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## Making your choice

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Only condoms offer protection from [STIs](#) [1][Sexually Transmissible (or Transmitted) Infection] Infections spread by the transfer of organisms from person to person during sexual contact. Also called venereal disease (VD) (an older public health term) or sexually transmitted diseases (STDs). including HIV and protection from pregnancy in one package, but despite these advantages, some find them difficult to use every time.

Progesterone-only contraceptives interact with a smaller number of [ARV](#) [2]A medication or other substance which is active against retroviruses such as HIV. than combined products, and the longer-lasting options like implants and injectables offer superior efficacy and mean one less pill to take on a daily basis, hence less margin for human error. Again, longer lasting products are also cheaper.

Caps and diaphragms can be inserted ahead of time and left in 'round the clock' and so can be convenient, but they have a high failure rate based in part on women forgetting whether or not they are in place.

No one contraceptive option is going to suit every woman with HIV and discussion both with your sexual partner(s) and your doctor is important to work out what will fit best with your life and your needs.

[Surgical options](#) [3][up](#) [4][Pregnancy](#) [5]

- [ANET resources](#)
- [Sex and relationships](#)

### Links:

[1] <http://www.napwa.org.au/glossary/term/188>

[2] <http://www.napwa.org.au/glossary/term/122>

[3] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/surgical-options>

[4] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv>

[5] <http://www.napwa.org.au/resource/treat-yourself-right/pregnancy>