BIRTH CONTROL METHODS

CONDOMS ARE THE ONLY WAY TO DECREASE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS (STIs)

What you may experience

Method	Details	Timing	Prescription or Exam Needed? Y	N	Nausea	Breast soreness	Irregular or no bleeding	Less PMS, cramps, & bleeding	Less acne	How many people would get pregnant in 1 year? (out of 100)
Prevents egg from being released & thickens cervical mucus										
Pill	• Two types: estrogen and progestin, called "combined" or progestin only • Combined can treat PCOS symptoms • Lowers risk of ovarian/uterine cancer	Same time daily	X		X	X		X	X	7-9
Patch	• Band-aid like patch (light beige color only) • Worn on belly, back, or bum • Glue on patch may irritate skin	Changed weekly	X		X	X		X	X	7-9
Ring	• Clear, soft, flexible ring worn inside vagina, OK to remove during sex • Must be okay inserting/removing from vagina, like a tampon	2 Types: Changed monthly or annually	X		X	X		X	X	7-9
Shot	• "Depo" shot in belly, arm, or bum by clinician or for self injection • Return to fertility may be longer • May increase or decrease appetite	Every 3 months	X		X		X			4-5
Implant	• Match-size plastic rod inserted under skin of the upper arm by clinician, not visible to others • Lowers risk of ovarian/uterine cancer	5 years, can be removed sooner	X		X		X			0-1
Hormonal IUD	• Tiny T-shaped progestin device placed by clinician via pelvic exam • Treatment for heavy/painful bleeding/endometriosis • Lowers risk of ovarian/uterine cancer	3-7 years, can be removed sooner	X		X		X			0-1
Prevents sperm from swimming to get to an egg										
Condom	• Thin sheath placed over erect penis before sex • Need careful removal after each use • **Protects against sexually transmitted infections (STIs)**	Every time with sex		X						13-18
Internal Condom	• Thin barrier pouch (non-latex), with ring at end, placed inside vagina/anus before sex • Need careful removal after each use • **Protects against sexually transmitted infections (STIs)**	Every time with sex		X						21
Copper IUD	• Tiny T-shaped copper device placed by clinician via a pelvic exam • Heavier bleeding/heavier cramps, avoid if already have heavy periods • Lowers risk of ovarian/uterine cancer	12 years, can be remove sooner	X							0-1
Cap or Diaphragm	• Dome-shaped barrier covering cervix, • Must use with spermicide (not safe for anyone at risk of STIs) • Remove several hours after sex	Every time with sex	X	X						12-24
Vaginal Gel	• Insert 1 hour before sex to change the vaginal pH so sperm can't swim • Repeat application after 1 hour	Every time with sex	X							14
Fertility Awareness	• Monitor body temperature, cervical mucus, and period cycle to avoid unprotected sex during fertile days • Must have regular cycles (28-35 days) • Good method for timing a planned pregnancy	Daily tracking on app or calendar		X						24
Pull Out	• Pull out penis before ejaculation into vagina • Only works if person pulling out has control to stop having sex and ejaculate outside/away from vagina	Every time with sex		X						20
Surgical, non-reversible										
Tubal Ligation	• One time surgical procedure to cut or remove the fallopian tubes, requires anesthesia, 1-2 weeks for recovery • Hospital may have religious restrictions, waiting period, age restrictions, special consent forms	Permanent	X							0-1
Vasectomy	• One time non-scalpel procedure to cut the vas deferens, numbing medicine used. Normal ejaculations but without sperm several weeks after procedure • Age restrictions, special consent forms	Permanent	X							0-1

Watermarks: HORMONES / NO HORMONES

EMERGENCY CONTRACEPTION (EC)

Pill or IUD used to prevent egg release if risk of sperm inside the vagina. Use up to 5 days after sex without protection. **EC PILLS**- *Plan B* "morning after pill", available without a prescription and for any age. *Ella* requires a prescription and preferred if weight is 155+ lbs. May have mild nausea, next cycle may be irregular. **IUD with PROGESTIN OR COPPER**- Insertion as soon as possible within 5 days of unprotected sex. When calling to make an appointment, be sure to tell them the IUD is for EC as the sooner the better.

In Illinois, anyone 12 and older can get birth control and STI testing on their own

YOUR VOICE MATTERS
SHARE YOUR BIRTH CONTROL EXPERIENCE -HELP EVERYONE GET QUALITY CARE!
https://ican4all.org/survey/

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