

BIRTH CONTROL GUIDE

KEY


-  progestin hormone
 -  progestin & estrogen hormones
 -  no hormones
 -  how often to use/take/change
- POSSIBLE MENSTRUAL CHANGES*
-  heavier periods
 -  lighter, regular periods
 -  lighter, infrequent, or no periods
 -  no bleeding changes

START AND STOP ON YOUR OWN




PULLING OUT
requires partner control

 during sex 



FERTILITY AWARENESS
when fertile, use another method of birth control

 daily 



CONDOMS
can prevent sexually transmitted infections


 before sex 





SPERMICIDE
comes in a cream, gel, foam, film, sponge, or suppository


 before sex 

PRESCRIPTION TO START, STOP ON YOUR OWN






PILLS
COMBINATION OR PROGESTIN ONLY
comes in a variety of brands and formulations

 daily 






DIAPHRAGM OR CERVICAL CAP
use with spermicide

 before sex 





PATCH
may be less effective for those with a BMI <30

 weekly 



VAGINAL RING
can be removed or kept in during sex


 monthly 





PHEXXI® VAGINAL GEL
may act as a lubricant to help with dryness

 before sex 


VISIT TO START, STOP ON YOUR OWN





SHOT
may have a delayed return to fertility


 every 12-14 weeks 

IN-PERSON VISIT TO START AND STOP






IMPLANT
size of a matchstick placed in arm

 every 3 years 





HORMONAL IUD
different brands last different amounts of time

 3-8 years depends on brand 



NON-HORMONAL IUD
longest lasting IUD, also known as copper IUD

 10 years 

PERMANENT



STERILIZATION
females and males can be sterilized

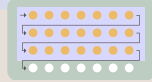
 once 

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PLAN AHEAD
Fertility awareness
Pulling out

TAKEN BY MOUTH
Combined pills
Progestin-only pills



INNER ARM
Implant
Inserted by
medical provider

OUTER ARM
or abdomen, thigh,
buttock
Shot

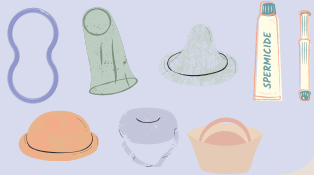
Administered by provider
or self

ABDOMEN
or arm, back,
buttock
Patch

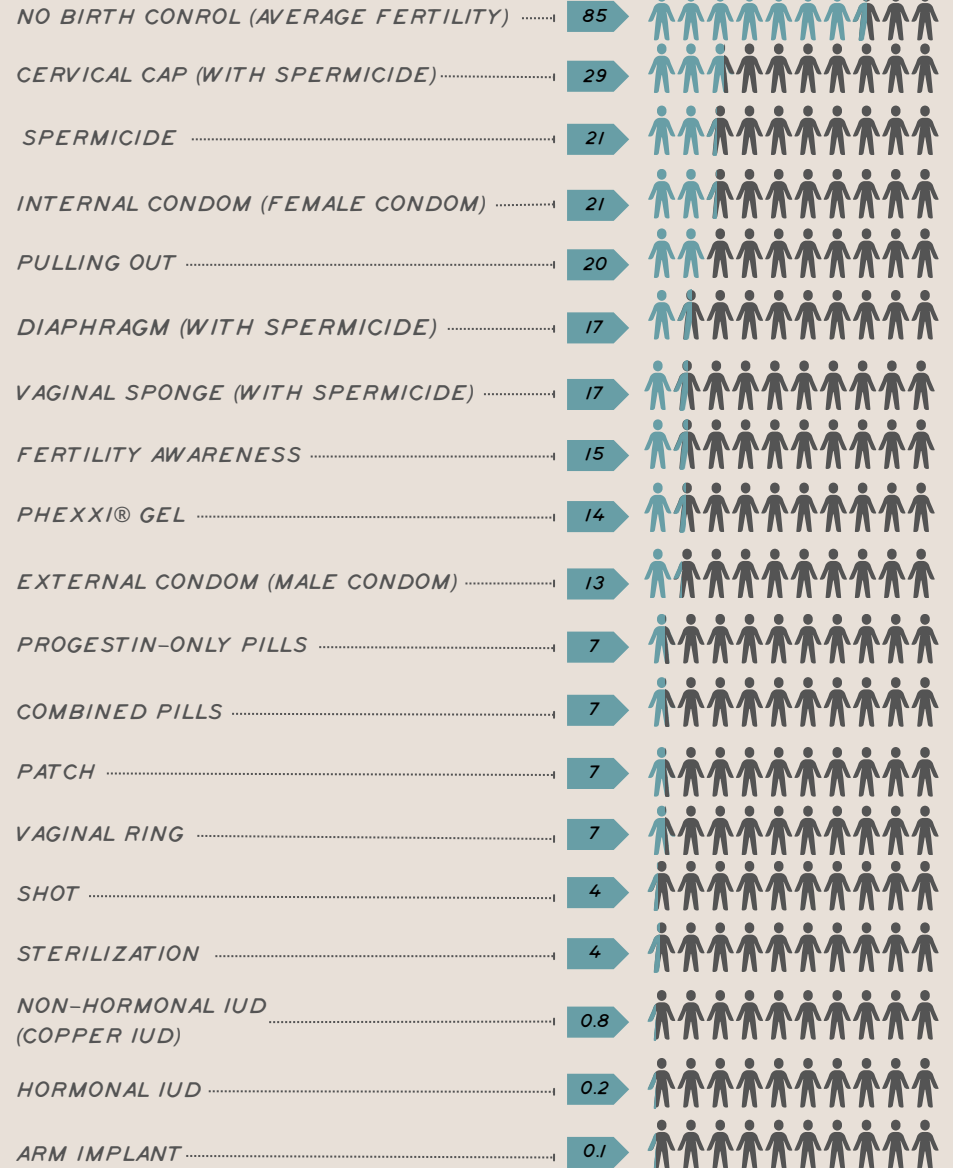
FALLOPIAN TUBES
Sterilization
Not reversible

UTERUS
Hormonal IUD
Non-hormonal IUD
(copper IUD)
Inserted by
medical provider

VAGINA
Condoms/Ring/
Cervical Cap/Diaphragm/
Sponge/Phexxi®/Spermicide



ON AVERAGE* OUT OF 100 PEOPLE THIS MANY WILL GET PREGNANT IN A YEAR WHILE USING THIS METHOD



If method privacy matters to you, tell your provider, and consider how you get the method, how you store it, and how and when you use it.

*some methods are harder to use than others, 'average' or 'typical use' pregnancy rates consider the chance of user error.