙相似。丸中含有春情內泌素及黃體內泌素兩種荷爾蒙，而小丸只含黃體內泌素。

避孕丸要經醫生處方才可買到，分別有二十一粒庄和二十八粒庄。

使用方法

藥丸是口服的。

- 一、把經期（出血）的開始數作第一天，無論妳在第五天是否仍然出血，亦在當天服食第一粒藥丸。
- 二、然後每日服食一粒藥丸，直至全包用完為止。
- 三、若妳忘記服食藥丸，就必須在妳記得時馬上服食，下一粒藥丸則在正常時間服用。但假如妳忘記服藥達兩三天之久，應在週期內其餘的日子改用另一種節育方法。

假如妳患有高血壓、糖尿病、肝病、心臟病及循環疾病，抑或妳家中以前有人患過中風、心臟病發作或糖尿病，那麼在醫生未完全了解妳的病歷前切勿服用避孕丸。

若妳年齡在三十五歲以上，以人乳哺養小孩，或若妳是吸煙者，切勿使用避孕丸。對於服用避孕丸的婦女，吸煙會增加心臟病發作的危險。

良好效果

因避孕丸用法簡單，所以是一種很方便的節育方法。

不良後果

避孕丸中所含的化學物品會令整個身體的功能產生變化，服食避孕丸所引致的副作用亦人所共知。

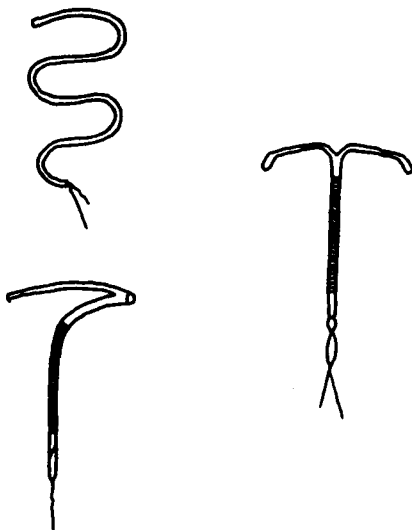
所以在使用避孕丸前必須請教醫生。

效用

若能每天服用，會非常有效。

丙、子宮環

子宮環是用以嵌入子宮的塑膠物體，有幾種不同的類別；有些種類含有銅或散放緩慢的荷爾蒙。子宮環防止懷孕的方法則未詳。請參看說明（八）



圖八

使用方法

只有醫生或醫務護理員才可替妳嵌入子宮環。

子宮環應在經期時嵌入。

它在嵌入後可保持在子宮達一至兩年，只有醫生才可把它移離。

任何現有骨盆傳染病、或是舊病復發者，切勿使用子宮環。子宮環亦不宜用於患有心臟病、急性的子宮或陰道傳染病、乳部塗片顯示不正常、或曾經試過異位懷孕（在輸卵管內懷孕）的婦女。

良好效果

子宮環便於使用，一經放進子宮內，就可長時間保持在該處。

不良後果

子宮環所引致的一種嚴重問題就是骨盆發炎病，這傳染病是起於細菌混入子宮內，並蔓延到輸卵管及卵巢。骨盆發炎病可令人失去生育能力及導致慢性的痛楚。另一種問題就是子宮環可能會穿破子宮，而進入骨盆腔。

效用

子宮環的效用比避孕丸略低。

丁、自然方法

自然方法就是在婦女能受孕期內不進行性交，以防止懷孕。要正確地使用這方法，必須懂得如何確定能受孕期。妳可使用一種特殊的方法，來幫助妳觀察、記錄、及明瞭在月經週期的身體轉變。

