

Basic Guide To Contraception

There are many safe and effective birth control options. Be sure to talk with your health care provider about what choice makes the most sense for you!

Hormonal Options

Common Features:

- Regulate the menstrual cycle to prevent ovulation and implantation of the egg in the uterus.
- Do not protect against sexually transmitted infections, but may help with other hormonal symptoms including acne, cramping and heavy menstrual bleeding.
- Side effects include nausea, breast tenderness, headaches, irregular bleeding and mood changes.

Progestin Only



Progestin IUD:

- This device is placed into the uterus by a clinician
- Lasts for 3-8 years
- Rarely, the uterus is injured during placement
- May lead to loss of periods



Implant:

- This is placed under the skin of the upper arm by a clinician
- Lasts up to 5 years
- May lead to loss of periods



Progestin Only Pills:

- This pill is taken every day of the month, no placebos!

Estrogen and Progestin:



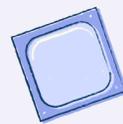
Injection:

- This medication is injected into the arm or buttocks
- Administered every 3 months (13 weeks)
- Side effects may last up to 6 months after stopping



Ring:

- This flexible device is placed inside the vagina
- Can last 1 month to 1 year
- Not noticeable for sexual partners while in place



Patch:

- A new patch is applied to the skin once a week for 3 weeks. No patch on the fourth week, during which menstruation will occur



Combined Pills:

- This pill is taken every day for 21 days, with either placebo pills or no pills taken on the final 7 days.

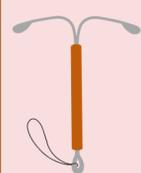
These options also contain estrogen, and if you've had blood clots, certain migraines, uncontrolled high blood pressure, history of tobacco use, breast cancer, or liver problems, these methods might not be right for you. It's important to talk to a healthcare provider about your medical history before using.

Non-Hormonal Options

Common Features:

- Prevent sperm from reaching the egg via a physical barrier or by damaging the sperm (spermicide)

Spermicide



Copper IUD:

- This device is placed in the uterus by a clinician
- Lasts up to 12 years!
- May worsen menstrual bleeding and cramping



Vaginal Spermicide Gel:

- This gel is inserted into the vagina for each sexual encounter
- May increase risk of HIV infection

Barrier Methods



Condom:

- a new condom is used for each sexual encounter
- Also prevents transmission of HIV and other sexually transmitted infections!



Diaphragm:

- This reusable device is used with spermicide and is placed into the vagina for each sexual encounter
- May protect against some sexually transmitted infections but not HIV

Other options include natural family planning or surgical sterilization. Let your provider know your reproductive goals so you can make the best decision for you!

Sources:

- <https://www.reproductiveaccess.org>
- <https://www.bedsider.org/birth-control>

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