

# What are you doing about birth control?

## 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.

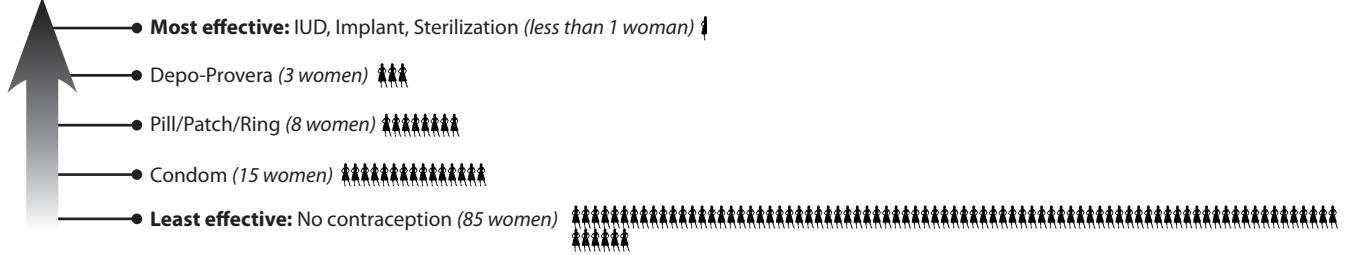
**Effectiveness**  
How well does it prevent pregnancy?

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