妳要經過訓練，才能自如地使用這方法。

一、基本體溫法

在清晨量度妳的體溫，製成溫度圖表，以記錄能受孕期。這種方法所用的特別溫度計稱為基本體溫計，這種體溫計在藥房有售，內附說明書。

使用方法

在妳每朝起床後，未做任何活動前，把妳的體溫記錄在圖表上。每天的記錄時間應大致一樣。
從妳的體溫轉變，便顯示出妳的排卵期。

由於妳不知道自己何時能受孕，所以使用這方法時，妳不可在能受孕週期的初期進行性交。只有在體溫上升，並連續保持三天不降後進行性交，才算安全。

良好效果

這方法完全自然，所以對身體沒有害處。

不良後果

疾病、壓力、焦慮及酒精，都能使體溫上升，以致妨礙這種方法的使用。

效用

假如妳能依足指示去做，這是一種有效的方法。

二、排卵法

排卵法是以觀察及記錄子宮頸黏液模樣和份量的轉變，來找出排卵期。

使用方法

妳需要每天檢驗在陰道口所排出的黏液，才可得知排卵時間。黏液可分受精及未受精兩種：受精黏液呈薄、多含水份、濕滑及伸展較長；未受精黏液呈厚、富黏性及含較少水份。

良好效果

無論月經週期有規率與否，排卵法亦作準確的記錄。這種方法對身體並沒有任何損害。

不良後果

訓練及確立一個計算生育跡象的習慣所需的時間，足以令人容易放棄繼續使用這方法。

效用

只要使用正確，這是一種有效的節育方法。

注意：不少婦女把基本體溫法及排卵法一起使用，效果尤佳。藉着觀察這兩種跡象，妳可以確實知道妳是否在排卵前受精（觀察黏液），及清楚妳已否排卵（觀察體溫）。

三、行事曆（規律性）方法

行事曆方法就是依照妳月經週期的長短而估計妳的能受孕期。這方法已不再被認為是一種可靠的節育法。

戊、絕育法

永久性終止懷孕。

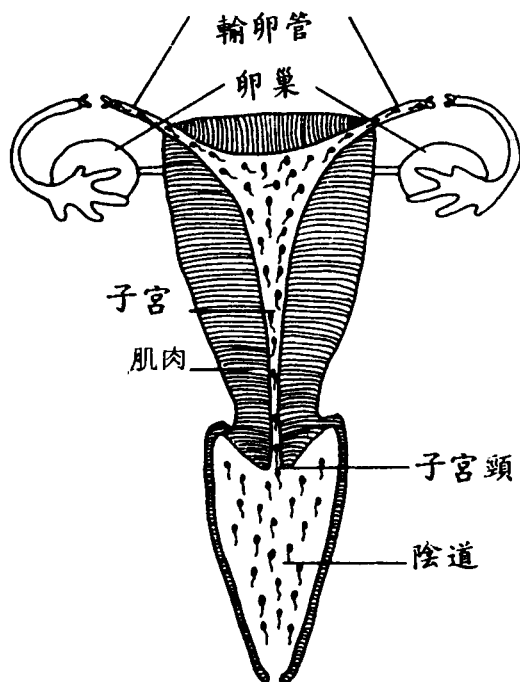
一、輸卵管結紮法

這是婦女絕育法最普遍的一種，方法是將輸卵管切除，使卵子不能從卵巢到子宮。

結紮方法

結紮輸卵管的方法有兩種：一是在腹部結紮，另一種是在陰道結紮。

結紮方法可以是將輸卵管切除，把管頭燒灼，或是把它們縛起來。



良好效果

由於使用這方法的婦女不用再耽心會懷孕，所以更能享受性生活。

不良後果

有些婦女發覺使用這方法，會使月經出血量及痛楚增加。

效用

只要輸卵管不再生長連在一起（這情形十分罕見），輸卵管結紮法是非常有效的。

注意：輸卵管經結紮的婦女會和以前一樣繼續行經，卵巢會繼續排卵，唯一的分別就是所排出的卵子不再通往子宮，而是被身體所吸收。

由於輸卵管結紮是一種永久性的節育法，所以在考慮這種方法前最好先請教醫生。

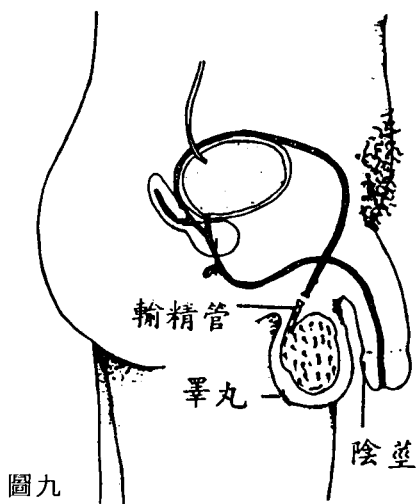
二、輸精管截除法

這方法是用以使男性失去生殖能力，是一個可在局部麻醉下進行的簡單手術。

截除方法

把睪丸的皮切開少許，就可以切斷將精子由睪丸通出的細管，然後除掉該管的細小部分，並關閉那些開口。

經手術後的男性與以前一樣可以射精，但精液中卻失去了精子，他可能會在手術後數天內感到不適（疼痛或腫脹）。請參看說明（九）



良好效果

輸精管截除並不會影響男性的性能力，由於手術後不用再耽心節育問題，很多男性感到性生活過得更愉快。

不良後果

這方法並沒有確實的不良後果。

效用

只要輸精管不再生長連在一起（這情形十分罕見），輸精管截除術是非常有效的。

注意：在輸精管截除術前尋求輔導會有所幫助。

有關節育錯誤的觀念

錯誤觀念：若在射精前把陰莖從陰道退回，妳便不會懷孕。

事實：射精前的液體可能含有精子，在退回前漏出，若這一旦發生，妳便有懷孕的可能。把陰莖退回並不是有用之法。

錯誤觀念：妳不會在人乳哺養期懷孕。

事實：以人乳哺養小孩並不是一種節育方法，只會延遲——不會防止生育力的復元。現時並沒有方法找出妳何時會恢復月經或排卵。

以人乳哺養嬰孩的婦女應採用一種正式的節育方法。

下列機構可提供更詳盡節育資料：

Downtown Community Health Clinic **255-3151**
市中心社區健康院 412 E. Cordova St., Vanc.

Pine Free Youth Clinic **736-2391**
松樹免費療所 1985 West 4th Ave., Vanc.

Planned Parenthood Main office, Vancouver **266-1381**
家庭計劃指導會

Prepared by:
Vancouver Women's Health Collective **255-8285**
302-1720 Grant Street, Vancouver, B.C.