



mycontraception.lu

THE BEST CONTRACEPTION IS THE ONE I CHOOSE.



Information about this brochure

This brochure aims to provide information on different contraception methods.

It is based on the website www.mycontraception.lu where more detailed information can be found.

The macontraception.lu project is supported by the Luxembourg Government.

It is also carried out in collaboration with numerous partners:

- Planning Familial
- Association Luxembourgeoise des Sages-Femmes
- Société Luxembourgeoise de Gynécologie et d'Obstétrique
- Société luxembourgeoise d'Urologie
- Association luxembourgeoise des Etudiants en Médecine
- Hôpitaux Robert Schuman
- Centre Hospitalier de Luxembourg
- Centre Hospitalier du Nord
- Centre Hospitalier Emile Mayrisch

For any comments, questions, or information, please contact us directly at contact@cesas.lu.

For any emergency related to contraception, contact a health professional directly.

Enjoy your reading!

*Déi bescht Verhütung
ass déi, déi ech selwer eraussichen !*

Editor: © 2025 Cesas / Planning Familial
8, rue de la Fonderie, L-1531 Luxembourg

Graphic design: mine.lu

Printed by Imprimerie Reka s.a.

Agrément Santé 2021/05



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG

What is contraception?

Contraception is defined as all methods voluntarily used by a person to prevent sexual intercourse from leading to a pregnancy. In addition, some of the methods presented below can also protect against STI: sexually transmitted infections (by using condoms) or plan a pregnancy (using natural contraception).

There are different types of contraception:

-  Hormonal contraception
-  Non-hormonal contraception
-  Irreversible contraception
-  Natural contraception
-  Emergency contraception



Only condoms
(internal and external)
protect against sexually
transmitted infections
(STI).

How much does it cost?



Since April 1, 2023, **contraceptions requiring a medical prescription** are delivered **FREE** of charge in Luxembourg pharmacies to people affiliated with the National Health Fund (CNS), with no age limit.



Emergency pills do not require a medical prescription and are delivered **FREE** of charge in Luxembourg pharmacies to people affiliated with the National Health Fund (CNS), with no age limit.

Internal and external condoms are only available **FREE** of charge in certain strategic locations (see p.18-19).

Contraception can also be obtained **FREE** of charge at the Family Planning, including for people not covered by the National Health Fund (CNS).

How to obtain your contraception?

Under each contraceptive method in this brochure, the following icons will provide you this information:



With your
physician



From your
pharmacist



At the Planning
Familial



At the
Luxembourg
Red Cross HIV
Berodung service



At a hospital



In supermarkets



Online

What is the best contraception?

It is not always easy to know which method is best suited for you regarding contraception.

Here are some characteristics specific to every contraceptive to inform and to help you make a choice that fits your needs.

	HORMONAL CONTRACEPTION						
	Combined pill	Mini pill	Vaginal ring	Hormonal patch	Hormonal IUD	Implant	Contraceptive injection
CONTRACEPTIVE EFFECTIVENESS	Between 93 and 99%	Between 93 and 99%	Between 93 and 99%	Between 93 and 99%	>99%	>99%	Between 96 and 99%
Free contraceptive (100% covered by the National Health Fund)	✓	✓	✓	✓	✓	✓	✓
Effective even in case of diarrhea and/or vomiting	✗	✗	✓	✓	✓	✓	✓
Usually unnoticed during sexual intercourse	✓	✓	✓	✓	✓	✓	✓
No need to think about it everyday	✗	✗	✓	✓	✓	✓	✓
Without hormone	✗	✗	✗	✗	✗	✗	✗
Usually, no period during the use	✗	✓	✗	✗	✓	✓	✓
Also protects against sexually transmitted infections	✗	✗	✗	✗	✗	✗	✗



Be aware that it is always possible to choose, change, ask questions, and discuss about it with a healthcare professional.

The best contraception is the one I choose!



NON HORMONAL CONTRACEPTION						IRREVERSIBLE CONTRACEPTION		
Female condom	Male condom	Copper IUD	Cervical cap	Diaphragm	Spermicide	Tubal ligation	Vasectomy	Natural contraception
Between 79 and 95%	Between 87 and 98%	>99%	Between 68 and 84%	Between 83 and 84%	Between 79 and 84%	>99%	>99%	Variable
✗	✗	✓	✗	✗	✗	✓	✓	✗
✓	✓	✓	✓	✓	✓	✓	✓	✓
✗	✗	✓	✓	✓	✓	✓	✓	✓
✗	✗	✓	✗	✗	✓	✓	✓	✗
✓	✓	✓	✓	✓	✓	✓	✓	✓
✗	✗	✗	✗	✗	✗	✗	✗	✗
✓	✓	✗	✗	✗	✗	✗	✗	✗

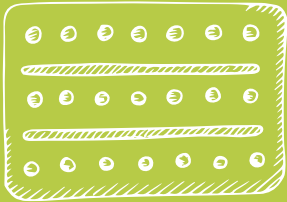


Implant

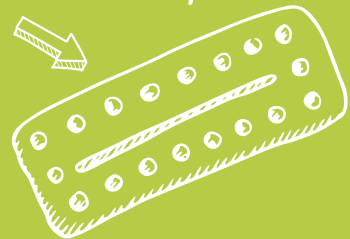


Hormonal contraception

Minipill



Combined pill



How do hormonal contraceptives with 1 synthetic hormone work (Progestin-only contraceptives)?



Progestin acts mainly by:

- Thickening the cervical mucus, which makes it more difficult for sperm to travel.
- Sometimes, inhibiting ovulation (absence of ovulation).

Does hormonal contraception have any side effects?

Certain side effects may occur when taking hormonal contraception (heavier or lighter periods, migraines, breasts pain, bleeding between periods, impact on sexual desire, etc.). These side effects are often harmless, but if they become bothersome, your contraceptive may not be suitable. In this case, consult a health professional.

Are "periods" a proof that I am not pregnant?

No. Having periods while using a hormonal contraception is not a reliable indicator of whether or not you are pregnant. This is because bleedings while using hormonal contraception are called "withdrawal bleedings" and are triggered by the temporary discontinuation of a contraceptive (e.g. week of discontinuation). You will need to take a pregnancy test 19 days after risky sexual intercourse to find out if you are pregnant or not.



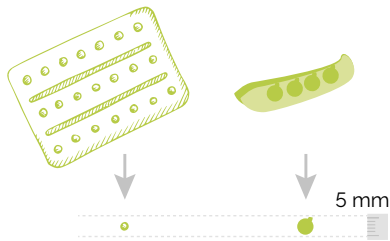
MINIPILL

The Minipill, also called the progestin-only pill (POP), has an effectiveness that varies between 93 and 99.7%. This pill must be taken continuously. There is no week off and no period, although there may be occasional bleeding. The pill is less effective if you vomit or have diarrhea during the 4 hours following the intake. Effectiveness can

also be altered while taking certain medications (ex. antibiotics). For any question, do not hesitate to contact your physician or pharmacist.

