

Contraception in Brief

Information on
contraception in
Switzerland

The only contraceptives that offer **effective protection against HIV and reduce the risk of other sexually transmitted infections.**

Internal (female) condom

Delicate synthetic sleeve that is inserted into the vagina before sex.



External (male) condom

Use the correct size and look for the "OK" and "CE" labels.



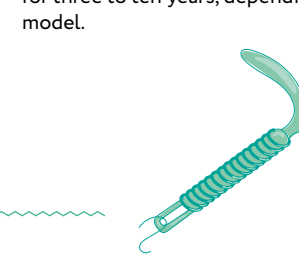
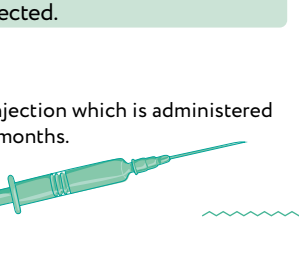
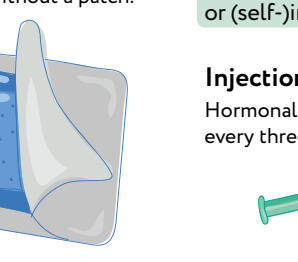
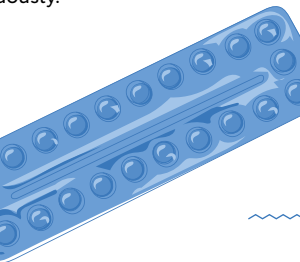
www.mysize.ch



Hormonal contraceptives for women/ people with uteri.
Only available on prescription.

Vaginal ring

Soft hormone-based ring is inserted in the vagina for three weeks. After a ring-free week, a new ring is inserted.



The pill

Hormone-based pill which is taken daily. Some products have a break between regimes, while others are taken continuously.

Contraceptive patch

Three hormone-based patches are stuck to the skin (arm, stomach, bottom) for one week each three weeks. After these three weeks, one week is spent without a patch.

Hormonal contraceptives with long-term effects for women/people with uteri.
Administered by a medical professional or (self-)injected.

Injection

Hormonal injection which is administered every three months.

Intrauterine device (IUD)

A small, hormone-based coil made of soft plastic or copper is inserted into the uterus. The coil can protect against pregnancy for three to ten years, depending on the model.

Implant

A small hormone-based plastic rod placed under the skin (three years).

Natural contraceptives, diaphragms and sterilisation are other methods of contraception in addition to those presented here. Some are very safe, others less so. They all have their pros and cons.

Which method best suits your needs?

And what about protection against sexually transmitted infections?

Your sexual health centre will provide you with free, confidential advice. For information on all contraceptives in more than 10 languages, visit:



Emergency contraception

Two forms of emergency contraception in Switzerland can be used within a certain time frame: hormonal emergency contraception (the morning-after pill) and the copper IUD.

Hormonal emergency contraceptives are available without a prescription from pharmacies and sexual health centres.

The morning-after pill is most effective in the first 24 hours, but can still prevent

pregnancy up to five days after sexual contact.

A medical professional inserts the Copper IUD into the uterus up to five days after sexual contact. Depending on the model, it can protect against pregnancy for three to ten years.

Safer Sex

The best protection against the transmission of HIV and other sexually transmitted infections is provided by safer sex, which means:

- * Use a condom during vaginal or anal penetration
- * All additional information can be found at



Costs

Some contraceptives require a prescription (e.g. the pill). Others, such as external (male) condoms, can be purchased from pharmacies, chemist's shops, supermarkets and machines. In Switzerland, contraceptives are not paid for by health insurance providers.

If you have any questions or require assistance, contact a sexual health centre.

Your right to information and advice

You have the right to receive information on contraceptives and decide which method is best for you.

The sexual health centres are here to help you.



You can find this brochure, along with other informative resources, in our shop:

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