

CONTRACEPTION



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DEFINITION

Contraception means all measures temporary or permanent, designed to prevent pregnancy due to the coital act.



CONTRACEPTIVE METHODS IN MALES



METHODS

❖ Spacing methods.

➤ Natural.

➤ Barrier.

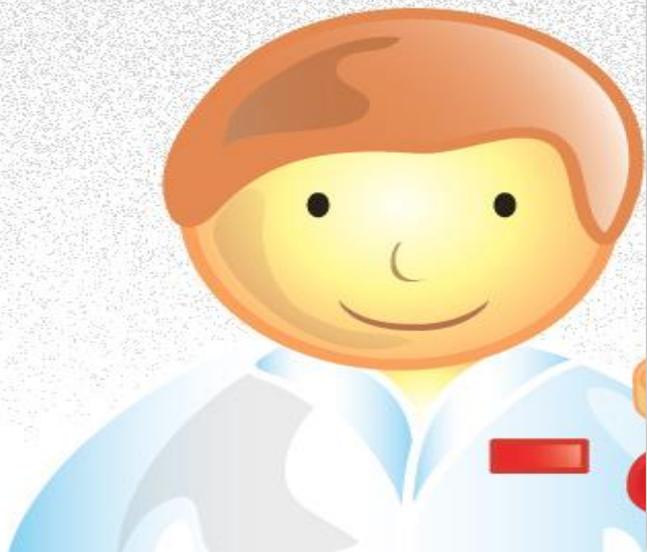
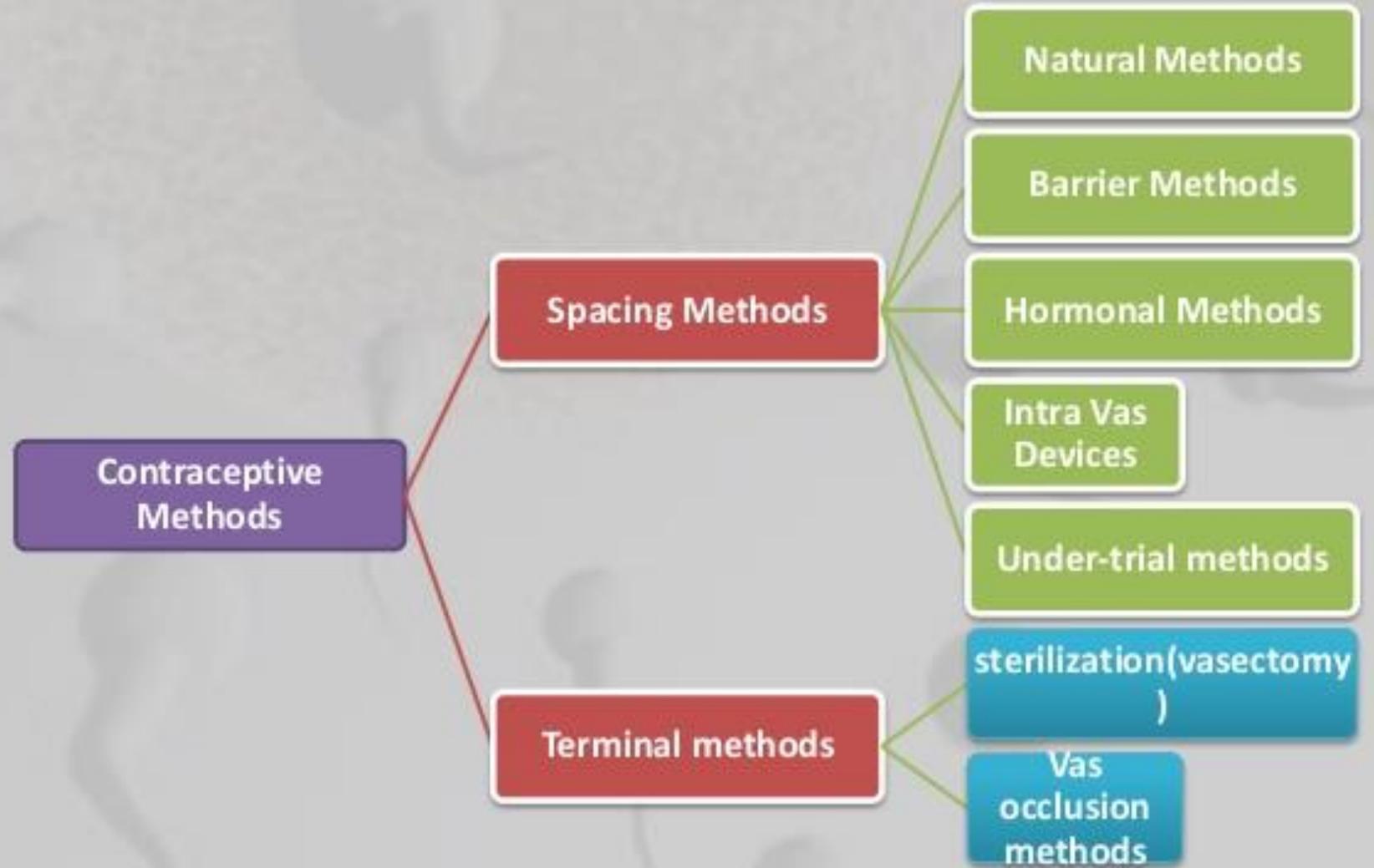
➤ Chemical.

❖ Terminal methods.

❖ Miscellaneous methods.



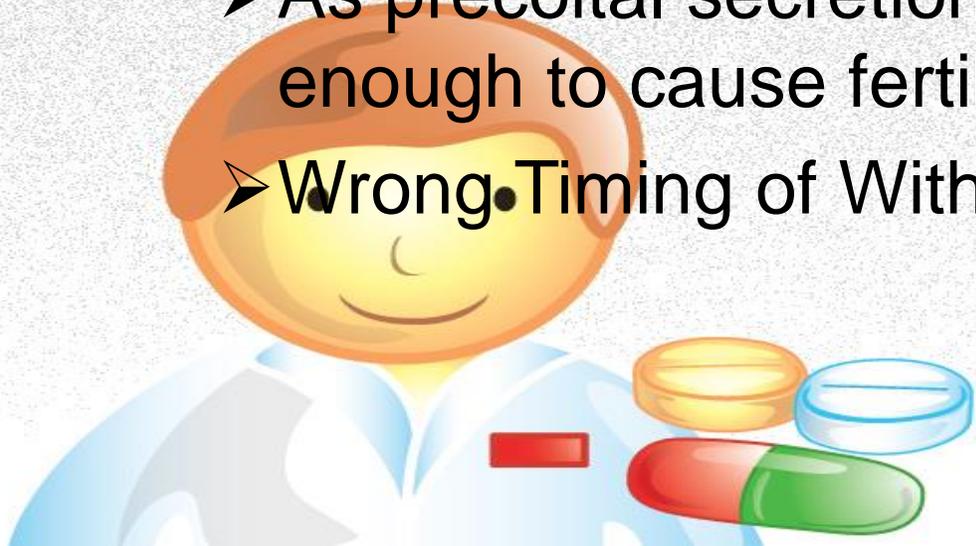
Male contraceptive cafeteria



NATURAL METHOD (Coitus Interruptus)

❖ Natural Method

- Oldest method of voluntary fertility.
- Male withdraws penis before ejaculation into vagina.
- Failure rate – high
 - As precoital secretions may contain sperm & even a drop is enough to cause fertilization.
 - Wrong Timing of Withdrawl



NATURAL METHOD (Coitus Interruptus)

❖ Advantages of coitus interruptus(withdrawl)

- No appliance is required.
- No cost.

❖ Disadvantages of coitus interruptus

- Requires sufficient self control by the man.
- Women may develop anxiety neurosis, vaginismus or pelvic congestion.

➤ Chance of pregnancy is more.

➤ Precoital secretion may contain sperm

➤ Accidental chance of sperm deposition into the vagina

❖ This method is based on identification of the fertile period of a cycle and to abstain from sexual intercourse during that period.

BARRIER METHOD

❖ Barrier Method

- Condom
- Most widely used.
- Made up of fine latex sheath.

❖ Instructions

- Should be worn on erect penis before intercourse.
- Air must be expelled
- Held carefully when withdrawing from vagina.
- A new condom should be used for each sexual act.

MALE CONDOM



- It is cylindrical shaped.
- Measuring 15 to 20 cm length, 3 cm diameter, and 0.003 cm thick.
- It is closed at one end with a teat-end and open at the other end, with an integral rim.
- This condom is a thin sheath that covers the penis to collect sperm and prevent it from entering the woman's body. Male condoms are generally made of latex or polyurethane

BARRIER METHOD

❖ Mechanism of action

- Prevents deposition of semen into vagina.

❖ Advantages

- Easily available , safe, inexpensive
- Use dose not require medical supervision.
- Provide protection against STD.

❖ Dis-advantage

- May slip off or tear off.
- Interfere with sexual sensation.

CHEMICAL METHOD

❖ Chemical method

Anti spermatogenic Drugs – inhibit spermatogenesis.

1. Male pill (Gossypol)
2. Hormonal preparation
 - Testosterone
 - Testosterone with Danazol
 - Cyproterone acetate
3. calcium channel blocker
 - Nifedipine



MALE PILL (Gossypol)

❖ Composition

- Gossypol, phenolic derivatives of cottonseed oil.

❖ Dose

- orally 200mg/D.– 2 months followed by 60mg/wk.

❖ Mechanism of action

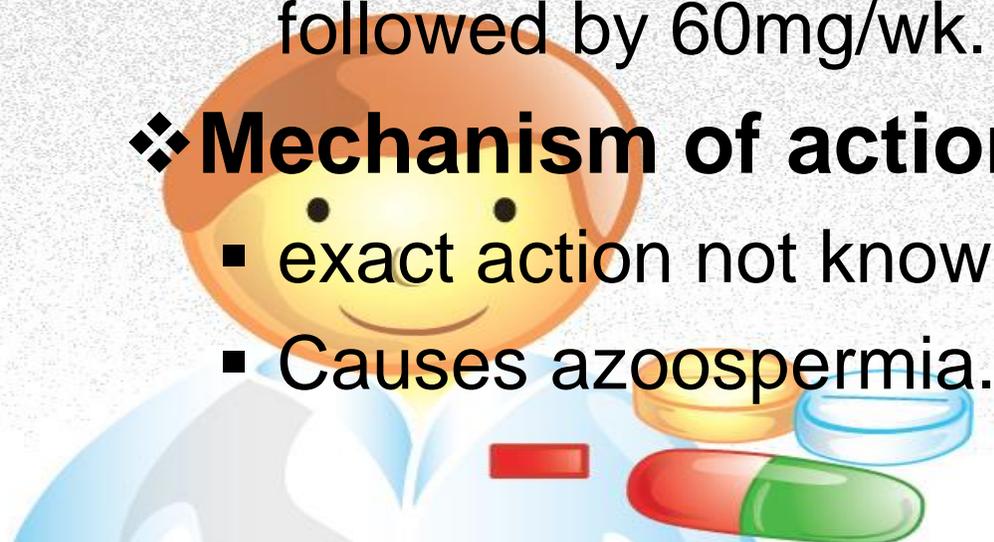
- exact action not known.
- Causes azoospermia.

❖ Advantages

- neither hormone nor antihormonal activity
- No change in libido & potency.

❖ Disadvantages

- permanent azospermic after 6 months



HORMONAL PREPARATION

❖ Testosterone

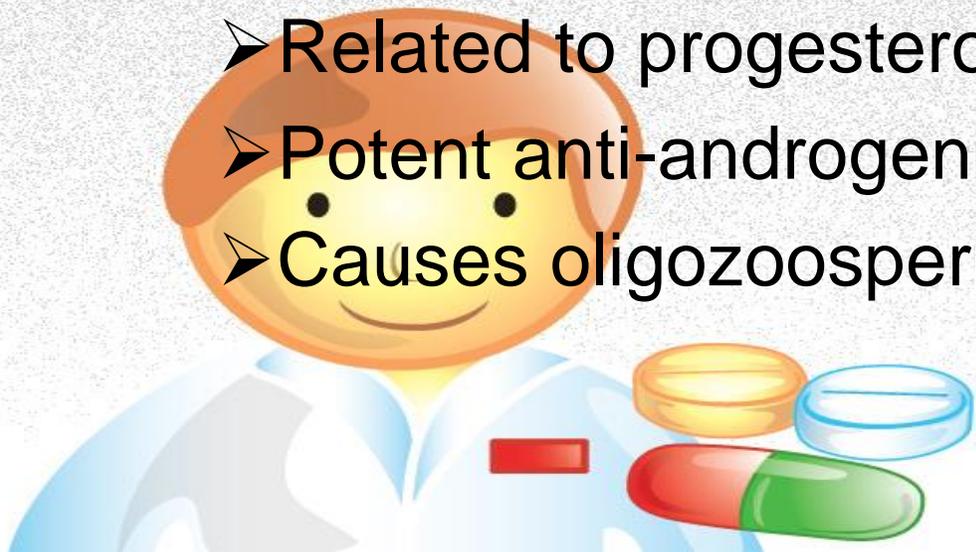
- 400 mg orally causes azospermia.

❖ Testosterone with Danazol.

- 200mg/month with 600 – 800mg /day causes oligospermia.

❖ Cyproterone acetate.

- Related to progesterone.
- Potent anti-androgenic agent.
- Causes oligozoospermia & loss of libido.



CALCIUM CHANNEL BLOCKER

- Block Ca channel on cell membrane of sperm.
- Prevents Ca influx – membrane becomes rigid & loaded with cholesterol.
- Rigid membrane prevents its binding to Zona Pellucida.
- So patient on Ca channel blockers (Nifedipine) for hypertension becomes sterile.



TERMINAL METHODS.

- ❖ Vasectomy
- ❖ No Scalpel Vasectomy
- ❖ Vas Occlusion with No-scalpel technique
 1. Elastomeric Plugs
 2. SHUG
 3. RISHUG



VASECTOMY

- ❖ It is a simple safe, very effective, cheap, convenient, permanent and quick, surgical method of family planning for men, who decide that they do not want any more children.
- ❖ It does not affect the testes and it does not affect sexual ability.



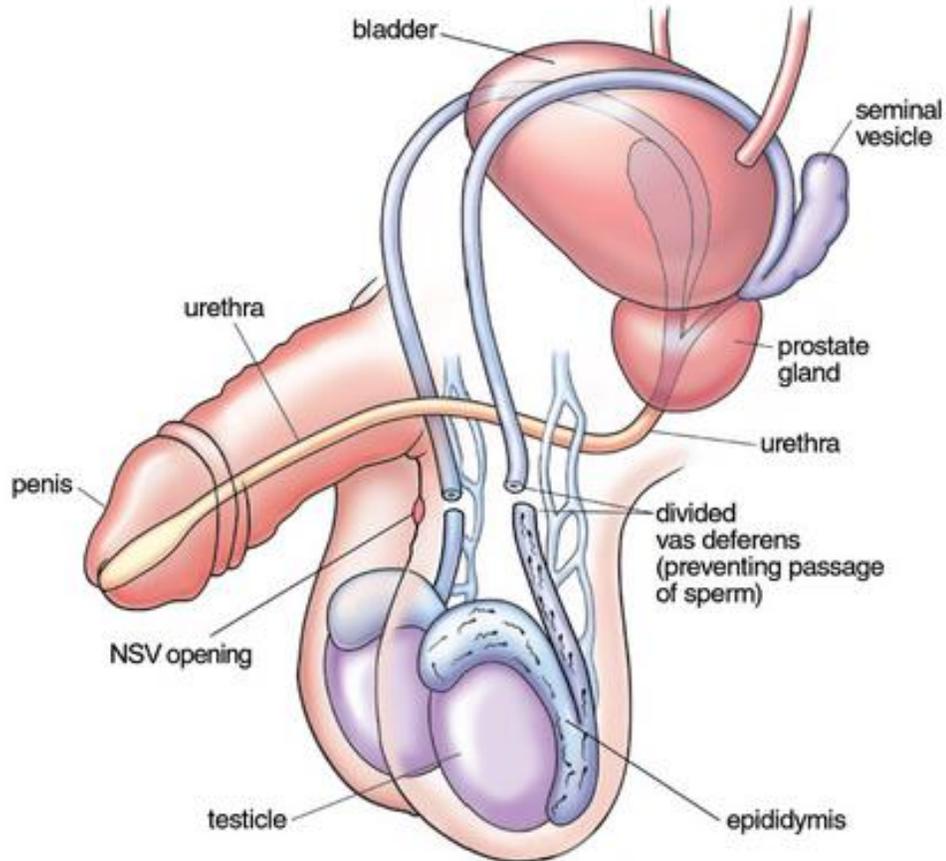
VASECTOMY

❖ Eligibility criteria

- Should be married
- Couple should have atleast 1 child >1yr of age
- Male should be of sound mind.
- Age <60yrs
- No past history of sterilisation of spouse



VASECTOMY



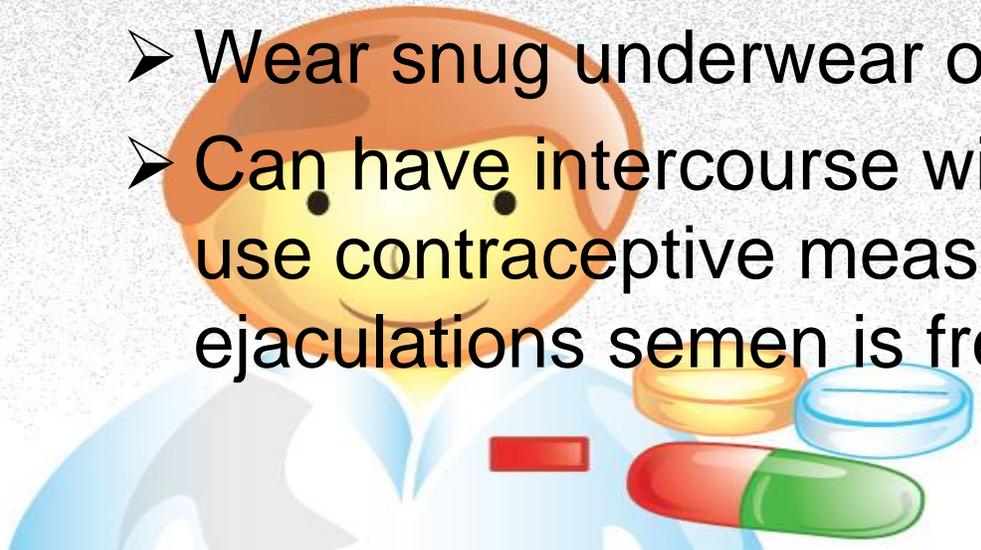
❖ Procedure

A small incision is made in the scrotum on either side above the testes under local anaesthesia, under aseptic precautions, vas-deferens tubes are lifted, cut and tied with thread or clamped and the incisions are closed with stitches. Then bandages is put.

VASECTOMY

❖ Instruction after surgery

- Rest for two days.
- should not do any heavy work.
- The wound should be kept clean and dry.
- If possible put ice on the scrotum for four hours to lessen swelling.
- Wear snug underwear or pants for two to three days to help.
- Can have intercourse within 2 to 3 days after the procedure but use contraceptive measures (condom) as he is not sterile, after 30 ejaculations semen is free from sperm.



VASECTOMY

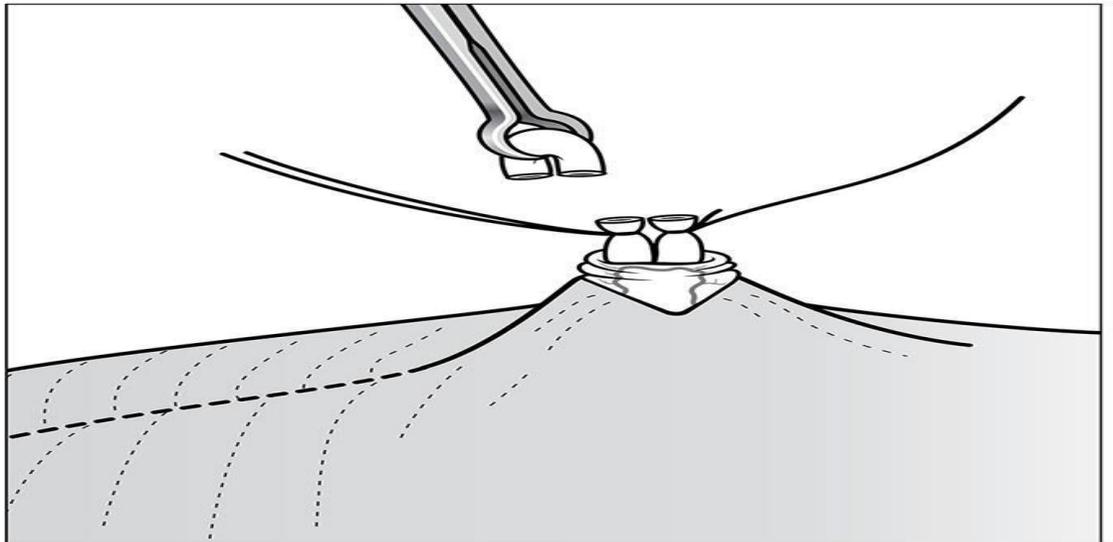
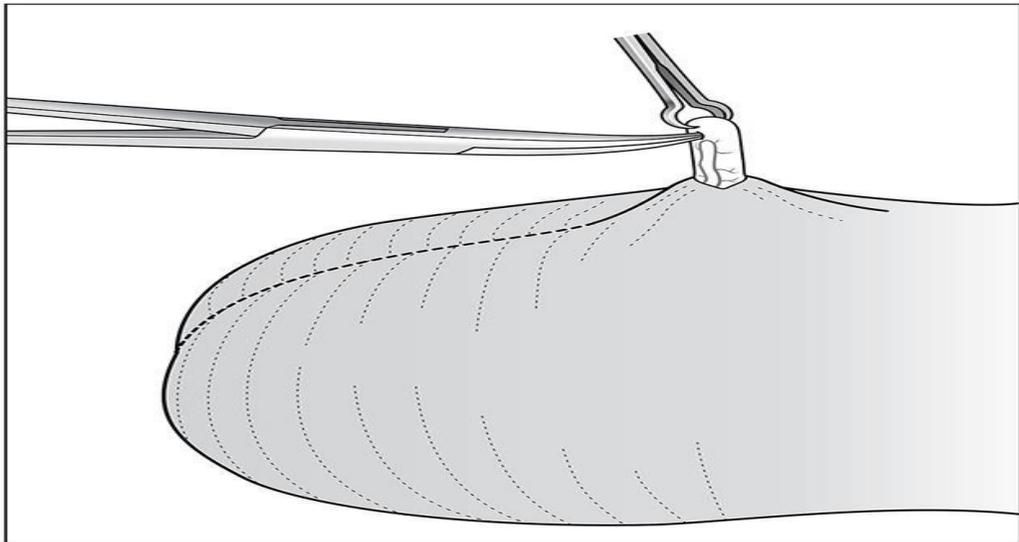
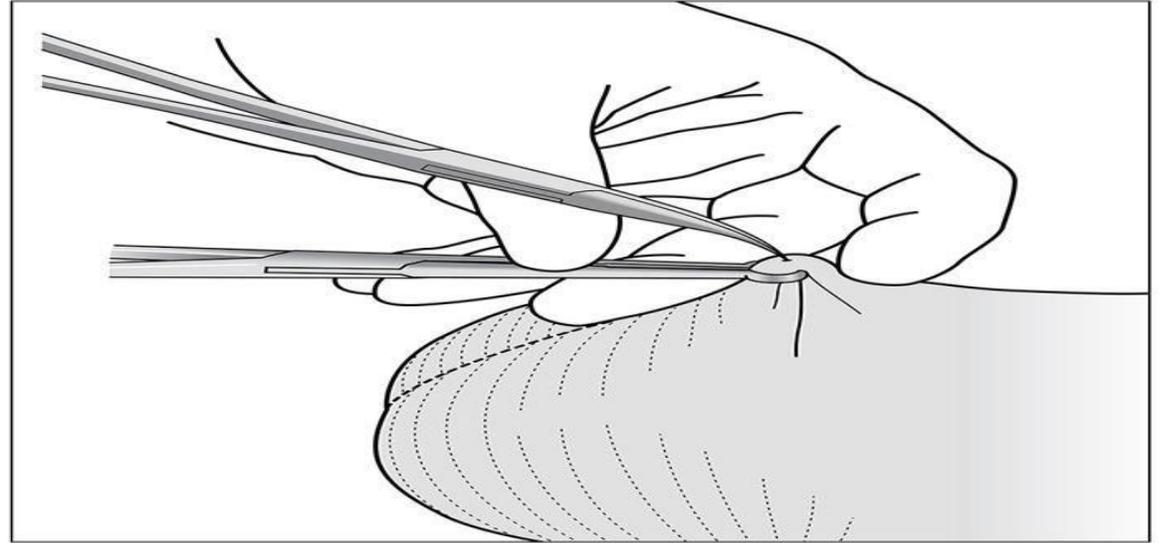
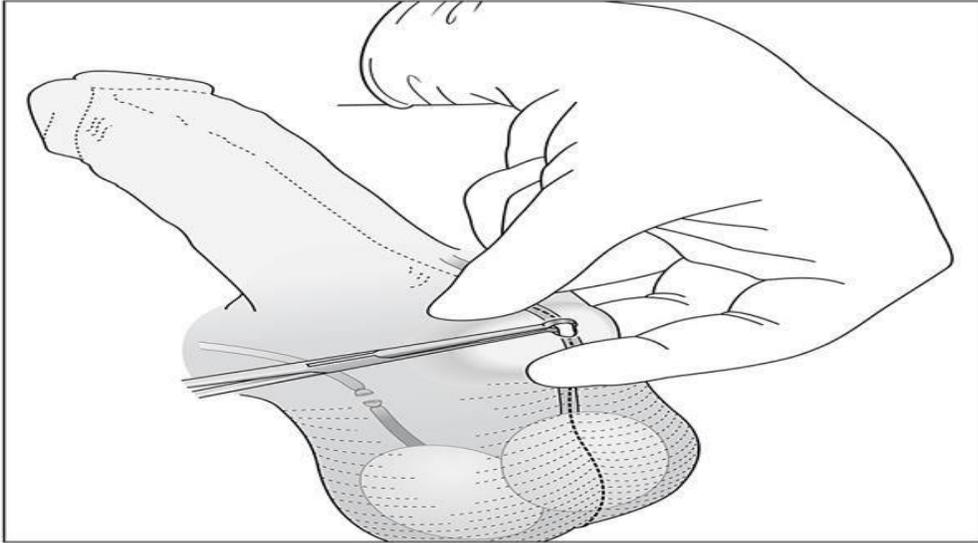
❖ Advantages

- Vasectomy is highly effective and permanent method.
- Failure rate is about 0.15 pregnancies per 100 men.
- Prolonged sexual pleasure because no need to worry about pregnancies.
- Compare to tubectomy, vasectomy is easy to perform.
- Does not need hospitalization.