✳ Some type of Minipill may be taken up to 12 hour later. For more information, consult the package information leaflet or a physician.

WHAT SIZE IS IT?

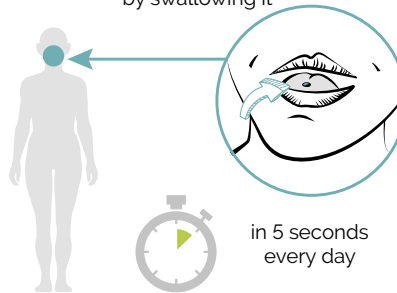


WHAT IS IT MADE OF?



Progestin (hormone)

YOU TAKE IT by swallowing it



WITH PRESCRIPTION



EVERY DAY AT THE SAME TIME No week off



MISSED A PILL? ✳



-3h

No problem.
Take the forgotten pill
as soon as possible.



+3h

Consult
the package information
leaflet or a physician.*

Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
minipill/](https://mycontraception.lu/minipill/)

HORMONAL IUD

The hormonal IntraUterine Device (IUD) is a small device inserted by a physician or gynaecologist into the uterus that continuously diffuses a small amount of progestin (hormone). The hormonal IUD has an effectiveness of 99.8%.

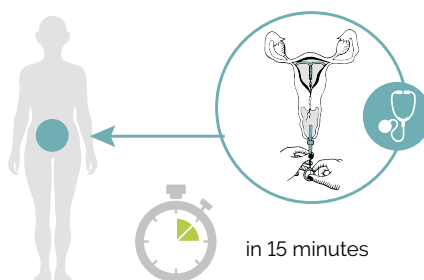
With this method, periods may be much shorter or even absent. The hormonal IUD can suit anyone, even people who never had children.

WHAT SIZE IS IT?



THE PHYSICIAN INSERTS IT

into the uterus



LASTS 3 TO 5 YEARS



WHAT IS IT MADE OF?



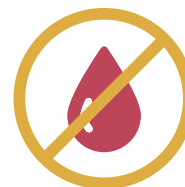
Progestin (hormone)

WITH PRESCRIPTION



POSSIBLE SIDE EFFECT

Periods may stop



Where to get it?



Does not protect
against STI.



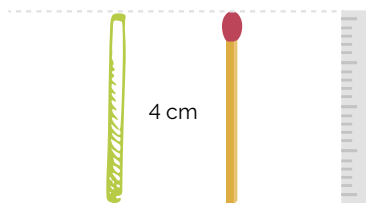
For more information,
go to the page
[https://mycontraception.lu/
hormonal-iud/](https://mycontraception.lu/hormonal-iud/)

HORMONAL IMPLANT

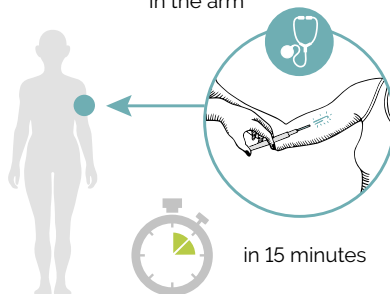
Also called a contraceptive implant, it is placed under the skin of the arm and releases hormones continuously for three years.

With this method, periods can be irregular, very light, or absent. The implant effectiveness is 99.9%.

WHAT SIZE IS IT?



THE PHYSICIAN INSERTS IT in the arm



LASTS 3 YEARS



WHAT IS IT MADE OF?



Progestin (hormone)

WITH PRESCRIPTION



POSSIBLE SIDE EFFECT

Spotting



Where to get it?



Does not protect
against STI.



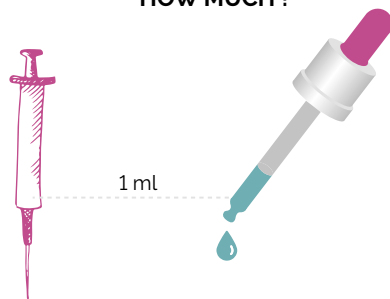
For more information,
go to the page
[https://mycontraception.lu/
hormonal-implant/](https://mycontraception.lu/hormonal-implant/)

CONTRACEPTIVE INJECTIONS

Contraceptive Injections also known as progestin-only injectables are done by a physician or a gynaecologist every 3 months. The implant effectiveness varies between 96 and 99.8%.

Many people who start with progestin-only injectables initially have irregular periods and then gradually stop having it at all. However, some people experience spotting.

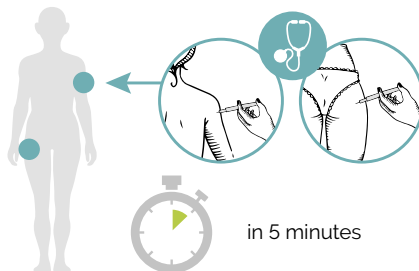
HOW MUCH ?



1 ml

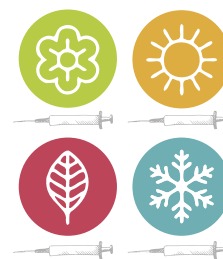
THE PHYSICIAN INJECTS IT

In the arm or the buttock



in 5 minutes

LASTS 3 MONTHS



WHAT IS IT MADE OF?



Progestin (hormone)

WITH PRESCRIPTION



POSSIBLE SIDE EFFECT

Spotting



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
contraceptive-injections/](https://mycontraception.lu/contraceptive-injections/)

How do hormonal contraceptives with 2 synthetic hormones work (combined contraceptives)?



Oestrogen and progestin act mainly by:

- Inhibiting ovulation (absence of ovulation)
- Thickening the cervical mucus, which makes it more difficult for sperm to travel.
- Modifying the inner lining of the uterus (endometrium) making it less conducive for the implantation of a possible fertilised egg.

Does hormonal contraception have any side effects?

Certain side effects may occur when taking hormonal contraception (heavier or lighter periods, migraines, breasts pain, bleeding between periods, impact on sexual desire, etc.). These side effects are often harmless, but if they become bothersome, your contraceptive may not be suitable. In this case, consult a health professional.

Are "periods" a proof that I am not pregnant?

No. Having periods while using a hormonal contraception is not a reliable indicator of whether or not you are pregnant. This is because bleedings while using hormonal contraception are called "withdrawal bleedings" and are triggered by the temporary discontinuation of a contraceptive (e.g. week of discontinuation). You will need to take a pregnancy test 19 days after risky sexual intercourse to find out if you are pregnant or not.

Can I smoke and use combined hormonal contraception?

