

Jockey Club S.A.T.H. Project for Healthy Families

Family Planning & Birth Control

Enquiry: jcsath@cuhk.edu.hk

More info: www.jcsath.cuhk.edu.hk 61049535



Male condom



- 😊 Condom is the **ONLY** contraceptive measure that prevent **BOTH pregnancy & STDs** including HIV/ AIDs
- 😊 Convenient and easy to buy
- 😞 Not suitable for people with latex allergy (For condoms made of latex)

Oral pills



- 😊 Women can initiate their use
- 😊 Can be stopped at any time
- 😞 May not be suitable for everyone (i.e. women with **severe hypertension, diabetes with complications, heart disease, on breastfeeding, smokers >35 years old, etc.**)

Get in touch with JCSATH if you want to know more about different birth control methods!

There are 2 types of oral pills:

- Progestogen Only Pills (POP)
- Combined Oral Contraceptives (COC)

😞 **Do not protect against STDs**

- **Consult doctors before taking the pills.**
- **The pill should be taken at the same time every day.**



Emergency Contraception

Emergency contraception can prevent pregnancy after unprotected sex, missing your pills, or if you had a contraceptive accident such as broken condom. It **should not be used routinely** as it is less effective than other regular contraceptives. **They do not protect against STDs.**

Emergency Contraceptive Pills



Should be taken **as soon as possible** after unprotected sex (**within 72 - 120 hours**)

Copper Intra-uterine Device



Insert **within 5 days** of unprotected sex

*Emergency contraceptive services are offered during opening hours **among all MCHCs**. Outside MCHCs' opening hours, you may attend **A&E, FPA, or private hospitals/clinics**

Subfertility



- Difficulties in becoming pregnant despite having regular sex when not using contraception **after 1 year**
- Affecting **1 in every 6 couples**
- **Treatment success rate ↓ remarkably with ↑ female age**

Scan these QR code for professional help.



FPA



Hospital Authority