










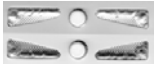


YOUR BIRTH CONTROL CHOICES

Method	How well does it work?	How to Use	Pros	Cons
Male Condom 	85-98%	Use a new condom every time you have sex Use a polyurethane condom if allergic to latex	Easy to buy in pharmacies and other stores Can be put on as part of sex play Can help relieve early ejaculation Protects against HIV and many other sexually transmitted infections (STIs) Can be used while breastfeeding	Loss of feeling Can break or slip off Latex allergy
Female Condom 	79-95%	Use a new condom every time you have sex	Easy to buy in pharmacies and other stores Can be put in as part of sex play Good for people with latex allergy Protects against HIV and other STIs Can be used while breastfeeding	May be noisy May be hard to insert May irritate vagina, penis May slip out of place during sex
Spermicide cream, gel, sponge, foam, inserts 	71-85%	Insert more spermicide every time you have sex	Easy to buy in pharmacies and other stores Can be put in as part of sex play Comes in many forms: cream, gel, foam and inserts Can be used while breastfeeding	Using spermicide nonoxynol-9 may raise the risk of getting HIV May irritate vagina, penis Cream, gel, and foam can be messy
Diaphragm 	84-94%	Must be used every time you have sex A health care provider will fit you and show you how to use it	Can last several years Costs very little to use May protect against some infections (NOT HIV) Can be used while breastfeeding	Using spermicide nonoxynol-9 may raise the risk of getting HIV Should not be used during vaginal bleeding or infection Small risk of bladder infection

Method	How well does it work?	How to Use	Pros	Cons
The Implant Implanon 	> 99% (long term studies not available yet)	A provider places it under the skin of the upper arm Must be removed by a provider	Long lasting (up to three years) Can be used while breastfeeding Ability to become pregnant returns quickly after it is removed	May cause periods to change Most women have off-and-on spotting Spotting may last until the implant is removed Does not protect against HIV or other STIs
The Pill 	92-99%	Must take the pill daily	Can make periods more regular and less painful Can improve acne Lowers risk of ovarian cancer Ability to become pregnant returns quickly after stopping the pills	May cause nausea, weight gain, headaches – but these can be relieved by changing to a different brand May cause spotting the first 1-2 months Does not protect against HIV or other STIs
Progestin-Only Pills 	95-99%	Must take the pill daily at the same time	Can be used while breastfeeding Ability to become pregnant returns quickly after it is removed	May cause spotting Does not protect against HIV or other STIs
The Patch Ortho Evra 	92-99%	Apply a new patch once a week for three weeks. No patch in week 4.	Can make periods more regular and less painful Ability to become pregnant returns quickly when use is stopped	Can irritate skin underneath the patch May cause spotting the first 1-2 months Does not protect against HIV or other STIs
The Ring Nuvaring 	92-99%	Insert a small ring into the vagina Change ring each month	Does not require a “fitting” by a health care provider Private Does not require spermicide Can make periods more regular and less painful Ability to become pregnant returns quickly after stopping the ring	Can increase vaginal discharge May cause spotting the first 1-2 months of use Does not protect against HIV or other STIs

Method	How well does it work?	How to Use	Pros	Cons
<p>The Shot Depo-Provera</p> 	97-99%	Get shot every three months	<p>Each shot works for 12 weeks</p> <p>Private</p> <p>Helps prevent cancer of the lining of the uterus (womb)</p> <p>Can be used while breastfeeding</p> <p>Can't be seen</p>	<p>May cause spotting, no period, weight gain, depression, hair changes, skin rash, change in sex drive</p> <p>May cause delay in getting pregnant after you stop the shots</p> <p>Side effects may last up to 6 months after you stop the shots</p> <p>Does not protect against HIV or other STIs</p>
<p>IUD Intrauterine Device: ParaGard, Mirena</p> 	99%	<p>Must be placed in uterus by a health care provider</p> <p>Must be removed by a health care provider</p>	<p>Nothing to put in place before sex</p> <p>ParaGard may be left in place for up to 10 years, and Mirena for 5 years</p> <p>IUDs with hormones (Mirena) may help period cramps and bleeding</p> <p>Can be used while breastfeeding</p> <p>Ability to become pregnant returns quickly when IUD is removed</p> <p>Can't be seen</p>	<p>ParaGard may cause more cramps and heavy periods</p> <p>Mirena may cause lighter periods or no period at all</p> <p>IUDs can cause spotting between periods</p> <p>Rarely, uterus is injured during placement</p> <p>Does not protect against HIV or other STIs</p>
<p>Emergency Contraception Plan B</p> 	89%	Take 2 pills together as soon as you can after unprotected sex	<p>Can lower the risk of pregnancy if taken within 5 days of unprotected sex</p> <p>Can be used while breastfeeding</p>	<p>Can cause nausea</p> <p>The next period sometimes comes a few days early or a few days late</p> <p>May cause spotting</p> <p>Does not protect against HIV or other STIs</p>