












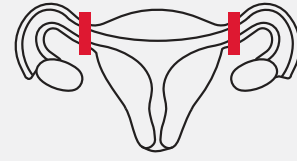
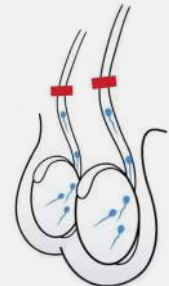




# Your Birth Control Choices

METHOD	HOW TO USE	THINGS TO KNOW	HOW WELL DOES IT WORK*
<b>Condom External</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>Use a polyurethane condom if allergic to latex</li> </ul>	<ul style="list-style-type: none"> <li>Can use for oral, vaginal, and anal sex</li> <li>Protects against HIV and other sexually transmitted infections (STIs)</li> </ul>	87%
<b>Condom Internal</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>Use extra lube as needed</li> </ul>	<ul style="list-style-type: none"> <li>Can use for oral, anal and vaginal sex</li> <li>May increase vaginal/anal pleasure</li> <li>Good for people with latex allergy</li> <li>Protects against HIV and other sexually transmitted infections (STIs)</li> </ul>	79%
<b>Diaphragm</b> Caya® and Millex® 	<ul style="list-style-type: none"> <li>Put in vagina each time you have sex</li> <li>Use with spermicide each time</li> </ul>	<ul style="list-style-type: none"> <li>Can last several years</li> <li>Spermicide may raise the risk of getting HIV</li> <li>Raises risk of bladder infection</li> </ul>	83%
<b>Emergency Contraception (EC) Pills</b> Plan B®, Next Choice®, ella® and others 	<ul style="list-style-type: none"> <li>Works best the sooner you take EC pills after unprotected sex</li> <li>You can take EC up to 5 days after unprotected sex</li> </ul>	<ul style="list-style-type: none"> <li>May cause spotting</li> <li>Your next monthly bleeding may come early or late</li> <li>Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26.</li> <li>ella EC works better than progestin EC 3-5 days after sex</li> </ul>	58-94%
<b>Fertility Awareness</b> Natural Family Planning 	<ul style="list-style-type: none"> <li>Predict fertile days by: taking temperature daily, checking vaginal mucus, and/or keeping a record of your monthly bleeding</li> </ul>	<ul style="list-style-type: none"> <li>Can help with avoiding or trying to become pregnant</li> <li>Use another birth control method on fertile days</li> <li>Does not work well if your monthly bleeding is irregular</li> </ul>	85%
<b>Implant</b> Nexplanon® 	<ul style="list-style-type: none"> <li>A clinician places it under the skin of the upper arm</li> <li>It must be removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>Lasts up to 5 years</li> <li>May cause irregular spotting or no monthly bleeding at all</li> <li>Cramps often improve</li> </ul>	>99%
<b>IUD - Copper</b> ParaGard® 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>Lasts up to 12 years</li> <li>May cause cramps and heavy monthly bleeding</li> <li>Can be used as emergency contraception up to 5 days after unprotected sex</li> </ul>	>99%
<b>IUD - Hormonal</b> Liletta®, Mirena®, Skyla®, and others 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>Lasts 3 to 8 years, depending on which IUD you get</li> <li>May improve cramps</li> <li>May cause lighter monthly bleeding, spotting, or no monthly bleeding at all</li> <li>Uses levonorgestrel, a progestin</li> <li>Some types can be used as emergency contraception up to 5 days after unprotected sex</li> </ul>	>99%
<b>The Patch</b> Ortho Evra® 	<ul style="list-style-type: none"> <li>Apply a new patch once a week for three weeks</li> <li>No patch in week 4</li> </ul>	<ul style="list-style-type: none"> <li>Can irritate skin under the patch</li> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> </ul>	93%

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<b>The Pill</b> 	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>Can improve acne and premenstrual syndrome (PMS) symptoms</li> <li>May cause nausea, weight gain, headaches, change in sex drive</li> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> </ul>	93%
<b>Progestin-Only Pills</b> 	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>May cause changes in hair, skin, or sex drive</li> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> </ul>	93%
<b>The Ring</b> ANNOVERA® and Nuvaring® 	<ul style="list-style-type: none"> <li>Insert a small ring into the vagina</li> <li>Monthly Ring: Change ring each month</li> <li>Yearly Ring: Change ring each year</li> </ul>	<ul style="list-style-type: none"> <li>There are 2 types: a monthly ring and a yearly ring</li> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> <li>Can increase vaginal discharge</li> </ul>	93%
<b>The Shot</b> Depo-Provera® 	<ul style="list-style-type: none"> <li>Get a shot every 3 months (13 weeks)</li> <li>Give yourself the shot or get it in a medical office</li> </ul>	<ul style="list-style-type: none"> <li>May cause changes in mood, weight, hair, skin, or sex drive</li> <li>Side effects may last up to 6 months after you stop the shots</li> <li>Often decreases monthly bleeding</li> <li>May cause spotting or no monthly bleeding</li> </ul>	96%
<b>Sterilization: Tubal Methods</b> "tubes tied" 	<ul style="list-style-type: none"> <li>This method closes the fallopian tubes</li> <li>A clinician reaches the tubes through your belly</li> </ul>	<ul style="list-style-type: none"> <li>This method is permanent</li> <li>Reversal is difficult</li> <li>Risks include infection, bleeding, pain, and reactions to anesthesia</li> </ul>	>98%
<b>Sterilization: Vasectomy</b> 	<ul style="list-style-type: none"> <li>A clinician blocks or cuts the tubes that carry sperm</li> <li>Can be done in the clinician's office</li> </ul>	<ul style="list-style-type: none"> <li>This method is permanent</li> <li>It is more effective, safer, and cheaper than tubal procedures</li> <li>Reversal is difficult</li> <li>Risks include infection, pain, and bleeding</li> <li>It may take a few months to work</li> </ul>	>99%
<b>Vaginal Acidifying Gel</b> Phexxi® 	<ul style="list-style-type: none"> <li>Insert gel in vagina each time you have sex</li> </ul>	<ul style="list-style-type: none"> <li>Can be put in as part of sex play/foreplay</li> <li>Does not have any hormones</li> <li>Requires a prescription</li> <li>May irritate vagina, penis</li> <li>Should not be used with urinary tract infection</li> </ul>	86%
<b>Vaginal Spermicide</b> cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> <li>Insert spermicide each time you have sex</li> </ul>	<ul style="list-style-type: none"> <li>Comes in many forms: cream, gel, sponge, foam, inserts, film</li> <li>May raise the risk of getting HIV</li> <li>May irritate vagina, penis</li> <li>Can buy at many stores without a prescription</li> </ul>	79%
<b>Withdrawal</b> Pull-out 	<ul style="list-style-type: none"> <li>Pull penis out of vagina before ejaculation (coming)</li> </ul>	<ul style="list-style-type: none"> <li>Costs nothing</li> <li>Less pleasure for some</li> <li>Does not work if penis is not pulled out in time</li> <li>Must interrupt sex</li> </ul>	80%

\*Typical Use

If you are looking for protection from STIs and HIV, both the internal and external condom are great options!

www.reproductiveaccess.org