Smoking is a contraindication to taking combined hormonal contraceptives (combined pill, patch, vaginal ring) when you have been a smoker for several years. As a general rule, at the age of 35 onwards, smokers using oestrogen-progestin contraception should consider other contraceptives to reduce these health risks (ex. Thrombosis).

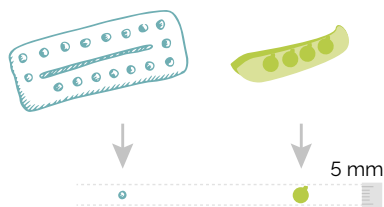


COMBINED PILL

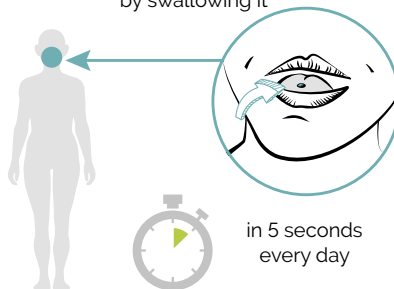
Also called combines oral contraception (COC), the combined pill has an effectiveness varying between 93 and 99.7%. Usually, the pack contains 21 hormone pills, followed by 7 days off.

The pill is less effective if you vomit or have diarrhea during the 4 hours following the intake. Effectiveness can also be altered while taking certain medications (ex. antibiotics). For any question, do not hesitate to contact your physician or pharmacist.

WHAT SIZE IS IT?



YOU TAKE IT by swallowing it



THREE WEEKS OF PILL one week off



WHAT IS IT MADE OF?



Progestin and oestrogen (hormones)

WITH PRESCRIPTION



MISSED A PILL?



-12h

No problem.
Take the forgotten pill
as soon as possible.



+12h

Consult
the package information
leaflet or a physician.*

Where to get it?



Does not protect
against STI.



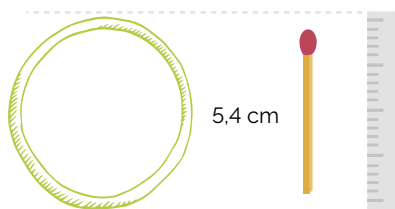
For more information,
go to the page
[https://mycontraception.lu/
combined-pill/](https://mycontraception.lu/combined-pill/)

VAGINAL RING

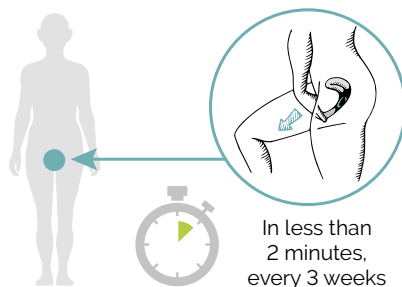
Also called a "hormonal ring", it is self-inserted into the vagina, and it releases hormones for three weeks. Its effectiveness varies between 93 and 99.7%.

To facilitate insertion, an applicator (similar to a tampon applicator) is available free of charge at the pharmacy.

WHAT SIZE IS IT?

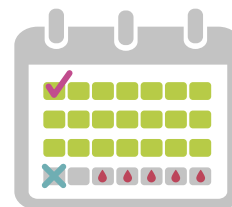


YOU INSERT IT into the vagina



KEEP THE RING THREE WEEKS

One week off



WHAT IS IT MADE OF?



Progestin and oestrogen (hormones)

WITH PRESCRIPTION



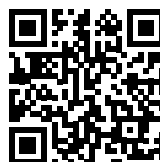
FLEXIBLE



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
vaginal-ring/](https://mycontraception.lu/vaginal-ring/)

HORMONAL PATCH

Also known as the contraceptive patch, it is stuck on the skin every week for three weeks. The patch can be applied on the stomach, upper arm, shoulder blade or buttocks. Do not stick-on breasts nor on a part that can be exposed to the sun.

The patch is designed to remain in place even when bathing, being in spas, saunas, etc. Its effectiveness varies between 93 and 99.7%.

WHAT SIZE IS IT?



4,5 cm

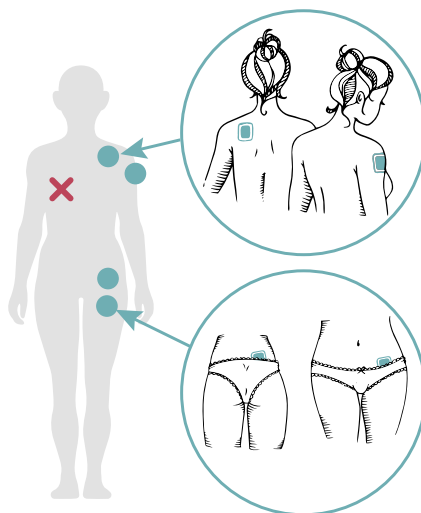
WHAT IS IT MADE OF?



Progestin and oestrogen (hormones)

YOU STUCK IT

on dry skin



in 5 seconds,
every week

3 WEEKS AT THE SAME TIME

One week off



WITH PRESCRIPTION



Where to get it?

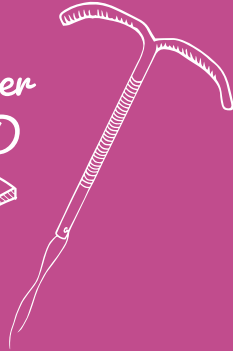


Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
hormonal-patch/](https://mycontraception.lu/hormonal-patch/)

Copper
IUD



Female
condom
(internal)



Non-hormonal contraception

Male condom
(external)



Diaphragm



Cervical cap



Barrier contraception

Barrier contraception will act as a real physical barrier to prevent an egg (ovum) and a sperm from meeting.

Is it true that the copper IUD can replace the emergency pill?

Yes, the copper IUD can be used as emergency contraception in the same way as the emergency pill. It should be inserted within 5 days following risky sexual intercourse. It is actually more effective than the emergency pill in preventing pregnancy. You can see with your gynaecologist to have it inserted as a matter of urgency.

What is the difference between the cervical cap and the diaphragm?

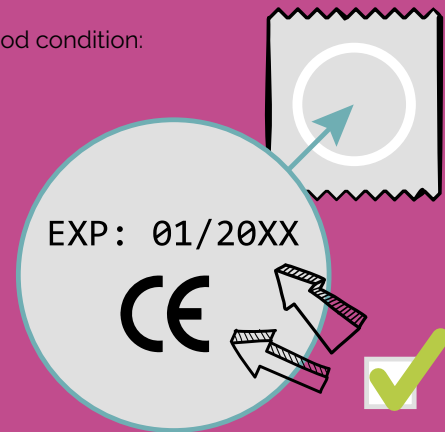
Both devices are placed in the vagina, but the diaphragm is supported by the muscles of the vagina while the cervical cap is placed on the cervix and held in place by suction. It is advisable to use spermicide with these contraceptives to improve their effectiveness.

