

**BIRTH CONTROL METHODS 101**

Presented by ICAN's Community Advisory Board

ican4all.org

**Resources**

Looking for the birth control best suited for you? Take our Birth Control Options Quiz!

Scan here to find out if you're eligible for FREE BIRTH CONTROL!

Find a birth control provider in your area!

**THANK YOU!**

For more information visit our website at ican4all.org

Birth control is basic care that:

- Gives people the opportunity to decide if, when and under what circumstances to be pregnant and parent.
- Protects against STIs.
- Supports gender-affirming care.
- Manages health conditions.



## Method 1: Pills

Combination Pills	Progestin Only
<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ At the same time daily by mouth</li> </ul> </li> <li>• <b>Prescription:</b> <ul style="list-style-type: none"> <li>◦ Required</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ Estrogen + progestin</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Nausea, breast tenderness and cramp reduction</li> </ul> </li> <li>• <b>Other info</b> <ul style="list-style-type: none"> <li>◦ Lowers risk of repro cancers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ At the same time daily by mouth</li> </ul> </li> <li>• <b>Prescription:</b> <ul style="list-style-type: none"> <li>◦ Brand dependent**</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ Progestin</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Heavy periods and spotting</li> </ul> </li> <li>• <b>Other info</b> <ul style="list-style-type: none"> <li>◦ **Opill can now be purchased at drug stores (e.g., Walgreens, CVS) over the counter without a prescription for ~\$20 (one month supply) or ~\$60 (three month supply).</li> </ul> </li> </ul>

\*Full list on our website at ican4all.org



## Birth Control Myth-Busting

**Fact:** Birth control can also manage health conditions like heavy periods, endometriosis, migraines and more!

**Myth:** Birth control is only for pregnancy prevention.

**Fact:** Depo-Provera (the shot) is the only method shown to have a small delay in returning to baseline fertility.

**Fact:** Weight gain is a potential side effect of some, but not all birth control methods.

**Myth:** Birth control makes you gain weight.

**Fact:** Each method has unique benefits and side effects that can affect every body differently!

If you have more questions, check out our website ican4all.org

## Method 2: IUDs

Hormonal IUD	Copper IUD
<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ Can last from 3-8 years or can be taken out sooner</li> </ul> </li> <li>• <b>Use:</b> <ul style="list-style-type: none"> <li>◦ Inserted into the uterus via the cervix by a provider</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ Progestin</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Breast tenderness, irregular bleeding, pain during insertion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ Can last up to 12 years or can be taken out sooner</li> </ul> </li> <li>• <b>Use:</b> <ul style="list-style-type: none"> <li>◦ Inserted into the uterus via the cervix by a provider</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ No hormones</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Heavy periods, irregular bleeding</li> </ul> </li> </ul>

Both of these methods can be used as emergency contraceptive, up to 5 days (120 hours) after unprotected sex.

\*Full list on our website at ican4all.org

## Method 3: Condoms

External Condoms	Internal Condoms
<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ Every time you have sex</li> </ul> </li> <li>• <b>Use:</b> <ul style="list-style-type: none"> <li>◦ Rolled onto an erect penis</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ None!</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Penile rash/itching, skin irritation, vaginal pain/itching and UTIs*</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Frequency:</b> <ul style="list-style-type: none"> <li>◦ Every time you have sex</li> </ul> </li> <li>• <b>Use:</b> <ul style="list-style-type: none"> <li>◦ Inserted into the vagina or anus</li> </ul> </li> <li>• <b>Hormones:</b> <ul style="list-style-type: none"> <li>◦ None!</li> </ul> </li> <li>• <b>Common side effects*:</b> <ul style="list-style-type: none"> <li>◦ Penile rash/itching, skin irritation, vaginal pain/itching and UTIs*</li> </ul> </li> </ul>

Condoms are the only birth control method that protects against STIs and HIV. For additional HIV protection, ask your provider about PREP.

\*If you experience any of these symptoms please contact your provider as they could signal an allergy, STI or other health condition.

**BIRTH CONTROL MATH:**

What are the odds of getting pregnant?

**STEP 1: Find the efficacy rate**

For example, with typical use\*, the NuvaRing is 93% effective at preventing pregnancy

\*Typical use takes into account that birth control isn't always used perfectly in real life—like when you forget to put a new ring in on time. With perfect use, the NuvaRing is 99% effective.

**STEP 2: Change the percentage into a fraction**

$\frac{93}{100}$

NuvaRing WILL NOT become pregnant within their first year of using the NuvaRing with typical use

**STEP 3: Think about this the other way around**

$1 - \frac{93}{100} = \frac{7}{100}$

This means 7 out of 100 people using the NuvaRing will become pregnant within their first year of using the NuvaRing with typical use

**STEP 4: Make the fraction easier to visualize by simplifying it:**

$\frac{7}{100} \div 7 = \frac{1}{14}$

This means 1 out of 14 people using the NuvaRing will become pregnant within their first year of using the NuvaRing with typical use

**STEP 5: Imagine yourself in a room of 14 typical NuvaRing users.**

One person's name is called randomly.

Visualizing the efficacy rate in this way can help you decide if a birth control method is right for you.