





Birth Control Options






There are many birth control options to choose from.



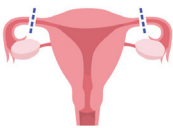
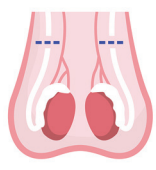
This guide will help you know some of the options available and help you and your provider pick the type of contraception that's right for you.



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Contraception Method	How to Use	Things to Know
<p>The Implant Nexplanon®</p>  <p>>99% effective**</p>	<ul style="list-style-type: none"> • A clinician places it under the skin of the upper arm • Lasts up to 3 to 5 years • It must be removed by a clinician 	<p>Benefits</p> <ul style="list-style-type: none"> • Cramps often improve • It may lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovary syndrome (PCOS) • You can become pregnant right after removal <p>Side Effects/Risks</p> <ul style="list-style-type: none"> • May cause mood changes, headache, acne, and depression • Rarely, problem with insertion or removal • Small increased risk of ectopic if pregnancy occurs <p>Bleeding Impact</p> <ul style="list-style-type: none"> • Can cause irregular bleeding and spotting • After one year, you may have no period at all
<p>Copper IUD ParaGard®</p>  <p>>99% effective**</p>	<ul style="list-style-type: none"> • Must be placed in uterus by a clinician • May be left in place for up to 10 years • Usually removed by a clinician 	<p>Benefits</p> <ul style="list-style-type: none"> • Non-hormonal • You can become pregnant right after removal <p>Side Effects/Risks</p> <ul style="list-style-type: none"> • Rarely, uterus is injured during placement • Small increased risk of ectopic if pregnancy occurs <p>Bleeding Impact</p> <ul style="list-style-type: none"> • May cause heavy monthly bleeding and cramping • May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue for you)
<p>Progestin IUD Liletta®, Mirena®, Skyla® and Kyleena®</p>  <p>>99% effective**</p>	<ul style="list-style-type: none"> • Must be placed in uterus by a clinician • May be left in place 3 to 7 years, depending on which IUD you choose • Usually removed by a clinician 	<p>Benefits</p> <ul style="list-style-type: none"> • Cramps may improve • It may lower the risk of uterine lining cancer • You can become pregnant right after removal <p>Side Effects/Risks</p> <ul style="list-style-type: none"> • May cause headaches, nausea, depression, and breast tenderness • Rarely, uterus is injured during placement • Small increased risk of ectopic if pregnancy occurs <p>Bleeding Impact</p> <ul style="list-style-type: none"> • May cause lighter monthly bleeding, spotting, or no period at all
<p>The Shot Depo-Provera®</p>  <p>94% effective**</p>	<ul style="list-style-type: none"> • Injection every 12 weeks 	<p>Benefits</p> <ul style="list-style-type: none"> • Each shot works for 12 weeks • Private for user • Helps prevent cancer of the uterus • It may lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovary syndrome (PCOS) <p>Side Effects/Risks</p> <ul style="list-style-type: none"> • May cause weight gain, depression, change in sex drive, and reversible bone loss • Side effects may last up to 6 months after you stop the shots <p>Bleeding Impact</p> <ul style="list-style-type: none"> • Often decreases monthly bleeding • May cause spotting or no period at all