What should you check before using a condom?

Before using a condom, there are 3 things to check to make sure it is in good condition:

- The expiry date
- That the packaging is not damaged (presence of air in the package indicates that it is normally not damaged)
- The presence of the CE standard on the packaging (product complies with European legislation)

If any of these 3 criteria is not met, use another condom.

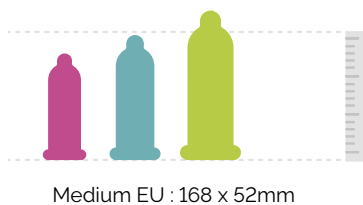
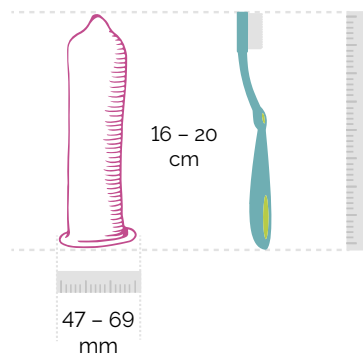


EXTERNAL CONDOM

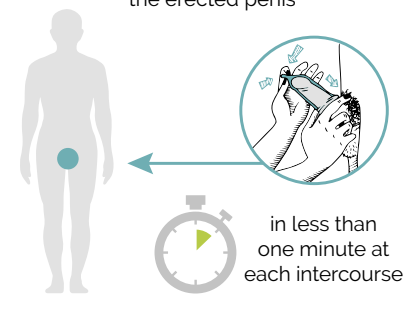
Also known as male condom, it has the advantage of protecting against pregnancy and sexually transmitted infections (STI). An external condom is put on the erect penis before penetration. Its effectiveness varies between 87 and 98%. There are many different condoms varying in shapes, textures, tastes, and sizes.

You can identify your appropriate condom size using a specially designed ruler, available on our resources page. After ejaculation, remove the condom and dispose of it in the trash. It is important to change condoms between intercourse, when you change of orifice (anal, vaginal or oral sex), or when you change of sexual partners. Do not forget to always check the expiry date!

WHAT SIZE IS IT?



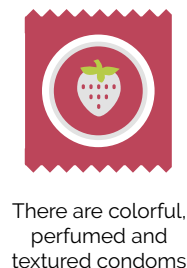
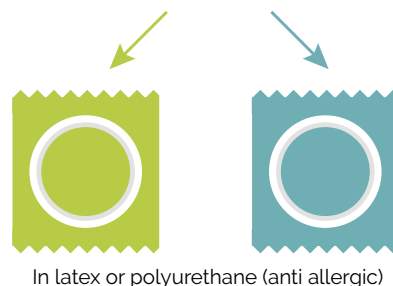
YOU PUT IT ON the erected penis



WITHOUT PRESCRIPTION



MANY DIFFERENT TYPES



Where to get it?



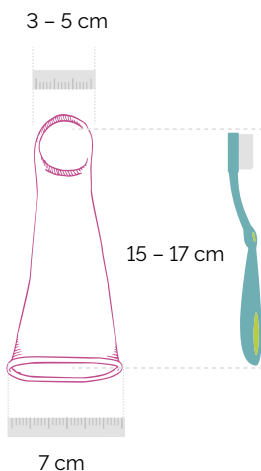
For more information, and other places to get condoms, go to the page <https://mycontraception.lu/male-condom-external/>

INTERNAL CONDOM

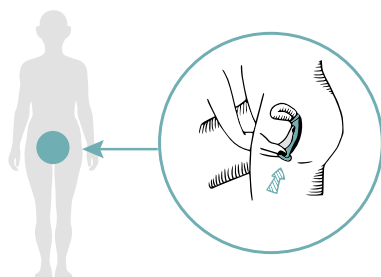
Also known as female condom, it has the advantage of protecting against unwanted pregnancy and sexually transmitted infections (STI). Inside the condom there is a flexible ring which facilitate insertion and allows the condom to stay in place once inserted. The internal condom is inserted either into the vagina before vaginal penetration or into the anus before anal penetration, in

which case the ring can be removed as it is not needed. Its effectiveness varies between 79 et 95%. After ejaculation, the condom should be removed and disposed of in the trash. It is important to change condoms between intercourse, when you change your orifice (anal or vaginal penetration), or when you change of sexual partners. Do not forget to always check the expiry date!

WHAT SIZE IS IT ?



YOU INSERT IT into the vagina



in less than 2 minutes
at each intercourse



8h

up to 8 hours
in advance

WITHOUT PRESCRIPTION



WHAT IS IT MADE OF?



Only use condom
with the CE
standard label

Latex or
polyurethane (anti-allergic)

Where to get it?



...



For more information, and
other places to get condoms,
go to the page
[https://mycontraception.lu/
female-condom/](https://mycontraception.lu/female-condom/)

COPPER-IUD

The copper-IUD (IntraUterine Device), is placed in the uterus by a health care professional. The effectiveness of the copper-IUD varies between 99.2 and 99.4%. It does not contain hormones but is wrapped with a copper filament that makes sperm inactive. The presence of the IUD (plastic structure) also acts on the inner lining of the uterus (the endometrium), thus preventing the implanta-

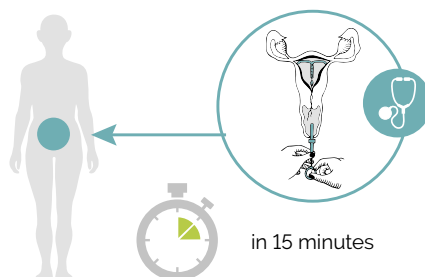
tion of a possible fertilised egg. With this method, periods may be longer and heavier. The copper-IUD can be inserted even if you never had children. The copper IUD can be used as emergency contraception in the same way as the emergency pill. It must be inserted within 5 days following the risky sexual intercourse.

WHAT SIZE IS IT?



THE PHYSICIAN PLACES IT

into the uterus



LASTS 5 TO 10 YEARS



WHAT IS IT MADE OF?



Copper

WITH PRESCRIPTION



POSSIBLE SIDE EFFECT

heavier and longer periods



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
copper-iud/](https://mycontraception.lu/copper-iud/)

CERVICAL CAP

It is a silicone device that is inserted inside the vagina, held in place by suction on the cervix to block sperm. This method is combined with a spermicide that makes sperm inactive.

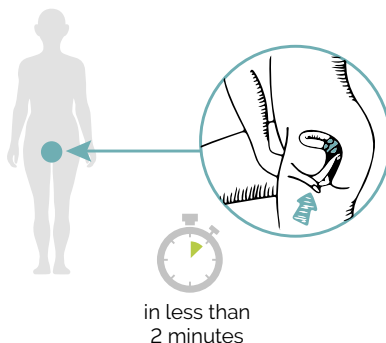
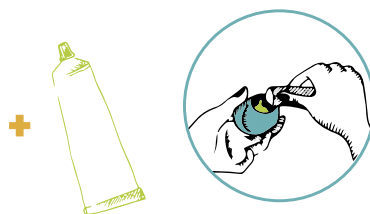
Its effectiveness varies between 68 and 84%. It is not recommended for people who have given birth to several children.

WHAT SIZE IS IT?



YOU INSERT IT

into the vagina with spermicide



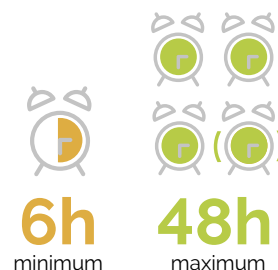
IT CAN BE INSERTED



WITHOUT PRESCRIPTION



MUST BE KEPT INSERTED



Where to get it?



Does not protect
against STI.



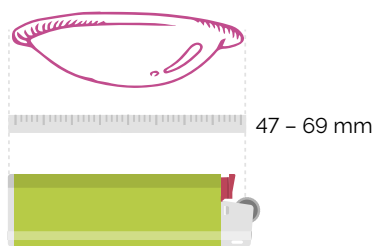
For more information,
go to the page
[https://mycontraception.lu/
cervical-cap/](https://mycontraception.lu/cervical-cap/)

DIAPHRAGM

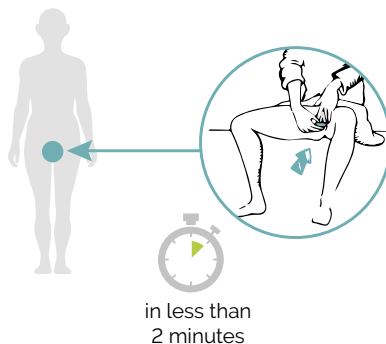
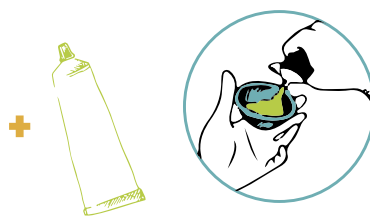
It is a silicone device that is inserted on the cervix inside the vagina and is supported by its muscles to block sperm.

This method is combined with a spermicide that makes sperm inactive. Its effectiveness varies between 83 and 84%.

WHAT SIZE IS IT?



YOU INSERT IT into the vagina with spermicide



in less than
2 minutes

IT CAN BE INSERTED



WITHOUT PRESCRIPTION



MUST BE KEPT INSERTED



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
diaphragm/](https://mycontraception.lu/diaphragm/)

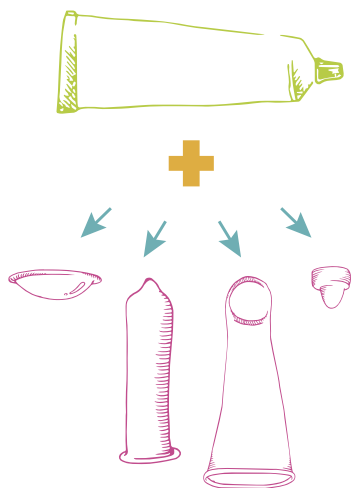
SPERMICIDE

Spermicides exist in many forms: foam, gel, cream, or pills that dissolve in the vagina. This contraceptive neutralizes (alters) spermatozoa.

It is strongly advised to use it in combination with another contraceptive method. Its effectiveness varies between 79 et 84%.

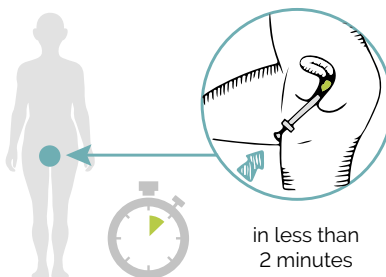
IT IS USED

In addition to another contraception

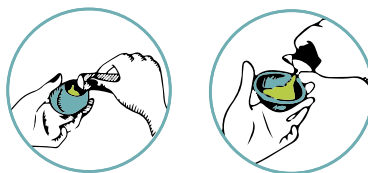


YOU INSERT IT

into the vagina



or in a barrier contraception



WITHOUT PRESCRIPTION



POSSIBLE LIFESPAN



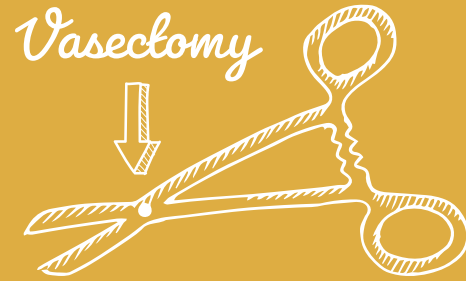
Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
the-spermicide/](https://mycontraception.lu/the-spermicide/)



