







# ican! choose the birth control best for me









In Illinois, anyone 12+ can get birth control and STI testing on their own. Ask your provider to help you find the method that's right for you.

## Hormonal Methods

	 <b>PILL</b>	 <b>PATCH</b>	 <b>RING</b>	 <b>SHOT</b>	 <b>PROGESTIN IUD</b>	 <b>IMPLANT</b>
<b>THICKENS CERVICAL MUCUS AND/OR PREVENTS OVULATION</b>	91% effective	91% effective	91% effective	94% effective	99% effective	99+% effective
<b>FREQUENCY</b>	At the same time daily	Weekly for 3 weeks. No patch on the 4th week	Wear three weeks, remove 4th week	Every three months	Lasts 3-8 years, can remove sooner	Last 5 years, can remove sooner
<b>USE</b>	Take daily by mouth, Rx required*	Apply on the back, butt, belly. Rx required.	Insert anywhere in the vagina (like a tampon), Rx required.	Injection into arm, butt, belly usually by a provider.	Inserted into uterus via the cervix by a provider.	Inserted under skin in upper arm by provider.
<b>HORMONES</b>	Combined (estrogen + progestin) or progestin	Estrogen + progestin	Estrogen + progestin	Progestin	Progestin	Progestin
<b>THE PROS</b>	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced or no bleeding after several months.	Treatment for heavy, painful bleeding. Reduced or no bleeding after several months.	Reduced or no bleeding after several months.
<b>THE CONS</b>	Nausea, breast soreness early on.	Nausea, breast soreness early on. One color- beige.	Nausea, breast soreness early on, store in fridge if >3 months.	May change appetite. Irregular bleeding and spotting early on.	Unpredictable bleeding, early on. Insertion may cause heavy cramps	Unpredictable spotting more common, mild pain with insertion.
<b>OTHER INFO</b>	*Progestin only pills, <i>Opills</i> available OTC in 2024	Hormones secreted through sticky band-aid, may irritate skin.	Monthly and yearly rings. Can remove with sex but < 2 hours daily.	Longer time to return to baseline fertility.	Effective as EC within 5 days of unprotected sex.	Not visible to others but you can feel it.

## Non-Hormonal Methods

	 <b>EXTERNAL OR INTERNAL CONDOMS</b>	 <b>VAGINAL GEL SUPPOSITORY</b>	 <b>WITHDRAWAL</b>	 <b>FERTILITY AWARENESS</b>	 <b>DIAPHRAGM, CAP, SPONGE</b>	 <b>COPPER IUD</b>
<b>PREVENTS SPERM FROM SWIMMING TO AN EGG</b>	79%-85% effective	93% effective	78% effective	76-88% effective	71-88% effective	99+% effective
<b>FREQUENCY</b>	Every time you have sex	Every time you have sex	Every time you have sex	Daily via tracking app or calendar	Every time you have sex, during and for a few hours after	Lasts 12 years, can remove sooner
<b>USE</b>	Rolled onto an erect penis or insert into the vagina	Insert gel intravaginally immediately or up to 1 hour before each act of sex	Remove penis before ejaculating	Daily tracking of temperature, vaginal mucus, and periods	Inserted into vagina to cover the cervix	Inserted into uterus via cervix by a provider
<b>THE PROS</b>	<b>ONLY method that prevents HIV/STIs.</b> Pair w/another method for dual protection.	Immediate effectiveness only when you need it. Serves as a lubricant. Pair w/another method for back up	Doesn't affect your cycles. Available anytime with cooperative partner.	Doesn't affect your cycles. Good for tracking ovulation if trying to get pregnant.	Doesn't affect your cycles and can be used for many years without replacing.	Doesn't affect your cycles, lowers risk of repro cancers. Effective as EC within 5 days.
<b>THE CONS</b>	Requires careful removal after each use. Add lube to avoid tears.	Require insertion of gel with each ejaculation. May have mild burn/itch with initial use.	Requires control to ejaculate outside of, away from vagina	Must have regular cycles. No sex (or use a condom) during most fertile days.	Must be used with spermicide foam or gel which may irritate the vagina.	May increase cramps and bleeding. Effective as EC within 5 days of unprotected sex.

## Permanent Methods

### VASECTOMY: 99+% EFFECTIVE



Non-scalpel procedure done at a clinic to cut the vas deferens, no sutures needed. Normal non-sperm ejaculations several months after procedure. Requires local numbing medicine and up to 2 days for recovery.

### TUBAL LIGATION: 99+% EFFECTIVE



Surgical procedure via belly button w/2 small incisions, done at a hospital to cut or remove fallopian tubes. Requires anesthesia and up to 2 weeks for recovery.

## Emergency Contraception (EC)

### THE MORNING AFTER PILL



Two types: 1) Plan B (comes in many names) is available without Rx for any age. 2) *Ella* requires Rx and is best if >155 lbs. May cause nausea & irregular period. Take ASAP within 5 days after unprotected sex.

### THE IUD



Copper or progestin IUDs are more effective than EC pills. Insertion should be ASAP within five days of unprotected sex. Provides birth control for 8- 12 years after use as EC.