Birth Control Information Kit

In This Info Kit:

- The Female Reproductive System and Menstrual Cycle
- How to Use a Male Condom, Female Condom, and Dental Dam
- The Birth Control Pill
- Condoms
- Spermicides (ie. Vaginal Contraceptive Film)
- Depo-Provera
- Today – Sponge
- NuvaRing
- Intrauterine Device (IUD)
- Diaphragm
- EVRA – The Contraceptive Patch
- Withdrawal
- Emergency Contraception (hormonal)
- Cost and Availability of Contraceptives for UoG Students
- Nutrition for Women using Oral Contraception
- Abortion Information
- Community Supports
- Birth Control Options

Pamphlets

Note: many pamphlets are only available with hard copy info kits. To pick up a hard copy, visit the Wellness Education Centre on the 2nd floor of the J.T. Powell Building

- B.A.C.C. to Basics
- Choosing a contraceptive that’s right for U Comparative Chart
- Sexual Health Services
- Plan B
The Female Reproductive System and Menstrual Cycle

The Menstrual Cycle

What's going on in there?

About once a month, an egg leaves the ovaries and travels down the fallopian tubes towards the uterus. At the same time, the lining of the uterus becomes thicker with extra blood and tissue to make a cushion for a potentially fertilized egg. If an egg is fertilized with sperm and you become pregnant, the fertilized egg will attach itself to your uterus where it will slowly develop into a baby. If the egg is not fertilized, the lining of the uterus begins to break down so it can be shed (along with the egg that was not fertilized). Your period – or the time of bleeding – happens when your body gets rid of the extra blood and tissue that’s no longer needed. Then the cycle starts all over again.

The Three Phases

There are three phases to the menstrual cycle, they are; Menstruation, Follicular phase and Luteal phase. As well there is a specific event called ovulation dividing Follicular and Luteal phase.

Menstruation: This is the part of the cycle commonly referred to as the ‘period’. At this point in the cycle the unfertilized egg has been released and the thickened uterine lining (endometrium) is being shed along with the unfertilized egg. Menstruation is the beginning of the menstrual cycle; and takes up about the first week or 1 to 7 days of the cycle. Everyone’s cycles vary, so bleeding can occur for anywhere from 1 to 7 days; this is considered average. Remember no one’s cycle is the same so bleeding time and full cycle time can change as your body changes or as your health and stress levels change. Some things that can happen during menstruation is abdominal cramping and back pain as well as bloating, breast tenderness and fatigue from lack of Iron because of blood loss. Exercising and eating correctly can help lessen these.
**Follicular Phase:** This phase is also called proliferative phase because estrogen causes the uterine lining to grow or proliferate. In this phase the uterine wall becomes thicker. Follicle-stimulating hormone (FSH) causes ovarian follicles to be stimulated and an egg to start to mature. Once the egg has reached its mature state it is released from the ovary. This portion of the cycle takes place directly after menstruation and lasts from when bleeding ends to about the 15th day of the cycle or when ovulation finishes.

When the mature egg is released this is called **ovulation** which takes place at about 14 days into the cycle separating the Follicular and Luteal phase.

**Luteal Phase:** This phase is also called the secretory phase. During this phase the ovary produces progesterone which is released to enrich the uterine lining. Therefore, the uterine lining will be a tissue rich with nutrients and blood vessels in case the egg becomes fertilized. Towards the end of the phase hormone levels (estrogen and progesterone) drop, this causes the thickened lining to separate from the wall of the uterus. This lining is then shed in menstruation. The Luteal Phase is the last phase of the cycle, and ends when menstruation begins. It lasts from the end of ovulation (day 15 or so) to the end of the cycle, or about 13 to 15 days.

**References**

The Society of Obstetricians and Gynaecologists of Canada (SOGC)
The Centre for Menstrual Cycle and Ovulation Research

Tri-Cyclen: The Menstrual Cycle/How Oral Contraceptives Work

For More information contact
The Wellness Centre - 2nd floor of the J.T. Powell Building
519-824-4120 ext. 53327
## Nutrition for Women Using Oral Contraception

Oral Contraceptives may alter the way the body uses certain vitamins and minerals. The Pill may affect the level of blood lipids (fats), possibly increasing the risk of heart disease. In addition, many women discover that taking the pill can affect their weight.

### Vitamins and Minerals:

Studies suggest that blood levels of copper, iron, vitamin A, and K increase during the use of oral contraceptives, while the levels of magnesium, zinc, folic acid, vitamins B2, B6, B12 and vitamin C decrease. Routine vitamin supplementation is not necessary for every woman using the pill; however the consumption of certain foods rich in vitamins B6, B12, C and folic acid should be emphasized to prevent nutritional deficiencies.