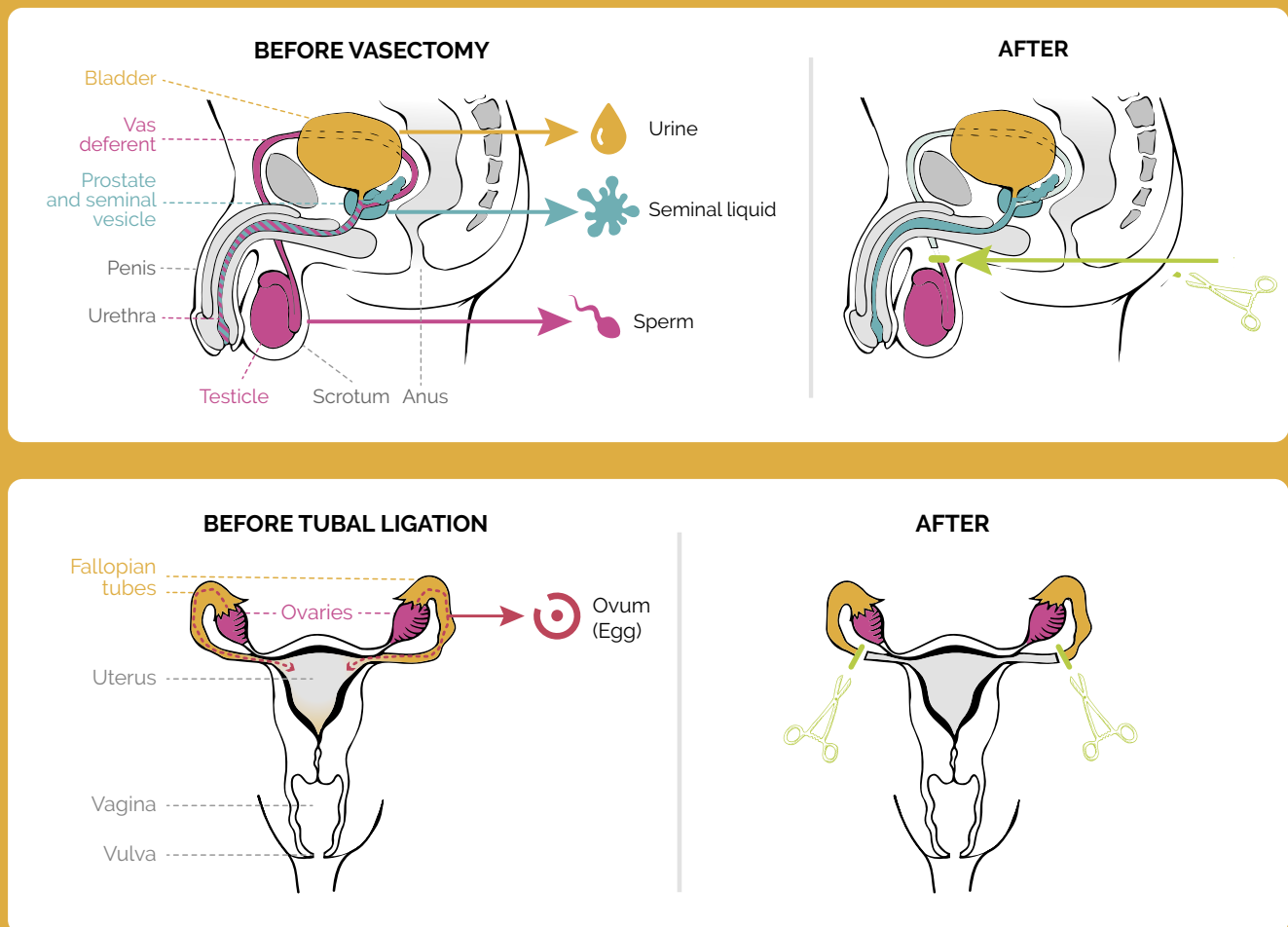
Irreversible contraception



How does irreversible contraception work?

So-called "irreversible" contraceptives, also known as "sterilisation", have the effect of preventing the movement of reproductive cells (sperm and egg cells) to a place suitable for fertilisation. The diagrams below illustrate this process of "blocking" the reproductive cells.

In concrete terms, the egg will not reach the uterus, and the sperm will remain blocked in the first part of the vas deferens. The un-ejaculated spermatozoa and unfertilised egg are thus absorbed by the body, which is a natural biological process. These contraceptives are called irreversible, as there is no guarantee that the operation can be reversed.



VASECTOMY

Also known as vas deferent ligation, or male sterilisation, this contraception is 99.8% effective. Vasectomy is the ligation (cut and tie) of vas deferens. When the vas deferens are ligatured, it prevents the sperm from moving and mixing with the semen. Thus, only the seminal liquid will be ejaculated.

Spermatozoa that are not ejaculated do not accumulate. They are progressively eliminated by the body, which is a natural process.

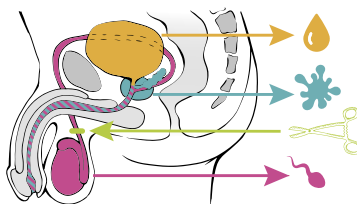
SURGERY IS PERFORMED

under local anaesthetic



THE UROLOGIST CUTS

the vas deferens



SEMEN'S COMPOSITION



2%

BEFORE



AFTER

WHAT IS THE TECHNIQUE?



in 15 minutes

SPERMOGRAM TO ENSURE THE STERILITY

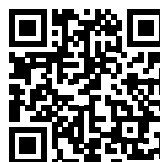
Usually, 3-6 months after the surgery



Where to have it
carried out?



Does not protect
against STI.



For more information,
go to the page
<https://mycontraception.lu/vasectomy/>

TUBAL LIGATION

Also known as female sterilisation, this contraception is 99.5% effective. The fallopian tubes that carry the egg to the uterus are either blocked (with clips), cut and sealed by electro-coagulation (heat) or tied (knotted with a thread).

The aim is to prevent the egg from passing in the fallopian tubes and meeting an eventual sperm thus avoiding fertilisation. The unfertilised egg will naturally be recycled by the body which is a natural process.

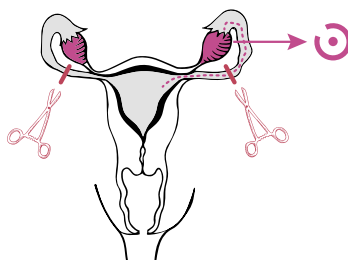
SURGERY IS PERFORMED

under general anaesthetic



THE GYNAECOLOGIST CUTS

the tubes



PERIODS ARE MAINTAINED



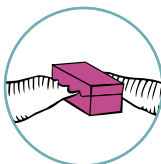
WHAT ARE THE TECHNIQUES?



Electrocoagulation



Ligation



With clips

IMMEDIATELY EFFECTIVE

Recovery period: one week



*Where to have it
carried out?*



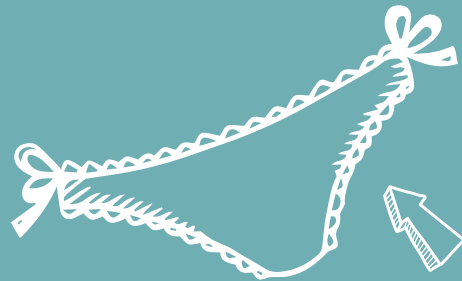
Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
female-sterilization/](https://mycontraception.lu/female-sterilization/)



Natural contraception



The combined indicators method

The combined indicators method refers to a precise set of biological indices (biomarkers) that allow the identification of fertile periods through different parameters:

- body temperature
- thickness, colour and texture of the cervical mucus
- cervix position.

Fertility is related to the survival time of the gametes (reproductive cells):

- Sperm can live up to 5 days once in the vagina/cervix/uterus, sometimes even more.
- An egg can live for up to 24 hours.

Together, these data define a fertile period of 5 to 6 days per cycle.

Please note that ovulation does not take place systematically every month, but rather every cycle. From one person to another, the number of days in a cycle can vary. Therefore, there may be a month in which there is no ovulation. There are also cases where two eggs are expelled during ovulation in the same cycle.

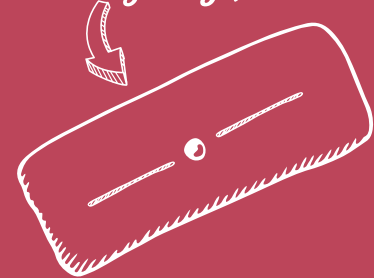
The natural method therefore aims to identify the fertile period in the cycle in order to avoid or adapt sexual behaviour during these few days and thus avoid pregnancy. The effectiveness of the method depends on the motivation and involvement of the partners in the first few months in order to integrate all the information and subtleties. Once this fertile period has been identified, it is required to decide how to avoid the risk of pregnancy: either by using a method of contraception (ex. condoms), or by avoiding sexual practices that may be at risk of pregnancy.

