



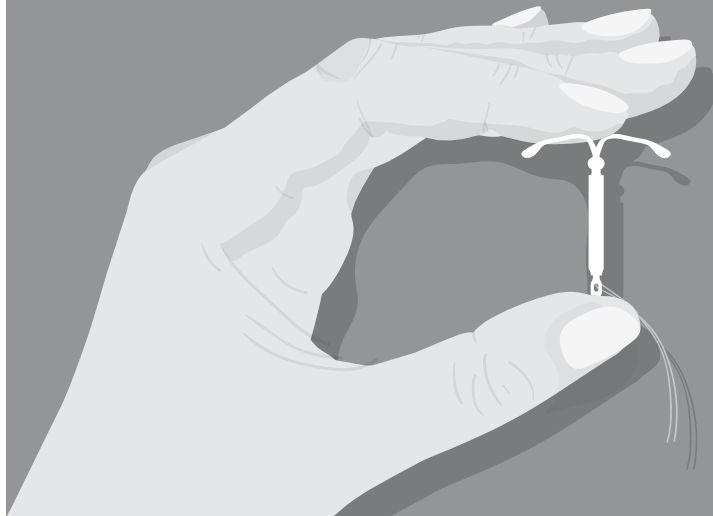
LOW-MAINTENANCE



HORMONAL



HIDDEN



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. Hormonal IUDs are long-lasting. 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.

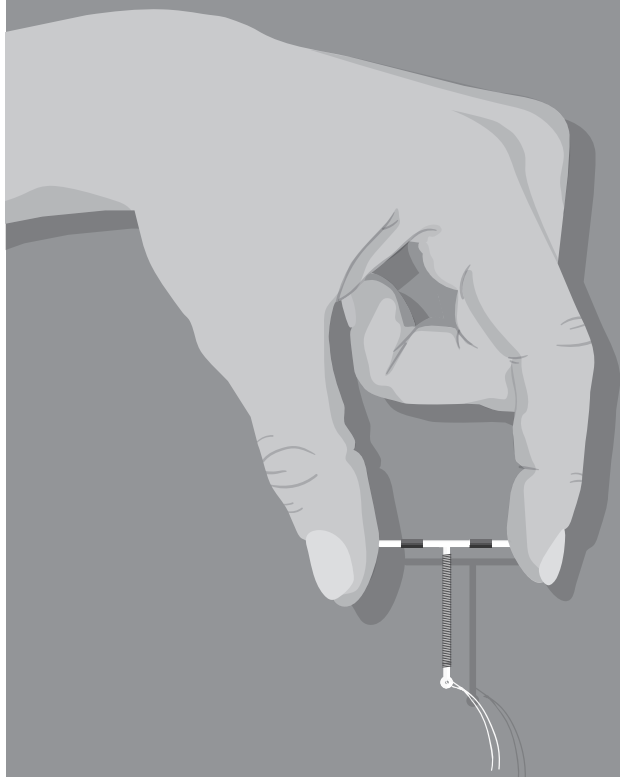


WANT TO LEARN MORE?



Visit upstream.org/birthcontrol

✓ LOW-MAINTENANCE ✨ NON-HORMONAL 👁 HIDDEN



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. Non-hormonal IUDs are long-lasting. 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



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol



LOW-MAINTENANCE



HORMONAL



HIDDEN

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. The Implant is long-lasting. 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
- You won't be protected from STIs
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol



USE ON A SCHEDULE



HORMONAL



HIDDEN



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.



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol



USE ON A SCHEDULE



HORMONAL

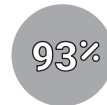


THE RING



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.



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol



USE ON A SCHEDULE



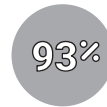
HORMONAL

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 can 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.



WANT TO LEARN MORE?



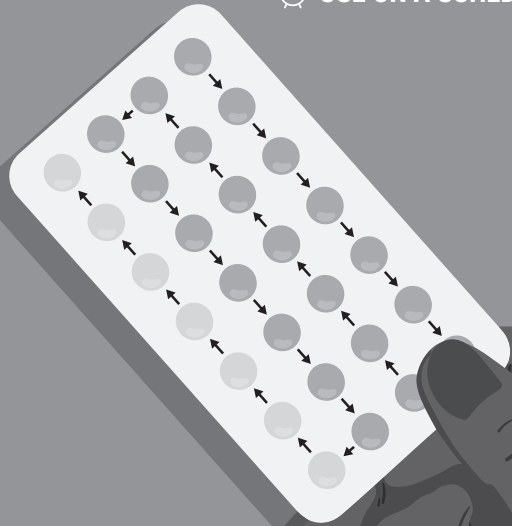
Visit upstream.org/birthcontrol



USE ON A SCHEDULE



HORMONAL

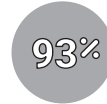


THE PILL



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.



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol



USE EVERY TIME



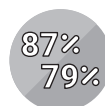
NON-HORMONAL

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



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol