

(A) 口服避孕藥

Oral contraceptive pills

○ 避孕原理 Theory

口服避孕藥是人工合成類似女性荷爾蒙之動情激素和黃體素製劑，避孕原理是抑制卵巢功能。

Oral contraceptive pills are artificially synthesized medicines, similar to the estrogen and lutein in female hormone. They can suppress ovulation of the ovary.

○ 避孕效果 Efficacy

如服用方法正確，效果幾乎達100%。

The contraception effect is almost 100%, if properly taken.

○ 服用方法 Directions

1. 一般婦女：月經來潮的第五天開始服用（市售口服避孕藥是自月經來潮當日服用，須參考說明書）。

General women: Take the

pills the fifth day after the period (Some contraceptive pills are to be taken the day when the period comes. Read the instructions carefully.)

2. 產後婦女：未哺母乳者可於產後三週開始服用，最遲不可超過28天。

Women after delivery: For non-breast-feeding women, take the pills three weeks after the delivery. Better take the pills no latter than 28 days after the elivery.

3. 流產或人工流產婦女：於流產或人工流產之後第5天開始服用。

Women having natural or induced abortion: Take the pills the fifth day after the abortion.

4. 新婚婦女：結婚前一個月之月經來第5天開始服用。

Newly wedded women: Take the pills the fifth day after the period that comes one month before the wedding.

○ 注意事項 Notes

1. 服藥期間應每半年定期請醫師檢查。

In the course of taking the pills, do the physical examination every six month by a doctor.

2. 若有下列情形不適服用：哺餵母乳、肝病、血栓性靜脈炎、癌症、過敏性疾病、心臟病、高血壓、糖尿病、生殖器官腫瘤，不適服用。

Stop taking the pills if any of the following cases occurs: breast-feeding, liver diseases, thrombus phlebitis, cancer, allergies, heart diseases, hypertension, diabetes or tumors in genital organs.

3. 服用簡便、效果高。

Easy to take, high efficacy.

4. 調經。

Regulate the period.

5. 減輕痛經及經前緊張。

Alleviate the menstrual cramps and premenstrual tension.

6. 需每日服用，若忘記服用則影響效果。

It is necessary to take the pills everyday, otherwise the efficiency will be reduced.

7. 部分婦女可能會有少許的副作用，例如：噁心、嘔吐、頭暈，但不久就會消失。

Some women may experience side effects such as nausea, vomit, dizzy, but these effects will be gone very soon.



口服避孕藥

Oral contraceptive pills

B. 子宮內避孕器 Intrauterine devices

○ 避孕原理 Theory

干擾受精卵的著床；加速輸卵管蠕動，減少受精的機會。

Interfere with the fertilized egg to settle in the uterus, and increase the peristalsis of oviduct such as to reduce the chance of fertilization.

○ 避孕效果 Efficacy

高達95%以上。

Above 95%.

○ 種類 Types

有母體樂、銅T、銅7、樂普、子宮環等。

Multiload, Cooper T, Cooper 7, Lippes loop, intrauterine ring.



母體樂
Multi-load



銅T
Cooper T



樂普
Lippes loop



子宮環
intrauterine ring

○ 注意事項 Notes

1. 需經受過專業訓練的醫師裝置。
Need the help of a professional doctor to install the device.
2. 若有下列狀況不適合裝置：子宮腫瘤、癌症、骨盆腔發炎、月經量過多症。
Women with the following diseases should not use the device: uterine tumor, cancer, pelvic inflammatory disease, profuse menstruation.
3. 體積小裝置容易。
Easy to insert because of its small size.
4. 可長期使用，取出後即可懷孕。
Good for long-term use. User can be ready for pregnancy if the device is removed.
5. 除子宮環外，其他種類避孕器均含有尾線，可自行檢查。

All intrauterine devices, except the intrauterine ring, have a tail wire for users to examine the device.

6. 副作用少，僅在裝置初期可能有點狀出血、經期延長、經量增多、腰痠、下腹微痛等不適應的現象。

Except for dot bleeding, prolonged period, increased menstrual amount, sore waist, minor pain in the lower abdomen at the beginning of installation, no other side effects would occur.

C. 保險套 Condoms

○ 避孕原理 Theory

保險套為一種乳膠所製成的男性避孕套，性交前將保險套套在勃起的陰莖上，使精液無法進入陰道，達到避孕效果。

Condoms are male contraceptive sheaths made of latex. It is put on a man's erect penis before sexual intercourse such that it can block ejaculated semen from entering the vagina of a sexual partner.

○ 避孕效果 Efficacy

若每次性交均正確使用，效果可達90%。

The efficiency can be as high as 90% if a condom is properly used for every sexual intercourse.

○ 使用方法 Directions

1. 使用前用手指捏住尚未展開的前端小袋，把空氣擠出，套在陰莖的龜頭上，再慢慢展開套在勃起的陰莖上。

Use fingers to squeeze the air out of the small sack at the tip of the condom. Put the condom on the balanus and slowly unfold it on the erect penis.

2. 射精後立即將陰莖連保險套抽出陰道外，取下保險套，以免精液外溢，且用衛生紙包妥丟棄。

After ejaculation, withdraw the penis and the condom from the vagina. Take off the condom in order not to spill the semen. Wrap the used condom by tissue paper and dump it.

○ 注意事項 Notes

1. 效果好。
High efficacy.
2. 使用簡便。
Easy to use.
3. 無禁忌症。
No contraindication.
4. 可預防性傳染病及愛滋病。
Prevention of transferring sexually transmitted infections and AIDS.

5. 如有破損或精液外溢時，避孕會失敗。

Contraception may fail if the condom is worn or the semen is spilled out of the condom.

■ 使用方法 Direction



1. 注意保險套有效使用期限。

Beware of the expiration date of the condom.



2. 由邊緣拆封輕輕擠出。

Tear the seal off and gently squeeze the condom out.



3. 排出乳突內空氣。

Squeeze the air out of the sack.



4.勃起立即戴上。

Put it on as soon as the penis is erect.



5.射精後立即抽出。

Withdraw the penis and condom after ejaculation.

(D) 男性結紮

Male ligation (sterilization)

○ 避孕原理 Theory

將男性陰囊部位的兩條輸精管結紮後切斷，使精子不能通過結紮的部分，以達到避孕的效果。

Ligate and then excise the two vas deferentia in the scrotum such that sperms can not go through the ligated vas deferentia.

○ 避孕效果 Efficacy

避孕效果幾達100%，是最有效的避孕方法。

The efficacy is nearly 100%. This is the most effective contraceptive method.

○ 注意事項 Notes

1. 一次手術即可獲得永久避孕。

Men become eternally sterilized after one ligation operation.

2. 手術簡單隨時均可施行。

The operation is simple and can be done any time.

3. 不會影響性慾或性能力。

Libido or the sexual ability will not be affected.

4. 結紮後再開刀接通非常麻煩，故須慎重考慮，決定不再生育的夫婦才採用。

It is very difficult to reconnect the vas deferentia after ligation. Think thoroughly before deciding to do this operation. Ligation is recommended only for couples who do not want any child.

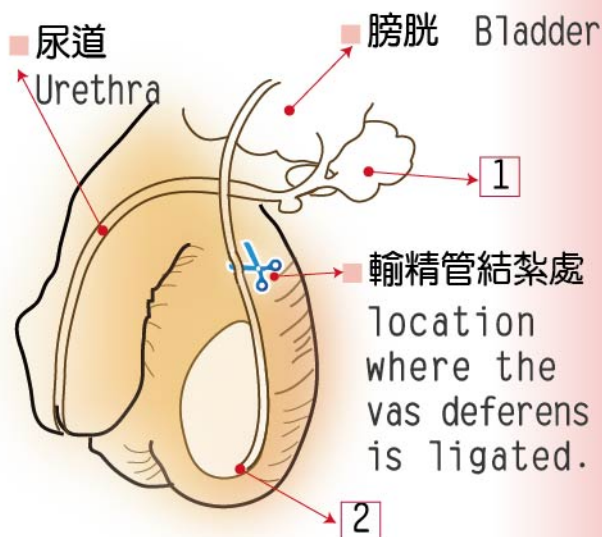
5. 結紮後經過10~15次射精後，應再回院檢查，確定精液內不含精子，才可不必併用其他避孕方法。

