



USE ON A SCHEDULE



HIDDEN



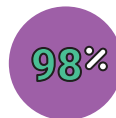
NON-HORMONAL

BREASTFEEDING AS BIRTH CONTROL



HOW DO I USE IT?

Breastfeeding can be a temporary form of birth control for up to 6 months after giving birth or until your period comes back, whichever comes first. You need to breastfeed every 4-6 hours.



HOW EFFECTIVE IS IT?

Breastfeeding is 98% effective at preventing pregnancy when used according to guidelines. If you are menstruating, spotting, or more than 6 months postpartum, this method will not work.



WHAT I MIGHT LIKE...

- + You might like that it's hormone-free
- + You don't need a prescription or a procedure to use it
- + Breastfeeding has many health benefits for babies



WHAT I MIGHT DISLIKE...

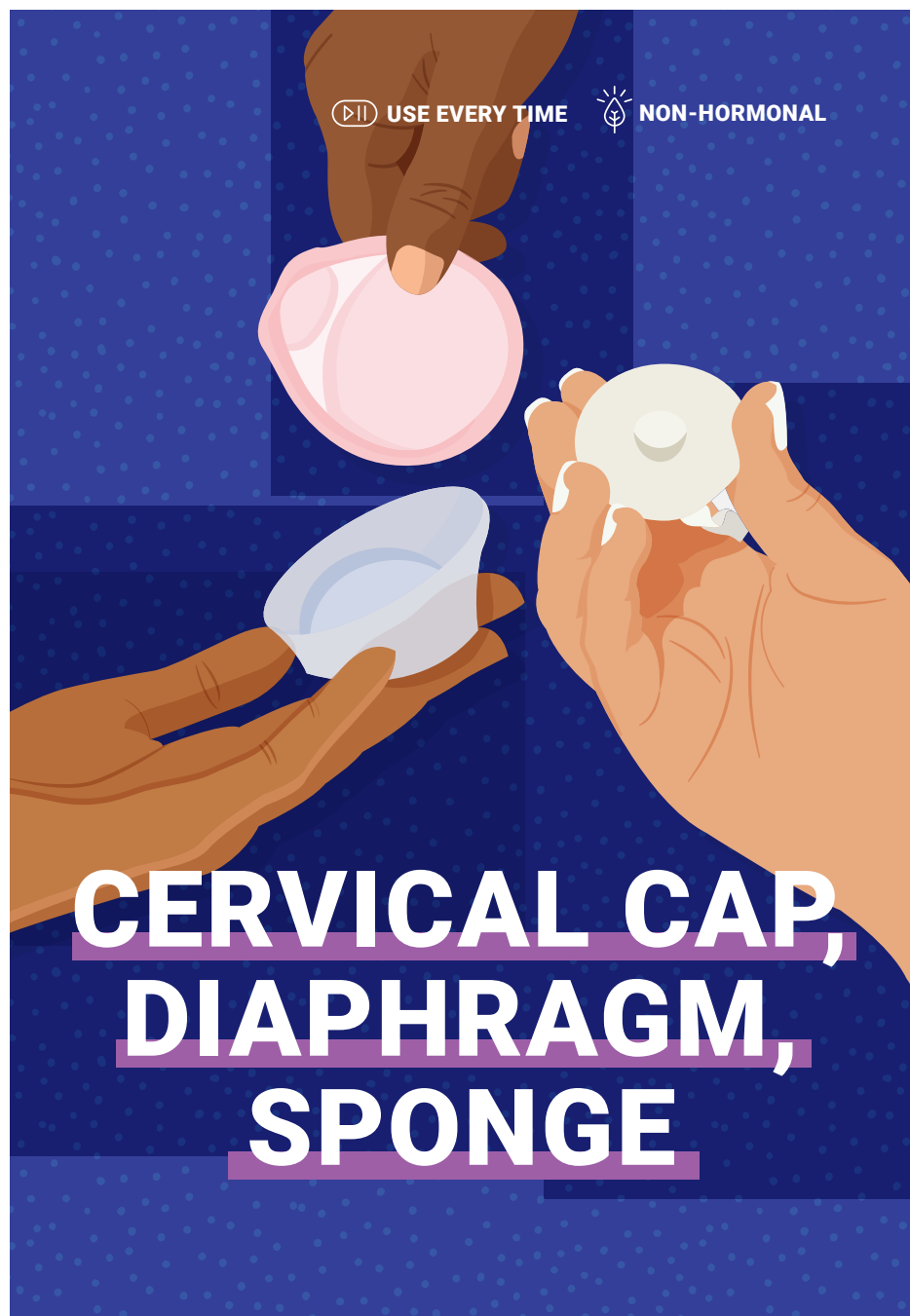
- You need to exclusively breastfeed to use this method. Pumping and hand expression don't work to prevent pregnancy.
- You can only use this method for 6 months after giving birth or until your period comes back
- It takes time, scheduling, and practice
- You won't be protected from STIs



