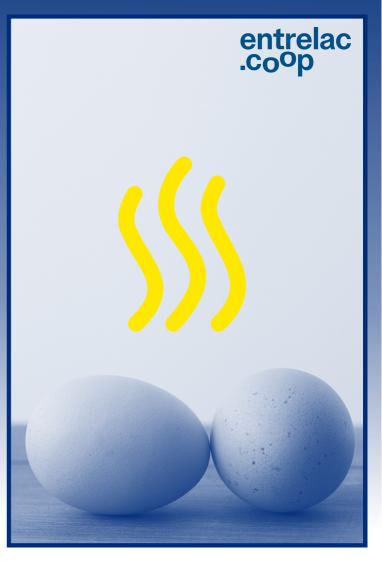
This year, I'm taking control of my contraception



## **Practical guide**

for thermal contraception



## You've decided!

This year you are taking your contraception in hand thanks to thermal contraception!

Here is your diary so that you don't forget anything: medical appointments, spermograms, FAQ, everything you need to approach this period of fertility control with peace of mind.

We wish you a good contraception!

## You will find in this guide :

- Summary medical protocol
- Quarterly checklists
- Grids to record your spermogram results
- Reminders of your appointment dates

# **Questions, difficulties or ideas to share?**

To be directed to trained health professionals, virtual hotlines and social networks to share:

contact@entrelac.coop

# the protocol to follow in

#### 1. Before

A spermogram and a prior medical examination should rule out any contraindication to this method.

### 2. During

- The testicular lift device must be worn every day, 15 hours a day (continuous or not), for the desired duration of contraception.
- Contraception is effective if the spermogram indicates a sperm concentration below 1 million per milliliter of semen.
- Reaching this threshold usually takes at least 3 months and must be confirmed by a spermogram.

Quarterly spermograms should be performed to monitor contraception.

# **3** steps

### 3. After

Caution: when you stop wearing the device, you must immediately switch to another method of contraception.

In all cases, wait at least 6 months and make sure that the spermogram results are normal before considering having a child.

If a pregnancy occurs during the phase of stopping the method, you must consult a doctor.

## What if the contraceptive threshold is not reached in 6 months?

Get advice from the person who provided your device, a sexual health center or the Entrelac.coop team : contact@entrelac.coop

# The first 3 months

### Before you start

I discussed with my partner about our contraception, if any.

I have read and understood the protocol to follow for my contraception to be effective.

A doctor has examined me and I have no contraindications.

I had a spermogram and my sperm concentration per ml is over 15 millions.

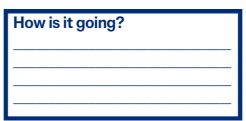
I have chosen and I am
buying a thermal
contraceptive device.

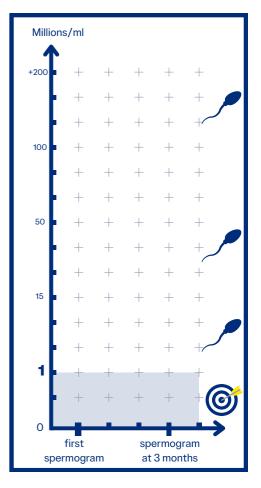
## My daily follow-up



YES: you are on birth control.

NO: you are not on birth control.





## From 3 to 6 months

### My checklist

My birth control device is not too tight or too big.

My contraceptive device is still in good condition.

I feel good with this device, I have no major discomfort or pain.

My partner is/are comfortable with my choice of contraception, or if not, use contraception on their own.

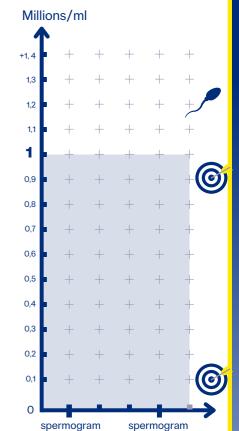
## I did my quarterly spermogram

## My daily follow-up

# Spermogram at 6 months Lab : \_\_\_\_\_\_ date : \_\_\_\_\_\_at \_\_\_\_; \_\_\_\_ Concentration/ml : \_\_\_\_\_

Concentration < 1 million per ml? YES: you are on birth control. NO: you are not on birth control.

#### How is it going?



at 6 months

at 3 months

# From 6 to 9 months



My birth control device is not too tight or too big.

My contraceptive device is still in good condition.

I feel good with this device, I have no major discomfort or pain.

My partner is/are comfortable with my choice of contraception, or if not, use contraception on their own.

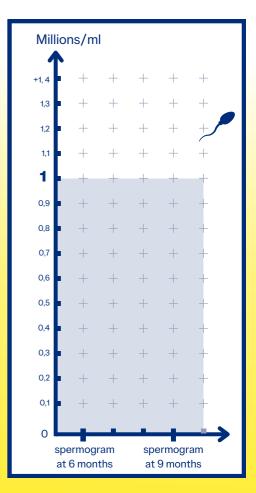
I did my quarterly spermogram.

## My daily follow-up



YES: you are on birth control. NO: you are not on birth control.

How is it going?



# From 9 to 12 months

### My checklist

My birth control device is not too tight or too big.



My contraceptive device is still in good condition.

I feel good with this device, I have no major discomfort or pain.

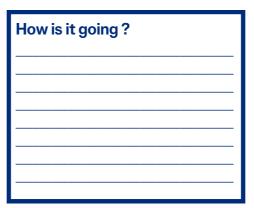
My partner is/are comfortable with my choice of contraception, or if not, use contraception on their own.

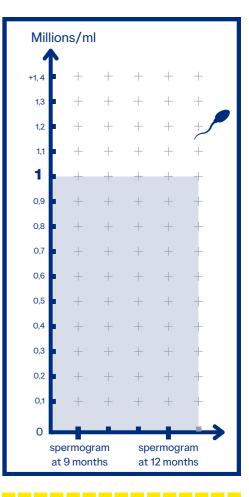
I did my quarterly spermogram.

## My daily follow-up



Concentration < 1 million per ml? YES: you are on birth control. NO: you are not on birth control.





## **Questions? Answers!**

### Can I keep my device on during sex?

Yes, if you want, but the thermal method relies on daily use, not on wearing them during sex. Remember: only a condom will protect against STIs.

## I forgot my device or it slipped and a testicle went down. What should I do?

Catch up on the missed time as soon as possible during the day or night. If you have missed more than 24 hours, resume use and use another method of contraception for 4 to 8 weeks to avoid the risk of unplanned pregnancy to your partner. After this period, perform a spermogram check-up.

# Ouch!

## My device pulls my hair. Any tips?

It is best to shorten the hair around the penis with scissors or clippers. Shaving is not recommended to avoid developing irritations or ingrown hairs on this area which is in daily contact with your device.

### I have skin irritations. Is this normal?

Some irritation may occur

around the penis when wearing the device. This is due to friction and perspiration. The ideal is to treat the first signs with liniment oleo-calcaire until it is soothed. In case of doubt, do not hesitate to consult a doctor.

### I lose a few drops of urine after I go to the bathroom.

First, you can remove your device to urinate. If your urine does not empty completely, it may be too tight and pinching the urethra. You should change it as soon as possible.