

Types of Contraception

: Positives : Negatives

The female condom and spermicide are currently not available in Japan. Other methods available overseas such as injections, implants, or patches have not been approved for use in Japan.

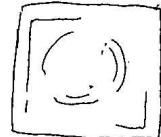
Condom (for men)

Prevents semen entering into the vagina.

Price: ¥100-¥200 each (Can be purchased at drug stores, convenience stores, or the APU Co-op.)

Effective in preventing sexually transmitted infections. Widely available.

High rate of failure due to incorrect application, tearing, or slippage.



How to use: Be sure to put a condom on before starting any sexual activities, including oral sex and anal sex
Putting on a condom just before ejaculating does not make any sense!

How to correctly use a Condom (for men)

Before use a condom...

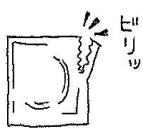
Be sure to put a condom on before starting any sexual activities, including oral sex and anal sex.
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How to correctly put on a condom

Make sure no air is trapped inside the condom when you put it on. Air trapped inside the condom increases the risk that it will tear during use.

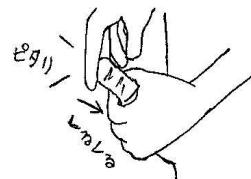
1. Remove a condom by carefully tearing open the package. Get a new condom if the condom is brittle or tears.



2. Pinch the air out of the tip with one hand while placing it on the penis. Make sure you know which is the inside and outside of the condom.



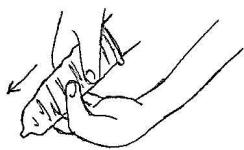
3. While holding the tip of the condom, unroll it all the way down to the base of the penis with the other hand.



How to correctly remove a condom

Remove the condom after ejaculation. Pull out before the penis softens or semen may leak out. Hold the condom against the base of the penis while you pull out.

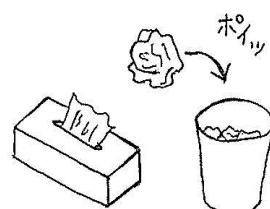
1. Pull out immediately after ejaculating; hold the condom against the base of the penis while you pull out to prevent spilling any semen.



2. After removing the condom, tie the end shut to prevent spilling.



3. Wrap the condom in a tissue and throw it away.



Oral contraceptive (The Pill)

Controls ovulation.

Price: ¥3,000 to ¥4,000 per month (must be prescribed by a gynecologist)

If taken correctly, the pill is almost 100% effective at preventing pregnancy. It is possible to get pregnant if you stop taking the pill. Can also be effective in decreasing the amount of menstrual flow or menstrual pain.

It is important to remember to take the pill every day. There can be some problems while first figuring out the correct dosage. (Nausea, or tenderness in the breasts, etc.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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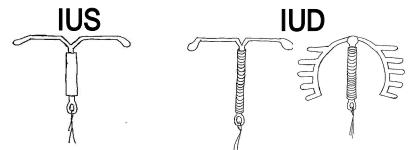
Intrauterine Contraceptive System (IUS) /Intrauterine Contraceptive Device (IUD)

A device implanted into the uterus to prevent implantation of a fertilized egg.

Price: From ¥20,000 to ¥40,000 each. (Must be implanted by a gynecologist.)

Highly effective; once implanted, can be used for several years.

Not appropriate for those who have not yet been pregnant.



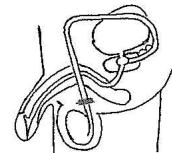
Vasectomy

Surgically tying off or cutting the vas deferens.

Price: Cost of the procedure varies by hospital.

Reliable method of contraception.

Can be difficult to undo if you want to have children at a later date.



Tubal Ligation

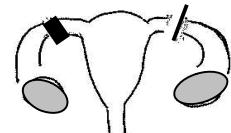
Cutting or tying the fallopian tubes so that sperm is not able to reach the egg.

Price: Cost of the procedure varies by hospital.

Reliable method of contraception.

Can be very difficult to undo if you want to have children at a later date.

(Typically best for individuals who already have children and do not want any more.)



**You might get pregnant... or, You might make someone pregnant...
If it was Within 72 hours of unprotected sex**

Morning after pill

Prevents to get pregnant by taking the hormonal pills

In Japan the morning after pill can be prescribed by a gynecologist at a hospital or clinic. It is NOT an over-the-counter medicine.

Morning after Pill is 75% effective. Effectiveness unknown until your next period arrives cannot be used repeatedly

Even though you take the morning after pill within 72hours, the effect is NOT always same. The more it's taken early, the more the contraceptive effect is high.



The morning after pill can not be used repeatedly.
If you do not want to get pregnant, think about using
a reliable method of contraception, such as the pill.