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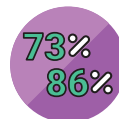


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HOW DO I USE IT?

The Diaphragm, Cervical Cap, and Sponge are methods used with Spermicide that you use every time you have sex to prevent pregnancy. They work by blocking sperm from entering the uterus.



HOW EFFECTIVE IS IT?

The Diaphragm is 83% effective at preventing pregnancy. The Sponge is 73% effective for those who have given birth and 86% effective for those who have never given birth. Efficacy rates for the Cervical Cap vary.



WHAT I MIGHT LIKE...

- + You might like that these methods are hormone-free
- + You can get the Sponge at most pharmacies without a prescription



WHAT I MIGHT DISLIKE...

- You have to use them every time you have sex
- You need some practice to use them right
- You might get an allergic reaction, bladder infection, or irritation from the Spermicide
- Diaphragms and Cervical Caps must be fitted by a provider and require a prescription
- You won't be protected from STIs



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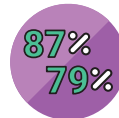
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CONDOMS



HOW DO I USE IT?

You need to use an External Condom or Internal Condom every time you have sex to prevent pregnancy. External Condoms cover the penis during sex. Internal Condoms are inserted into the vagina like a tampon.



HOW EFFECTIVE IS IT?

External Condoms are 87% effective at preventing pregnancy. Internal Condoms are 79% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You will be using the only birth control method that protects against STIs
- + You can get them at most convenience stores and pharmacies
- + You don't need a prescription to get them



WHAT I MIGHT DISLIKE...

- You have to use them every time you have sex
- You need some practice to use them right
- You might get an allergic reaction if you're allergic to latex, but there are other types available
- You need to check expiration dates



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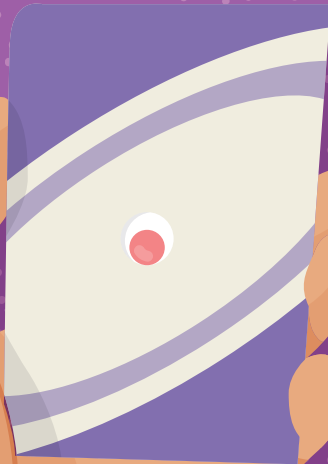
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EMERGENCY CONTRACEPTION PILLS



HOW DO I USE IT?

You can use Emergency Contraception Pills if something went wrong with your method or you didn't use one during sex and want to prevent pregnancy. Depending on the type you get, you can take it up to 3-5 days after unprotected sex.



HOW EFFECTIVE IS IT?

Depending on the type, Emergency Contraception Pills are 97-99% effective if you take them within 72 hours after unprotected sex. They are more effective the sooner you take them.



WHAT I MIGHT LIKE...

- + Some types are available over-the-counter at pharmacies and drugstores
- + Emergency Contraception cannot cause an abortion



WHAT I MIGHT DISLIKE...

- Your body weight might make the pills less effective. Talk with your provider about what type of pill is best for you.
- You might get spotting, cramping, nausea, headaches, fatigue, or dizziness with the pill the first few days after you take it
- Your next period might be unpredictable
- You won't be protected from STIs



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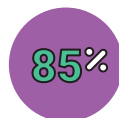


FERTILITY AWARENESS METHODS



HOW DO I USE IT?