#### Food:

<table>
<thead>
<tr>
<th>Magnesium</th>
<th>Vitamin B6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leafy green vegetables (raw)</td>
<td>Meat</td>
</tr>
<tr>
<td>Nuts</td>
<td>Fish</td>
</tr>
<tr>
<td>Soybeans</td>
<td>Poultry</td>
</tr>
<tr>
<td>Whole grains</td>
<td>Bananas</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zinc</th>
<th>Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Citrus fruits and juices</td>
</tr>
<tr>
<td>Fish</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Poultry</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Seafood</td>
<td>Green leafy vegetables</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Folic Acid</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>Dried peas/beans</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Endive</td>
<td></td>
</tr>
<tr>
<td>Mustard greens</td>
<td></td>
</tr>
<tr>
<td>Turnip greens</td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Many women report that they gain weight while on the Pill. This may be due to the level of estrogen in their prescription of their individual tendency to retain fluids. However, some studies have indicated that as many women lose weight while taking oral contraceptives. If you are concerned about your weight, talk to health care provider.</td>
<td></td>
</tr>
</tbody>
</table>

#### Heart Disease:

Perhaps the most significant effect of oral contraceptives on nutritional health involves potential heart disease. Taking oral contraceptives may elevate cholesterol and triglycerides which have been established as risk factors for heart disease. Women with a family history of heart disease should discuss this fact with the health care practitioner before they begin taking oral contraception.
Cost and Availability of Contraceptives for UoG Students

All undergraduate students and full-time graduate students automatically pay for the Student Health Plan with their UoG tuition every year. This covers the majority of contraceptives, and many of these are available on campus in Student Health Services. Some require a prescription from a doctor, which you can get by making an appointment with one of the doctors at Student Health Services.

<table>
<thead>
<tr>
<th>Contraceptive</th>
<th>Prescription Required?</th>
<th>Covered by UoG Health Plan?</th>
<th>Available at SHS?</th>
<th>Approximate Price</th>
<th>Other Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Contraceptive ('The Pill')</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes *</td>
<td>$30/month at pharmacy</td>
<td></td>
</tr>
<tr>
<td>Evra ('The Patch')</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>$20/month</td>
<td></td>
</tr>
<tr>
<td>NuvaRing ('The Ring')</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>$30/month</td>
<td></td>
</tr>
<tr>
<td>Depoprovera ('The Shot')</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>$35/3 months</td>
<td></td>
</tr>
<tr>
<td>Mirena ('Hormonal IUD')</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>$350 /5 years</td>
<td>Insertion fee not covered</td>
</tr>
<tr>
<td>Copper IUD</td>
<td>Yes</td>
<td>Somewhat</td>
<td>No</td>
<td>$170 /5 years</td>
<td>Insertion fee not covered</td>
</tr>
<tr>
<td>Spermicide</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>$6-$25</td>
<td>Jelly not available in Canada</td>
</tr>
<tr>
<td>Sponge</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>$7 each</td>
<td></td>
</tr>
<tr>
<td>Diaphragm</td>
<td>Yes</td>
<td>Somewhat – device covered but not spermicidal jelly</td>
<td>No</td>
<td>Spermicidal jelly: $15-18 per 3-4 ounce tube</td>
<td>Spermicidal jelly is not currently available in Canada</td>
</tr>
<tr>
<td>Condom (Male and Female)</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>M: $1 each F: $4 each</td>
<td>Available FREE at the Wellness Education Centre</td>
</tr>
<tr>
<td>Emergency Contraceptive Pill</td>
<td>No – for Plan B</td>
<td>Yes</td>
<td>Yes</td>
<td>$25-40 at pharmacy</td>
<td></td>
</tr>
</tbody>
</table>

* All oral contraceptives are covered, but not all brands are available at Student Health Services. Visit mystudentplan.ca or Student Health Services or more information.
The Emergency Contraceptive Pill

What Is It?

The Emergency Contraceptive Pill or morning after pill is an emergency method of birth control. This method involves taking a high dose of hormone pills within a 72 hour period following unprotected sex, a broken condom, or missed or late birth control pills.

- This method will not stop pregnancy from an earlier sexual contact.
- This method will not cause an abortion
- This method will not protect from pregnancy during the remainder of the month.
- Other forms of contraception such as condoms are recommended until the onset of the next menstrual period.

How Does It Work?

