

What are you doing about birth control? Start a method today.

1

Choosing a method: *What matters most to me?*

Cost
Varies, but all methods are less costly than pregnancy.

Privacy
How private does my method need to be?

I'm Breastfeeding 
I need a method that is safe for breastfeeding.

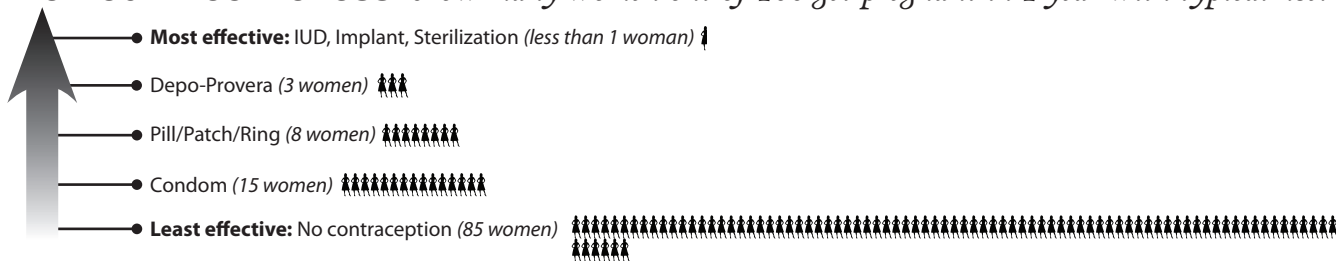
Effectiveness
How well does it prevent pregnancy?

Convenience
How often do I need to think about it?

Other Benefits
Many methods reduce bleeding/cramping.















2

Method Effectiveness: *How many women out of 100 get pregnant in 1 year with typical use?*



3

Choose a method and start today

Birth Control Method	How to Use It	What's Good About It	Other Considerations
Implant  <i>Implanon</i>	1 plastic rod placed under the skin of the arm	<ul style="list-style-type: none"> • Works for 3 years  • May have lighter or no periods 	• Can cause irregular bleeding
IUD 	Placed into the uterus by a healthcare provider	<ul style="list-style-type: none"> • Works for 5 years  • Lighter or no periods 	• May cause spotting at first
		<ul style="list-style-type: none"> • Works for 10 years 	<ul style="list-style-type: none"> • May make periods heavier • May increase cramping
Female Sterilization (Tubes tied) Male Sterilization (Vasectomy)	Healthcare provider surgically cuts tubes to block egg/sperm	<ul style="list-style-type: none"> • Permanent  	• Can't change your mind
Depo-Provera ("the shot") 	Injection every 3 months by a healthcare provider	<ul style="list-style-type: none"> • Lighter or no periods  	• May cause irregular bleeding at first
Ring (NuvaRing) 	Woman places the ring into the vagina once a month	<ul style="list-style-type: none"> • Can be used to regulate your period • Less bleeding and cramps with periods 	<ul style="list-style-type: none"> • May cause headaches and breast tenderness at first • May increase risk of blood clots
Patch (OthoEvra) 	Woman puts a new patch on once a week		
Pill 	Woman takes one pill every day		
Progestin-Only Pills ("minipill")	Woman takes one pill every day	<ul style="list-style-type: none">  	• May cause irregular bleeding
Male Condoms 	Man puts a new condom on his penis every time he has sex	<ul style="list-style-type: none"> • Protects against many sexually transmitted infections, including HIV • Easy and cheap to buy • Can use for anal and oral sex 	<ul style="list-style-type: none"> • Male partner must use every time to be effective • Can break or slip off
Female Condoms	Woman puts a new condom into her vagina every time she has sex	<ul style="list-style-type: none">  	• More expensive than male condoms
Other Methods	<ul style="list-style-type: none"> • Breastfeeding • Fertility Awareness (Natural Family Planning) • Sponge • Diaphragm • Withdrawal • Spermicide 	<ul style="list-style-type: none"> • May be best option for some women  	• Very high failure rate (range from 16-32% of women will get pregnant during 1 year of use)