A man having 10 to 15 ejaculations after the ligation should return to the hospital to examine that whether there is sperms in the semen. If does, other contra-

ceptive methods can then be considered.

6. 結紮手術需由泌尿科或外科專科醫師施行。

This operation can only be done by an urologist or a surgical doctor.



1 精液繼續生產不影響射精

semen will be produced continuously without affecting ejaculation.

2 精子不再射出而被身體吸收

sperms will not be emitted but absorbed by the body.

(E) 女性結紮

Female ligation (sterilization)

○ 避孕原理 Theory

將兩條輸卵管結紮後切斷，使卵子不能通過輸卵管，以達到永久避孕的效果。

Ligate and then excise the two oviducts such that ova can not go through the oviduct.

○ 避孕效果 Efficacy

幾達100 %。

Almost 100%.

○ 注意事項 Notes

1. 一次手術即可獲得永久避孕。

Women become eternally sterilized after one ligation operation.

2. 無副作用不影響性慾。

Libido will not be affected after the operation.

3. 結紮後月經仍照常來潮，女性荷爾蒙正常分泌。

Period still comes after the operation. Female hormone still will be secreted.

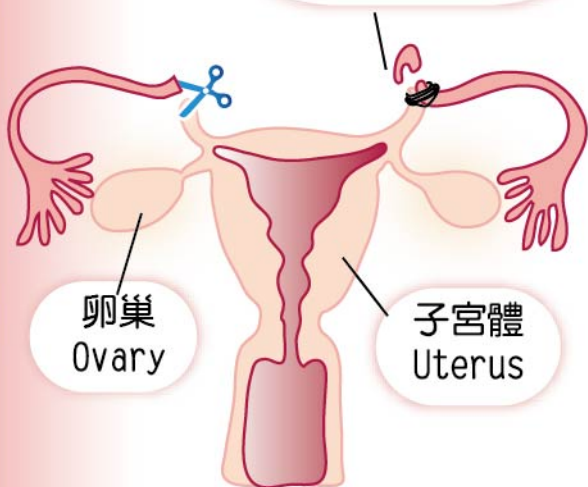
4. 結紮後再開刀接通非常麻煩，故須慎重考慮，決定不再生育的夫婦才採用。

It is very difficult to reconnect the oviduct after ligation. Think thoroughly before deciding to do this operation. Ligation is recommended only for couples who do not want any child.

5. 結紮手術必須由婦產科專科醫師施行。

This operation can only be done by a gynecologist-obstetrician.

輸卵管結紮處
Location where the
oviduct is ligated.



卵巢
Ovary

子宮體
Uterus

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佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

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Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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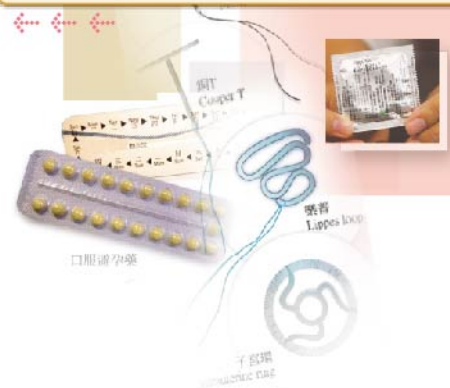
網址 Web site : <https://dalin.tzuchi-healthcare.org.tw/>

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避孕方法之選擇

Selections of contraception



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