The high dose of hormone pills prevents ovulation and also disrupts the lining of the uterus to prevent a fertilized egg from implanting.

Where Can I Go To Get The Emergency Contraceptive Pill?

Sexual Health Clinic, family doctor, hospital emergency department, after-hours clinic. Covered by the UoG Student Health Plan and available at Student Health Services.

What Are Possible Common Side Effects?

- Nausea
- Abdominal pain
- Fatigue
- Headache
- Vomiting
- Irregular menstrual bleeding

These side effects usually disappear within one day after treatment

What Are The Possible Serious Side Effects?

See your doctor immediately or go to the Emergency Department of the hospital if you have any of the following:

- Itching all over your body
- Cramping or severe pain in your stomach or belly prior to your next menstrual period

How Do I Take Them?

There are 2 options:
1) Take 1 Plan B pill as soon after unprotected intercourse as possible. Take 1 more Plan B pill 12 hours later.
2) Take both pills at once as soon after unprotected intercourse as possible.

**When Will I Get My Next Menstrual Period?**

Your next period may start a few days earlier or later than usual. If your period doesn’t start within the next 3 weeks or if it is very different from normal, call the clinic or your doctor for an appointment for a pregnancy test.

**What About Birth Control?**

Use an effective method of contraception if you are sexually active. For more information about birth control methods, call the clinic or your doctor for an appointment.

**Safer Sex**

To reduce the risks of HIV or other sexually transmitted infections (STIs) use a latex condom every time you have sex (oral, vaginal or anal) or abstain from sex. The female condom used vaginally may also protect against STIs, HIV/AIDS and pregnancy.

Note: The Withdrawal Method or Coitus Interruptus is **not** effective in preventing pregnancy or STIs.

**Reference:** Wellington-Dufferin-Guelph Health unit: Emergency Contraceptive Pill

**For More information contact**
The Wellness Centre - 2nd floor of the J.T. Powell Building
519-824-4120 ext. 53327
Community Supports

**Student Health Services**
1st Floor J.T. Powell Building (Beside the Athletic Centre)
519-824-4120 ext. 52131
Scheduled, Walk-In, and Same-Day Appointments available

**The Wellness Education Centre**
2nd Floor J.T. Powell Building (Beside the Athletic Centre)
519-824-4120 ext. 53327
Walk-In, Information

**Counselling Services**
3rd Floor of University Centre
519-824-4120 ext. 53244

**Student Support Network**
Drop-In Centre in Raithby House
Monday-Friday 12pm-10pm

**HIV/AIDS Resources and Community Health (ARCH)**
Guelph Medical Place II, Unit 115-89 Dawson Road, Guelph
519-763-2255

**Abortion Information**

**Clinics in Ontario**

- **Grand River Hospital:**
  o Kitchener: Main Switchboard 519-742-3611 (press 0 for operator and ask for the clinic)
  o 835 King St. West, Kitchener, ON N2G 1G3

- **The Scott Clinic:** Dr. Robert Scott
  o Telephone: (416) 962-4108, Appointments: (416) 963-5771
  o 157 Gerrard St. E. Toronto, ON M5A 2E4
  o www.scottclinic.ca

- **Cabbage Town Clinic:** Dr. Buriana
  o **Toronto:** telephone (416) 323-0642, Toll-free 1-800-399-1592
  o 302 Gerrard Street East, Toronto, Ontario M5A 2G7
  o Will perform procedure up to 23 weeks of pregnancy
  o www.cabbagetownwomensclinic.com

- **Women’s Care Clinic:** Dr. Saira Markovic
  o **Toronto:** appointments 416-256-4139, If busy, please call 416 256-7149.
• **Choice in Heath**: Donvale Medical Centre  
  o Toronto: 416-975-9300, Toll-free 1-866-565-9300  
  o 1678 Bloor Street West, Suite 301, Toronto Ontario M6P 1A9

**Important Information**

• You must have an ultrasound done prior to the abortion process in order to determine how many weeks pregnant you are. This will be sent to the clinic you choose
• To get an ultrasound you must have a doctor’s referral
• Some of the clinics above will perform the ultrasound in the office, be sure to call and ask
• Clinics vary, some require blood work done to determine date or if very early in pregnancy
• You can make your own appointments with the clinics above without a doctor’s referral
• Abortion is covered by Ontario Health Insurance Policy (OHIP)
• The fees for an abortion are determined by how many weeks pregnant you are. Part coverage of fees with other Provincial Health Insurance
• Abortions are performed until latest 18-20 weeks (approximately 4-5 months) of pregnancy. (Clinics vary).