❖ Disadvantages

- Pain in the scrotum, swelling and bruising.
- Uncomfortable for 2 to 3 days.

NO SCALPEL VASECTOMY



NO SCALPEL VASECTOMY

Post operative instructions

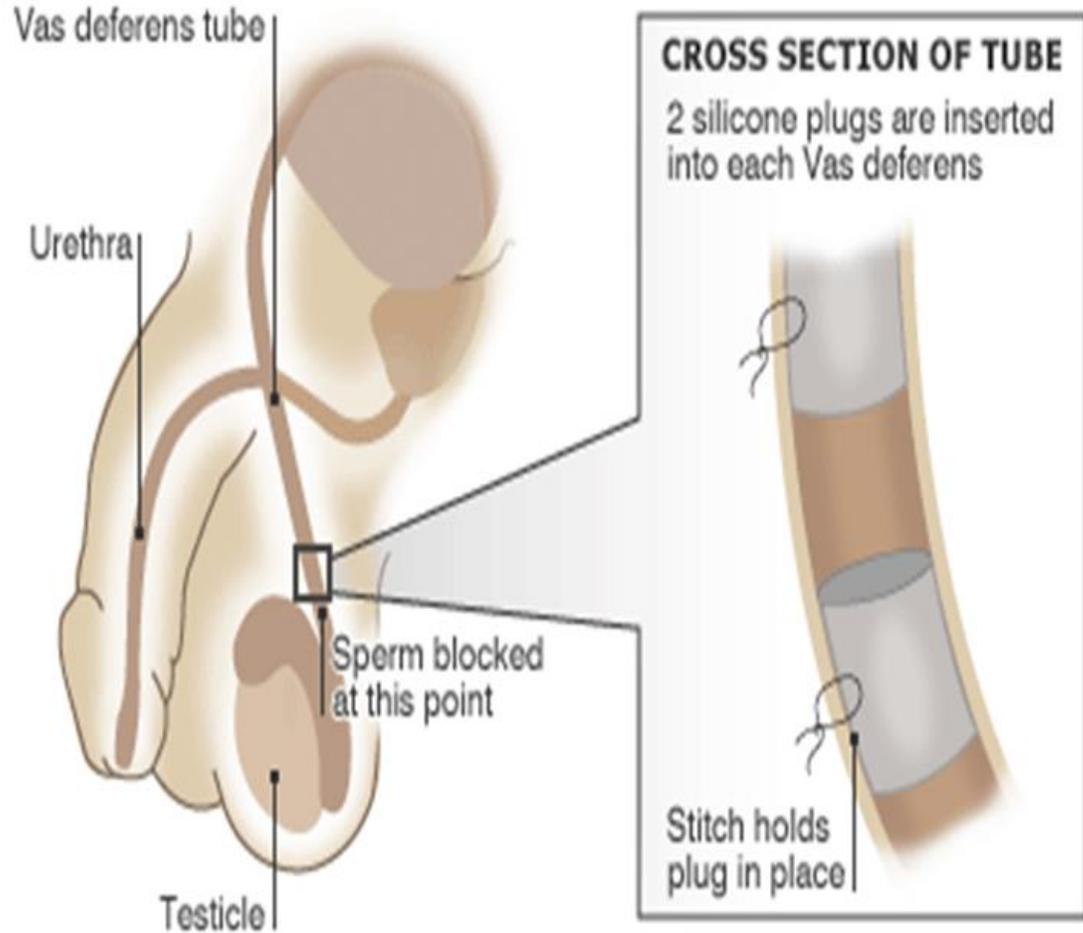
- Patient need 30ejaculations/3 months before he can be declare sterile
- Couples should use barrier method for 3months
- Patient should undergo semen analysis monthly for 3months till there are no sperms in semen
- Once the patient is declared aspermic , no other contraceptive is required
- Avoid bath for 24hrs
- Testis bandage should be used for 15 days, keep site dry.
- Stitch removal after 5days