Fertility Awareness Methods help you track your menstrual cycle to determine the days that you can get pregnant and what days are safer for sex. There are many types, such as the Cervical Mucus, Basal Body Temperature, and Calendar Methods.



HOW EFFECTIVE IS IT?

Although different for each method, Fertility Awareness Methods are, on average, 85% effective at preventing pregnancy. These methods are more effective when combined and don't work for people who have irregular menstrual cycles.



WHAT I MIGHT LIKE...

- + You don't need a prescription or a procedure to use these methods
- + You can start and stop using them on your own
- + You can learn more about your body and fertility



WHAT I MIGHT DISLIKE...

- You need careful scheduling and organizing
- You may not like that you can't have sex (or need to use another method) on certain days with these methods
- These methods don't work for people who have an STI, irregular bleeding, or irregular discharge
- You won't be protected from STIs



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LOW-MAINTENANCE



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HORMONAL IUDs



HOW DO I USE IT?

It usually takes 5-10 minutes for a provider to place the IUD into your uterus. IUDs release a little bit of the hormone progestin into your body. This helps prevent pregnancy. Depending on the type you get, they'll work for up to 3-6 years (For some types, 7 years, off-label).



HOW EFFECTIVE IS IT?

IUDs are more than 99% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You might get lighter periods or no periods
- + You can get it removed by a provider at any time
- + You can get pregnant as soon as it's taken out
- + You might like that it's estrogen-free



WHAT I MIGHT DISLIKE...


- You might have irregular periods or no periods
- You might feel discomfort during placement and removal
- You won't be protected from STIs
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



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THE IMPLANT



HOW DO I USE IT?

It usually takes 1-2 minutes for a provider to place the Implant under the skin of your upper arm. It contains the hormone progestin and it works for up to 3 years (5-years, off-label).



HOW EFFECTIVE IS IT?

The Implant is more than 99% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You might get lighter periods or no periods
- + You may be able to reduce your period cramps and PMS
- + You might like that it's estrogen-free
- + You can get it removed by a provider at any time
- + You can get pregnant as soon as it's taken out



WHAT I MIGHT DISLIKE...

- You might have irregular periods or no periods
- You might feel discomfort during placement and removal, or some irritation at the insertion site
- You won't be protected from STIs
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



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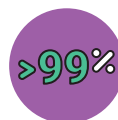
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NON-HORMONAL IUD



HOW DO I USE IT?

It usually takes 5-10 minutes for a provider to place the Non-hormonal IUD into your uterus. They can work for up to 10 years (12-years, off-label).



HOW EFFECTIVE IS IT?

Non-hormonal IUDs are more than 99% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You can get it removed by a provider at any time
- + You can get pregnant as soon as it's taken out
- + You can use it as emergency contraception, off-label
- + You might like that it's hormone-free



WHAT I MIGHT DISLIKE...

- You might get heavier periods and cramping
- You might feel discomfort during placement and removal
- You won't be protected from STIs



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THE PATCH



HOW DO I USE IT?

The Patch is a thin square that sticks to your skin like a bandage. It releases the hormones estrogen and progestin to prevent pregnancy. You change the patch once a week.



HOW EFFECTIVE IS IT?

The Patch is 93% effective at preventing pregnancy. You are not protected from pregnancy if the Patch has been off for more than 48 hours, and some medications can make it less effective.



WHAT I MIGHT LIKE...

- + You may get lighter periods
- + You might have reduced cramps and reduced PMS
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne



WHAT I MIGHT DISLIKE...