It is important to note that this method is often used to plan a pregnancy.



For more information,
go to the page*
[https://mycontraception.lu/
natural-contraception/](https://mycontraception.lu/natural-contraception/)

Emergency pill



Emergency contraception



How does emergency contraception work?

Emergency contraception, also known as post-coital contraception, aims to prevent an egg and a sperm from meeting following sexual intercourse. Emergency contraception works in different ways depending on the type:

- Emergency contraception in the form of a pill (brands EllaOne® or Norlevo®) will act by delaying or inhibiting ovulation. It is no longer effective if fertilisation has occurred.
- Emergency contraception in the form of a copper IUD will cause a slight inflammatory reaction in the endometrium (inner lining of the uterus) due to the presence of its plastic structure, which prevents the implantation of a possible fertilised egg. Also, the copper thread in the IUD has a spermicidal reaction, which alters the motility (ability to move) of sperm.

Other contraceptives use the same mechanisms, but are simply taken before sexual intercourse, while emergency contraceptives are taken following sexual intercourse. However, it should be noted that a fertilised egg that has already implanted in the endometrium constitutes a pregnancy.

Emergency contraception has no impact on a pregnancy that has already started. If this is the case for you, please refer to the "unintended pregnancy" page.

Are there any side effects?

- With the emergency pill, the cycle may be disrupted, so your period may come earlier or later. You may also experience headaches, nausea and dysmenorrhoea (pain during periods).
- The insertion of the copper IUD into the uterus may be a little painful, similar to the pain associated with periods. With the copper IUD, periods may also be heavier and/or longer.

Does emergency contraception protect me for following intercourses?

This depends on the type of emergency contraception:

- The copper IUD protects you from the moment it is inserted.
- Emergency pills do not protect you for subsequent intercourse. It is recommended that you use a condom until your next period. If you have any questions about how to take hormonal contraception after using an emergency pill, please consult a health care professional.

When should you take an emergency contraception?

Refer to the table below for situations where there is a risk that your contraception may not have worked. If you have any questions about this, you can ask your doctor or gynaecologist.

At the same time, it is advised to undergo a screening test to check for sexually transmitted infections.



YOU HAD A SEXUAL INTERCOURSE* WITHIN THE LAST 5 DAYS AND:

Combined pill	• You forgot to take your pill with a delay of more than 12 hours (or more than 36 hours after taking the last pill). • You have had diarrhea or vomiting during the 4 hours following the pill intake and you did not take a replacement pill.
Minipill	• You forgot to take your pill with a delay of more than 3h** (or more than 27h after taking the last pill). • You have had diarrhea or vomiting during the 4 hours following the pill intake and you did not take a replacement pill.
Hormonal patch	• The patch has moved. • The patch is partially or totally removed. • You forgot to stick a new patch after the 7-day break. • You forgot to change your patch with a delay of more than 48h.
Vaginal ring	• The ring has been removed or expelled for more than 3h. • You forgot to put back a new ring after the 7-day break. • You forgot to remove your ring after 3 weeks and kept it more than 4 weeks.
Implant	• The implant has been in your arm for more than 3 years. • You can not feel the implant when you touch your arm.
Contraceptive injection	• You receive your last injection over 14 weeks ago.
Hormonal IUD	• The IUD was removed or expelled unvoluntarily. • The IUD is removed by a doctor without immediately resetting any contraception.

Copper IUD	• The IUD was removed or expelled unvoluntarily. • The IUD is removed by a doctor without immediately resetting any contraception.
Male condom (external)	• The condom was not inserted from the start of contacts between vulva/vagina and penis. • The condom was not worn until the end of the sexual intercourse***. • The condom has broken during the sexual intercourse. • The condom was outdated. • The condom was put on the wrong side, turned over and put back on the right side, then used during sex.
Female condom (internal)	• The condom was not inserted from the start of contacts between vulva/vagina and penis. • The condom was not worn until the end of the sexual intercourse***. • The condom has broken during the sexual intercourse. • The condom was outdated.
Cervical cap	• The cervical cap has been placed more than 2h before sexual intercourse. • The cervical cap has not been worn during the necessary 6h after the sexual intercourse. • The cervical cap moved or broke during sexual intercourse.
Diaphragm	• The diaphragm has been placed more than 2h before sexual intercourse. • The diaphragm has not been worn during the necessary 6h after the sexual intercourse. • The diaphragm moved or broke during sexual intercourse.
Spermicide	• The spermicide was outdated. • The spermicide has been put too early (consult the product's manual to see how long the contraceptive effect last). • The intercourse happened too quickly, the spermicide did not have the time to take effect (Most spermicides must "operate", so it is important to follow the instructions on the package).
Withdrawal	The ejaculation happened while still inside the vagina, or on the entrance of the vagina.
Natural contraception	• Miscalculation of the non-fertile days. • Non regular, longer or shorter cycle due to reason out of control (major stress, medication, etc.).
Vasectomy	You had a sexual intercourse* before the post-surgery checkup through a test (spermogram) that usually happens between 3 and 6 months after the surgery.

*Sexual intercourses without complementary contraception (e.g., no condom)

**attention, some mini pill made of desogestrel allow a delay up to 12 hours (or up to 36 hours after the intake of the last pill). Check the notice or ask your doctor/pharmacist.

***if your partner took off the condom without your consent and kept the penetration going without condom, the Penal Code and the jurisprudence in Luxembourg allows to assimilate this act to a rape or even to assault and battery in certain cases.

EMERGENCY PILLS

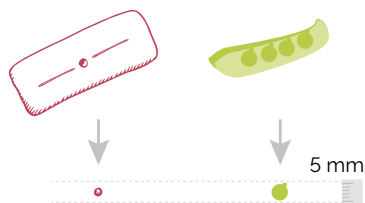
Also known as the 'morning-after pill', it is taken after risky sexual intercourse. The effectiveness of the emergency pill decreases with time: the sooner it is taken after risky sex, the more effective it is likely to be. It also depends on the time of ovulation and the type of pill:

- The levonogestrel pill (Norlevo®) can be taken up to 72 hours (3days) after the risky sexual intercourse
- The Ulipristal acetate pill (EllaOne®) can be taken up to 120 hours (5 days) after the risky sexual intercourse.

The emergency pill works by delaying or inhibiting ovulation. It no longer has any effect if fertilisation has occurred.

If you throw up within 3 hours following the pill intake, take another one. It is advisable to do a pregnancy test at least 3 weeks after taking emergency contraception.

WHAT SIZE IS IT?