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<p>The Patch Ortho Evra®</p>  <p>This method contains estrogen* 91% effective**</p>	<ul style="list-style-type: none"> Apply a new patch once a week for three weeks No patch in week four 	<p>Benefits</p> <ul style="list-style-type: none"> It may lower the risk of cancer of the uterus, ovary, and colon and can help polycystic ovarian syndrome (PCOS) You can become pregnant right after stopping patch <p>Side Effects/Risks</p> <ul style="list-style-type: none"> May cause skin irritation, headache, and breast tenderness Less effective in women who weigh more than 198 pounds <p>Bleeding Impact</p> <ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months
<p>The Pill</p>  <p>This method contains estrogen* 91% effective**</p>	<ul style="list-style-type: none"> Take the pill daily 	<p>Benefits</p> <ul style="list-style-type: none"> Can improve PMS symptoms and acne It may lower the risk of cancer of the uterus, ovary, and colon and can help polycystic ovarian syndrome (PCOS) You can become pregnant right after stopping the pills <p>Side Effects/Risks</p> <ul style="list-style-type: none"> May cause headaches, nausea, breast tenderness, or change in sex drive - some of these can be relieved by changing to a new brand <p>Bleeding Impact</p> <ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful Often causes spotting, which may last for many months
<p>Progestin-Only Pills</p>  <p>91% effective**</p>	<ul style="list-style-type: none"> Take the pill daily at the same time of day 	<p>Benefits</p> <ul style="list-style-type: none"> It may lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovary syndrome (PCOS) You can become pregnant right after stopping the pills <p>Side Effects/Risks</p> <ul style="list-style-type: none"> May cause headaches, nausea, breast tenderness, or change in sex drive <p>Bleeding Impact</p> <ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months
<p>The Ring Nuvaring®, Annovera®</p>  <p>This method contains estrogen* 91% effective**</p>	<ul style="list-style-type: none"> Insert a small ring into the vagina Change ring each month with Nuvaring® Use the same ring for a year, removing every 21 days with Annovera® 	<p>Benefits</p> <ul style="list-style-type: none"> One size fits all Private It may lower the risk of cancer of the uterus, ovary, and colon and can help polycystic ovarian syndrome (PCOS) You can become pregnant right after stopping the ring <p>Side Effects/Risks</p> <ul style="list-style-type: none"> May cause nausea, headache, breast tenderness, vaginal irritation, and vaginal discharge Can increase vaginal discharge <p>Bleeding Impact</p> <ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months
<p>Condom</p>  <p>80-82% effective**</p>	<ul style="list-style-type: none"> Use a new condom each time you have sex Use a polyurethane condom if allergic to latex 	<p>Benefits</p> <ul style="list-style-type: none"> Can buy at many stores/no prescription needed Can put on as part of intercourse foreplay Can help prevent early ejaculation Can be used for oral, vaginal, and anal sex Protects against HIV and other STIs <p>Side Effects/Risks</p> <ul style="list-style-type: none"> Can break or slip off Can decrease penile sensation or cause loss of erection <p>Bleeding Impact: None</p>

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<p>Spermicide Cream, gel, sponge, foam, inserts, film & Phexxi®</p>  <p>79% effective** 86% with prescription</p>	<ul style="list-style-type: none"> Insert spermicide each time you have sex 	<p>Benefits</p> <ul style="list-style-type: none"> Can buy at many stores or can be prescribed Can be used as part of intercourse foreplay <p>Side Effects/Risks</p> <ul style="list-style-type: none"> May irritate vagina and/or penis Cream, gel, and foam can be messy May raise the risk of contracting HIV <p>Bleeding Impact: None</p>
<p>Fertility Awareness Natural family planning</p>  <p>85% effective**</p>	<ul style="list-style-type: none"> Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your monthly bleeding Works best if you use more than one of these methods Avoid sex or use condoms/spermicide on fertile days 	<p>Benefits</p> <ul style="list-style-type: none"> Little to no cost Does not require a prescription Can help with avoiding and/or trying to become pregnant <p>Side Effects/Risks</p> <ul style="list-style-type: none"> Does not work well if your monthly bleeding is irregular This method requires a lot of effort <p>Bleeding Impact: None</p>
<p>Withdrawal Pull-out</p> <p>70-80% effective**</p>	<ul style="list-style-type: none"> Pull penis out of vagina before ejaculations (that is, before coming) Works best when used with another birth control method 	<p>Benefits</p> <ul style="list-style-type: none"> No cost <p>Side Effects/Risks</p> <ul style="list-style-type: none"> Less pleasure for some Does not work if penis is not pulled out in time Must interrupt sex <p>Bleeding Impact: None</p>
<p>Sterilization: Tubal Methods</p>  <p>>99% effective**</p>	<ul style="list-style-type: none"> These methods block, cut, or remove the fallopian tubes A clinician reaches the tubes through two small cuts in your belly 	<p>Benefits</p> <ul style="list-style-type: none"> These methods are permanent and highly effective <p>Side Effects/Risks</p> <ul style="list-style-type: none"> Possible infection, bleeding, pain, and reactions to anesthesia Considered irreversible with new method (removal of both tubes) Small increased risk of ectopic if pregnancy occurs <p>Bleeding Impact: None</p>
<p>Sterilization: Vasectomy</p>  <p>>99% effective**</p>	<ul style="list-style-type: none"> A clinician blocks or cuts the tubes that carry sperm from the testicles 	<p>Benefits</p> <ul style="list-style-type: none"> This method is permanent and highly effective It is more effective, safer, and cheaper than tubal procedures Can be done in a clinician's office No general anesthesia needed <p>Side Effects/Risks</p> <ul style="list-style-type: none"> Possible infection, pain, and bleeding Reversal is difficult It takes up to four months to work and follow up is necessary for confirmation <p>Bleeding Impact: None</p>

* All estrogen containing forms of contraception may decrease milk production if breastfeeding and increase the risk of heart attack, stroke, and blood clots. Estrogen containing forms of birth control are not indicated if you have a history of heart attack, stroke, blood clots or migraines with aura.

** Effectiveness rates based on typical use.

Talk to your provider about which birth control is right for you.



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For more information visit acog.org/womens-health/healthy-living/birth-control