NO SCALPEL VAS OCCLUSION

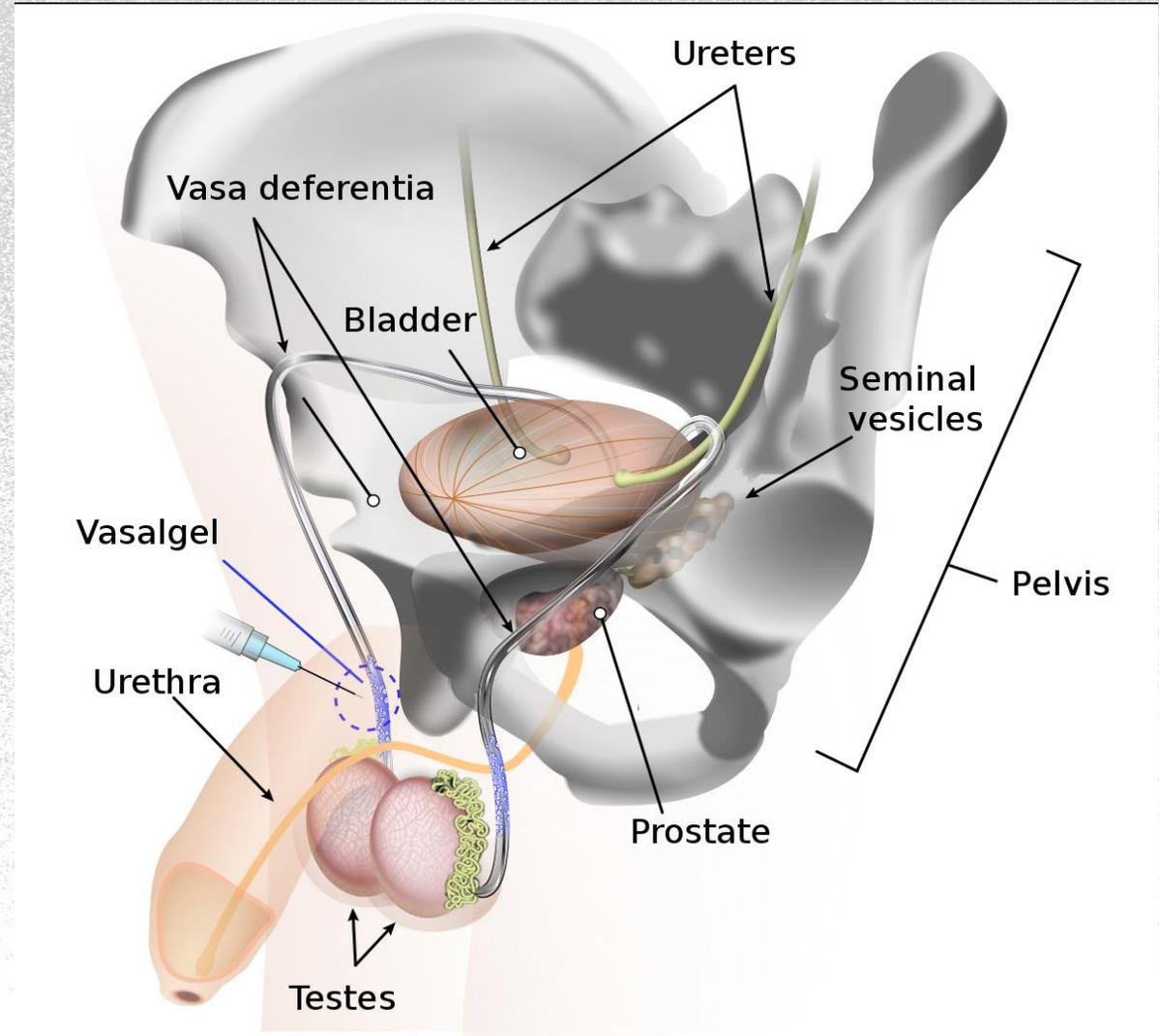
- ❖ Newer technique
- ❖ Safe, convenient & acceptable
- ❖ **Principle**
 - Elastomer injected get hardened insitu within 20 min & occlude it.
- ❖ **Methods**
 - Elastomer plugs.
 - medical grade polyurethane (MPU)
 - medical grade silicon rubber(MSR)
 - **SHUG** – silicon plug used.
 - **RISUG** – reversible inhibition of sperm under guidance.

NO SCALPEL VAS OCCLUSION

NEW MALE CONTRACEPTIVE



SOURCE: Male Contraceptive Information Project



MISCELLANEOUS METHODS

❖ Hot baths.

Hot bath (100 - 104 degree F for 45mts a day for 3 weeks)

❖ Suspensories

It holds testes close to the body. This has the effect of warming them enough to stop sperm production.