- You won't be protected from STIs
- You may experience spotting between periods for the first few months
- You may get skin irritation
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



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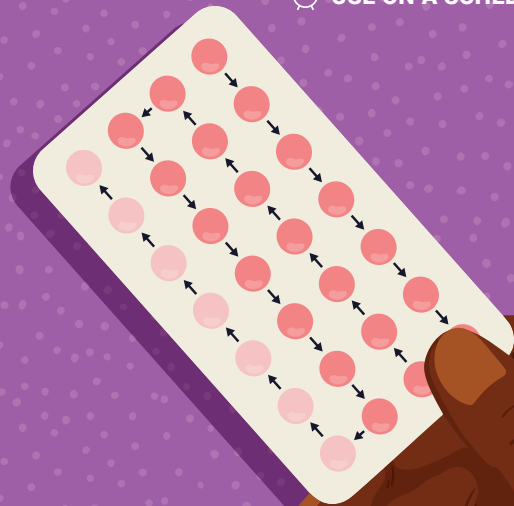
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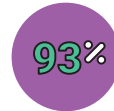


THE PILL



HOW DO I USE IT?

The Pill contains the hormones estrogen and progestin. You take it at the same time everyday.



HOW EFFECTIVE IS IT?

The Pill is 93% effective at preventing pregnancy. Remember, for it to be the most effective you have to take the Pill at the same time every day. Missing doses and some medications can make it less effective.



WHAT I MIGHT LIKE...

- + You might get lighter periods
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne with certain types of pills
- + You might have reduced cramps and reduced PMS



WHAT I MIGHT DISLIKE...

- You may experience spotting between periods the first few months
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.
- You won't be protected from STIs
- You might not want to use estrogen. The Progestin-Only Pill could be an option for you.



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THE RING



HOW DO I USE IT?

The Ring is a small, flexible ring worn inside of the vagina that releases the hormones estrogen and progestin to prevent pregnancy. You have to change it once a month.



HOW EFFECTIVE IS IT?

The Ring is 93% effective at preventing pregnancy. Some medications can make it less effective.



WHAT I MIGHT LIKE...

- + You may get lighter periods
- + You might have reduced cramps and reduced PMS
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne
- + You can keep it in during sex



WHAT I MIGHT DISLIKE...

- You won't be protected from STIs
- You may experience spotting between periods for the first few months
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.

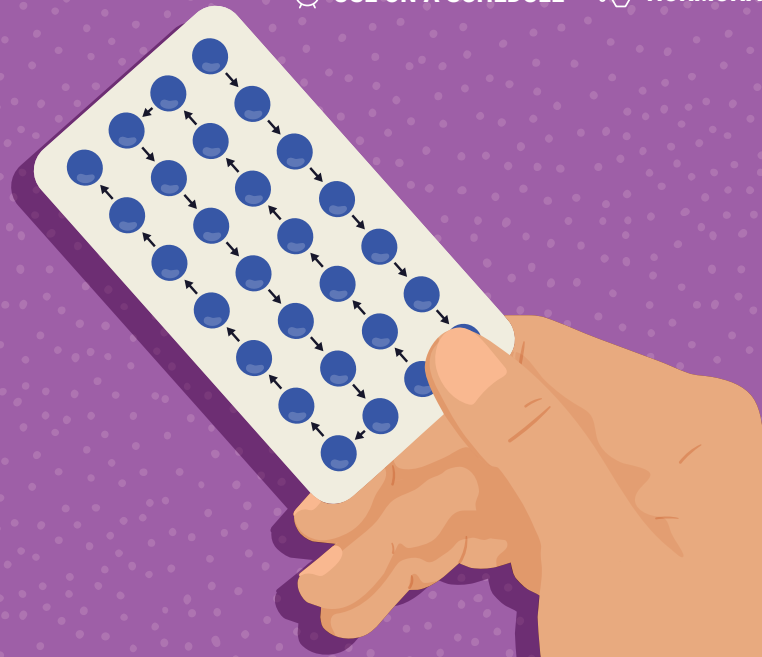


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 **USE ON A SCHEDULE**  **HORMONAL**



PROGESTIN- ONLY PILL



HOW DO I USE IT?

The Progestin-Only Pill contains the hormone Progestin. You take it at the same time every day.



HOW EFFECTIVE IS IT?

The Progestin-Only Pill is 93% effective. The Progestin-Only Pill needs to be taken at the same time every day. Most kinds of pills do not protect you from pregnancy if taken more than three hours late.



WHAT I MIGHT LIKE...

- + You might get lighter, infrequent, or no periods
- + You might like that it's estrogen-free
- + There is a unique type of Progestin-Only Pill that doesn't have to be taken at the same time and can have other potential benefits like reduced cramps and reduced PMS



WHAT I MIGHT DISLIKE...

- You may experience spotting or unpredictable periods
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.
- You won't be protected from STIs



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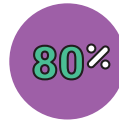
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PULL-OUT METHOD



HOW DO I USE IT?

The Pull-Out method is a method you use with a sexual partner to prevent pregnancy. It works by pulling the penis out of the vagina before ejaculation. You need to pull out every time you have sex to prevent pregnancy.



HOW EFFECTIVE IS IT?

The Pull-Out method is 80% effective at preventing pregnancy. Pulling out can be difficult to do perfectly. When combined with another method it is more effective.



WHAT I MIGHT LIKE...

- + You don't need a prescription, purchase, or provider visit to use this method
- + This method is hormone-free



WHAT I MIGHT DISLIKE...




- You need to have clear communication and trust with your sexual partner to use this method
- Pre-ejaculate can contain sperm, which means pregnancy could occur if it enters the vagina
- You may not like the feeling of pulling out during sex
- You won't be protected from STIs



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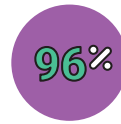
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HOW DO I USE IT?

The Shot (a.k.a. Depo-Provera) is an injection that contains the hormone progestin. You get it every 3 months.



HOW EFFECTIVE IS IT?

The Shot is 96% effective at preventing pregnancy. Remember, for it to be the most effective you have to get it every 3 months.



WHAT I MIGHT LIKE...

- + You may get lighter periods or no periods
- + You might have reduced cramps and reduced PMS
- + You might like that it's estrogen-free



WHAT I MIGHT DISLIKE...

- You might have irregular periods or no periods
- You might dislike needles
- You won't be protected from STIs
- You might have to wait up to 18 months (8-10 on average) to get pregnant after you stop using it
- You might get headaches, weight changes, breast tenderness, mood changes (typically improves with time) and temporary bone-thinning.



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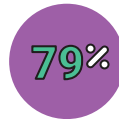
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SPERMICIDE



HOW DO I USE IT?

Spermicide is a substance inserted into the vagina as a foam, gel, cream, film, or suppository at least 10 minutes before sex. It works for up to an hour.



HOW EFFECTIVE IS IT?

Spermicide is 79% effective at preventing pregnancy. It is more effective when combined with other methods like Condoms, Cervical Caps, Diaphragms, and the Pull-Out method.



WHAT I MIGHT LIKE...

- + You can get it at most convenience stores and pharmacies
- + You don't need a prescription to get it
- + You can start and stop using this method on your own



WHAT I MIGHT DISLIKE...

- You have to use it every time you have sex
- You might experience an allergic reaction, bladder infection, or irritation
- You won't be protected from STIs, and you may be at an increased risk of getting STIs such as HIV



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LASTS FOR LIFE



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TUBAL LIGATION, VASECTOMY



HOW DO I USE IT?

Tubal Ligation and Vasectomy are surgical procedures that prevent pregnancy for life. Tubal Ligation blocks the fallopian tubes, preventing contact between the egg and sperm. Vasectomy blocks the release of sperm.



HOW EFFECTIVE IS IT?

Tubal Ligations and Vasectomies are more than 99% effective at preventing pregnancy. Vasectomies can sometimes be reversed but, generally these methods are permanent.



WHAT I MIGHT LIKE...

- + These surgeries are typically outpatient procedures. You can usually go home the same day.
- + Serious complications are rare
- + These methods are hormone-free



WHAT I MIGHT DISLIKE...

- You might get complications from surgery, like bleeding, infection, or a reaction to anesthesia
- These methods generally can't be reversed if you decide you want to get pregnant later
- You won't be protected from STIs



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