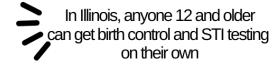
	BIRTH CONTROL METHODS Prescription					What you may experience					
	DECREASE	ARE THE ONLY WAY TO THE RISK OF SEXUALLY ED INFECTIONS (STIS)		or am Ned		Nausea	Breast soreness	Irregular or no bleeding	Less PMS, cramps, & bleeding	Lessacne	How many people would get pregnant in 1 year? (out of 100)
	Pill Pill	 Two types: estrogen and progestin, called" combined" or progestin only Combined can treat PCOS symptoms 	Same time daily	х		x	х	<u> </u>	x	x	7-9
	Patch	 Lowers risk of ovarian/uterine cancer 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	х		х	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		0	N	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	х				x			0-1
	Prevents & IND IND	 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			0-1
	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		х						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	R	x	0				7	21
	Europer 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	1	O	R	1	E	S	0-1
		 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	 Insert 1 hour before sex to change the vaginal pH so sperm can't swim Repeat application after 1 hour 	Every time with sex	х							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
	Tubal	 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
	EMERGENCY	Pill or IUD used to prevent egg releas	e if risk of sp	erm in	side th	ne vag	ina. Us	se up	o 5 day	s afte	er sex without

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.





SHARE YOUR BIRTH CONTROL EXPERIENCE -HELP EVERYONE GET QUALITY CARE!

https://ican4all.org/survey/