UP TO 3 TO 5 DAYS AFTER RISKY SEXUAL INTERCOURSE

then do a pregnancy test



WHAT IS IT MADE OF?



Progestin
(hormone)



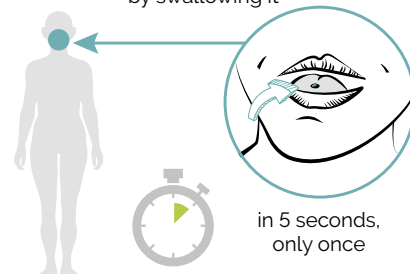
Ulipristal acetate
(no hormone)

WITHOUT PRESCRIPTION



YOU TAKE IT

by swallowing it



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
emergency-pill/](https://mycontraception.lu/emergency-pill/)

EMERGENCY COPPER-IUD

The copper IUD (IntraUterine Device), can also be used as an emergency contraception method. The copper IUD is more than 99% effective when inserted in the first 120 hours following risky sexual intercourse. It is wrapped with a copper filament that makes sperm inactive. The presence of the IUD (plastic structure) also acts on the

inner lining of the uterus (the endometrium), thus preventing the implantation of a possible fertilised egg. It is among the safest contraceptives and it is also the most effective emergency contraception.

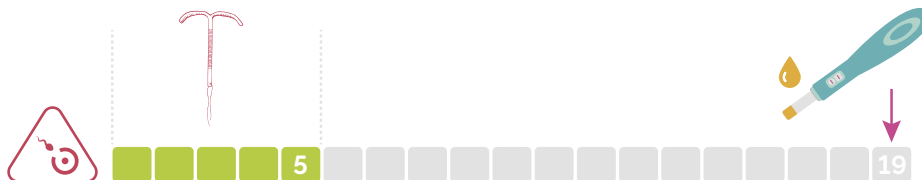
The copper IUD is suitable for a person who never had any children.

WHAT SIZE IS IT?



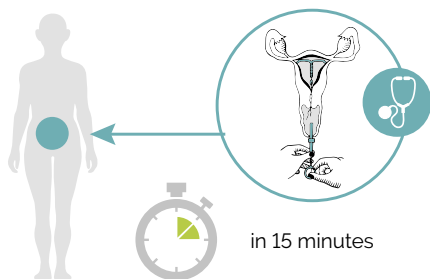
UP TO 5 DAYS AFTER RISKY SEXUAL INTERCOURSE

then, do a pregnancy test



THE PHYSICIAN INSERTS IT

into the uterus



WHAT IS IT MADE OF?



Copper

WITH PRESCRIPTION



OR WITHOUT PRESCRIPTION



Where to get it?



Does not protect
against STI.



For more information,
go to the page
[https://mycontraception.lu/
emergency-copper-iud/](https://mycontraception.lu/emergency-copper-iud/)



Unintended pregnancy

Although the aim of contraception is to avoid pregnancy, the risk of becoming pregnant is never entirely excluded. To understand situations where there is a risk of pregnancy, you can go to pages 32-33.

In Luxembourg, every person has the right to freedom of choice, without constraints, to end or continue a pregnancy.

Voluntary Termination of Pregnancy (VTP), also known as abortion, is legal in Luxembourg if it is performed under certain circumstances: it must be performed before the end of the 12th week of pregnancy (14 weeks of amenorrhea. Amenorrhea is defined as the absence of period). Beyond 12 weeks of pregnancy, you are free to go to another country of the European Union to end your pregnancy. The legal delays vary from one country to another. *

Medication abortion

Also known as medical termination of pregnancy, medication abortion involves taking two pills 48 hours apart, in order to detach and expel the embryo and the uterine membrane (endometrium).

This abortion can be carried out by a general practitioner or a gynaecologist either :

- **at the Planning Familial**, up to 7 weeks of pregnancy (9 weeks of amenorrhea).
- **at the hospital**, up to 12 weeks of pregnancy (14 weeks of amenorrhea).

Medication abortion can also be carried out **at home**, with specific medical supervision.

The medication used for medical abortion is also known as abortion pill. However, the abortion pill is not the same as the emergency pill. For more information, see page 34.



Surgical abortion

Also known as surgical termination of pregnancy, surgical abortion can be performed up to the 12 weeks of pregnancy (14 weeks of amenorrhea), only by a gynaecologist, and only in a hospital setting. The procedure is carried out on an outpatient basis, meaning that the patient returns home the same day. This medical act requires a general anaesthetic. In general, this medical procedure lasts less than half an hour.

During this procedure, two tablets are inserted into the vagina to allow the cervix to dilate slightly, allowing a cannula to be inserted to aspirate the contents of the uterus.

Some gynaecologists do not perform abortions. However, **at your request**, the doctor or gynaecologist is obligated to *"assist you in finding another healthcare provider able to provide the care required."* (free translation) Law of July 24th, 2014 on patients' rights and obligations, art. 6.



* For further information on country's national politics in terms of VTP: European Abortion Policies Atlas: www.epfweb.org/node/857



For more information, go to the page <https://mycontraception.lu/unintended-pregnancy/>

Resources for professionals



The **mycontraception.lu** project evolves in concertation with frontline field professionals. This is how the slogan "The best contraception is the one I choose" was developed. Choosing contraception contributes to its proper use.

Therefore, it is important to have access to comprehensive and reliable information on contraception. This brochure aims to provide a summary of evidence-based information on the different contraception methods.

As part of this project, promotion materials have also been developed. Therefore, you can contact us to receive:

- This brochure in 4 languages (French, German, Portuguese and English)
- Flyers promoting the website.
- Posters promoting the website.

Finally, you will find explanatory videos on the different methods of contraception on the website

mycontraception.lu

In 5 languages, these videos highlight the expertise of a professional followed by the experience of a user of each contraceptive method.

If you have any comments, questions, or information, please contact us directly at **contact@cesas.lu**.

This brochure is available online:

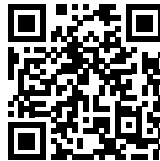
In French

[macontraception.lu/
ressources](http://macontraception.lu/ressources)



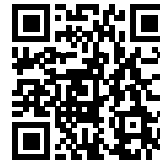
In German

[mengverhuetung.lu/
ressourcen](http://mengverhuetung.lu/ressourcen)



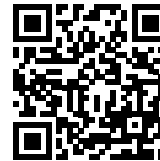
In Portuguese

[minhacontracecao.lu/
recursos](http://minhacontracecao.lu/recursos)



In English

[mycontraception.lu/
resources](http://mycontraception.lu/resources)



THE BEST CONTRACEPTION IS THE ONE I CHOOSE.

A project by:



Centre national de référence
pour la promotion de la santé
affective et sexuelle



In partnership with:



With the support of:



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé