

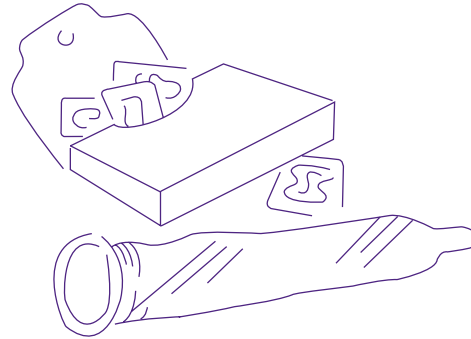
## Family Planning Clinics

For more information or for an appointment contact your nearest Family Planning Clinic:

Whangarei _____	09 438 1986
Auckland - Takapuna _____	09 486 1014
Henderson _____	09 836 0026
Newmarket _____	09 524 3341
Panmure _____	09 570 9871
Manukau _____	09 263 7600
Papakura _____	09 298 4608
Hamilton _____	07 839 4061
Tauranga _____	07 578 8539
Gisborne _____	06 867 1864
New Plymouth _____	06 759 8269
Hawera _____	06 278 9929
Whanganui _____	06 347 9415
Wellington - City _____	04 499 1992
Lower Hutt _____	04 569 5025
Porirua _____	04 237 8895
Blenheim _____	03 578 3047
Greymouth _____	03 768 0895
Rangiora _____	03 313 6697
Christchurch _____	03 379 0514
Ashburton _____	03 308 1221
Timaru _____	03 684 3872
Dunedin _____	03 477 5850
Invercargill _____	03 214 4978

**For more information about Family Planning resources, clinics and health promotion services go to our web site, [familyplanning.org.nz](http://familyplanning.org.nz)**

Men are welcome at Family Planning Clinics.



**Condoms help protect against sexually transmissible infections.**

## Other Family Planning Pamphlets

- The Pill – Combined Oral Contraceptive
- The Pill – Progestogen-only
- Depo Provera
- The IUD
- Male Condoms
- Diaphragms
- Fertility Awareness
- Sterilisation
- Vasectomy
- Sexually Transmissible Infections
- Vaginal Discharges
- Unplanned Pregnancy

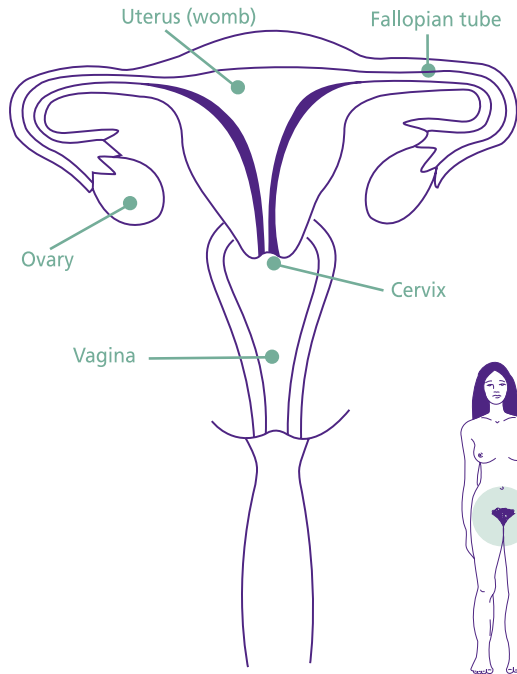
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# Contraception Your Choice

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Family Planning provides confidential and non-judgemental sexual and reproductive health and education services. Please contact us for further information.

## WOMEN



## How pregnancy happens

In women, an egg is released from one of the two ovaries, about once a month. This is called ovulation. The egg travels down a fallopian tube.

It may then be fertilised by a man's sperm released when a couple have sexual intercourse. The mucus in the cervix (opening to the uterus) changes just before ovulation and becomes clear and stretchy. This allows sperm to swim through it more easily.

If fertilised, the egg continues down the fallopian tube and attaches to the wall of the uterus where it grows into a baby.

If the egg is not fertilised, the lining of the uterus is shed in the monthly period of bleeding.

In men, sperm are produced in the testes (balls). Sperm travel up two tubes to mix with semen.

When a man ejaculates (cums) during sexual intercourse with a woman the semen goes into the vagina.

Within minutes the sperm travel through the cervix and uterus and into the fallopian tubes. If a sperm joins with an egg, the egg is fertilised.

Sperm can live up to seven days in a woman's body.

## How to prevent pregnancy

Contraception prevents pregnancy by stopping sperm fertilising an egg.

There are a number of ways this can be done. Some methods are more reliable than others.

Your contraceptive needs may change over the years – what suits you at 20 may not be right at 40.

Some of these questions may help you decide which method to choose.

- How important is it that you don't get pregnant?
- Is this a suitable method for your
  - age
  - health
  - lifestyle?

Do you also need protection against sexually transmissible infections (STIs)?

Your nurse or doctor will discuss contraception with you and answer any questions you may have.

If you have a partner, it's a good idea for you both to think about the method which will suit you best.

## MEN

