




# KNOW YOUR OPTIONS, SO YOU CAN LOVE YOUR BIRTH CONTROL.

	What is it?	How do I get it?	How long does it last?	How will it make me feel?	What are the most common side effects?	How much does it cost?	How effective is it?	STD/STI protection?	Are there different types?
 <b>IUD'S</b>	SMALL, T-SHAPED DEVICE THAT IS PLACED IN YOUR UTERUS	HEALTHCARE PROVIDER <i>(inserted at a provider location)</i>	3-12 YEARS AFTER INSERTION, DEPENDING ON THE TYPE	COPPER IUDS & HORMONAL IUDS HAVE DIFFERENT EFFECTS; TALK TO YOUR PROVIDER	COPPER IUDS & HORMONAL IUDS HAVE DIFFERENT EFFECTS; TALK TO YOUR PROVIDER	\$0-\$900 UP FRONT, DEPENDING ON YOUR INSURANCE	99%	NO	5 TYPES. IUDS CAN BE HORMONAL & MADE OF PLASTIC OR NONHORMONAL & CONTAIN SMALL AMOUNTS OF COPPER
 <b>CONTRACEPTIVE IMPLANT</b>	SMALL ROD PLACED UNDER YOUR SKIN	HEALTHCARE PROVIDER <i>(inserted at a provider location)</i>	UP TO 3 YEARS AFTER INSERTION	CAN REDUCE PMS SYMPTOMS, MAKE YOUR PERIOD LIGHTER, & IMPROVE DEPRESSION & ENDOMETRIOSIS SYMPTOMS	IRREGULAR BLEEDING, ESPECIALLY 6-12 MONTHS AFTER INSERTION; ACNE	\$0-\$850 DEPENDING ON YOUR INSURANCE	99%	NO	ONLY 1 TYPE. NEXPLANON
 <b>THE PILL</b>	SMALL PILL YOU TAKE EVERY DAY AT THE SAME TIME	HEALTHCARE PROVIDER PRESCRIPTION	1-3 MONTHS TAKEN DAILY	CAN MAKE YOUR PERIOD LIGHTER, REDUCE ACNE, PERIOD CRAMPS, & PMS SYMPTOMS	BLEEDING BETWEEN PERIODS; SORE BREASTS	\$0-\$113 DEPENDING ON YOUR INSURANCE	91%	NO	MANY TYPES. SOME CONTAIN A COMBINATION OF ESTROGEN & PROGESTIN OR IT CAN CONTAIN ONLY PROGESTIN
 <b>THE SHOT</b>	HORMONE SHOT GIVEN ONCE EVERY 3 MONTHS	HEALTHCARE PROVIDER	3 MONTHS	CAN MAKE YOUR PERIOD LIGHTER OR YOU MAY HAVE NO PERIOD	IRREGULAR BLEEDING; CHANGE IN APPETITE OR WEIGHT	\$0-\$120 DEPENDING ON YOUR INSURANCE	94% IF THE SHOT IS GIVEN ON TIME	NO	ONLY 1 TYPE. DEPO-PROVERA
 <b>CONDOMS</b>	THIN, STRETCHY BARRIER DEVICE THAT KEEPS SPERM FROM ENTERING YOUR VAGINA	OVER THE COUNTER <i>(at pharmacies or at a clinic)</i>	ONE TIME USE MUST BE USED EVERY TIME YOU HAVE SEX	DOES NOT AFFECT YOUR HORMONES & CAN HELP WITH PREMATURE EJACULATION	MANY CONDOMS ARE MADE OUT OF LATEX WHICH CAN CAUSE AN ALLERGIC REACTION	\$0-\$7.80 PER CONDOM	82%	YES	MANY TYPES. TYPES FOR MEN AND WOMEN MADE OF LATEX OR NON-LATEX MATERIALS; SOME CONTAIN SPERMICIDE
 <b>THE RING</b>	SMALL, BENDABLE RING YOU INSERT INTO YOUR VAGINA	HEALTHCARE PROVIDER PRESCRIPTION	1 MONTH	CAN REDUCE CRAMPS, PMS SYMPTOMS, & ACNE	BLEEDING BETWEEN PERIODS; BREAST TENDERNESS	\$0-\$75 PER RING, DEPENDING ON YOUR INSURANCE	91% EFFECTIVE WHEN USED CORRECTLY	NO	ONLY 1 TYPE. NUVARING
 <b>DIAPHRAGM</b>	CUP THAT COVERS YOUR CERVIX	HEALTHCARE PROVIDER PRESCRIPTION	MULTI-USE INSERTED BEFORE YOU HAVE SEX, BUT YOU CAN HAVE SEX MORE THAN ONCE WHILE IT'S IN	IT DOES NOT AFFECT YOUR HORMONES & YOU SHOULD NOT BE ABLE TO FEEL IT WHILE YOU HAVE SEX	VAGINAL IRRITATION; INCREASED UTI'S	\$0-\$90 PER DIAPHRAGM, WHICH CAN LAST FOR UP TO 10 YEARS	88% EFFECTIVE IF YOU USE IT EVERY TIME YOU HAVE SEX	NO	2 TYPES. CAYA BRAND DIAPHRAGMS & MILEX BRAND DIAPHRAGMS
 <b>THE PATCH</b>	PIECE OF PLASTIC THAT LOOKS LIKE A BAND-AID & STICKS TO YOUR SKIN	HEALTHCARE PROVIDER PRESCRIPTION	1 MONTH	CAN MAKE YOUR PERIOD LIGHTER, REDUCE ACNE, PERIOD CRAMPS, & PMS SYMPTOMS	SPOTTING BETWEEN PERIODS; BREAST TENDERNESS	\$0-\$44 PER PATCH EACH MONTH	91% EFFECTIVE IF USED CORRECTLY	NO	ONLY 1 TYPE. XULANE
 <b>FERTILITY AWARENESS</b>	CLOSELY TRACKING YOUR MENSTRUAL CYCLE SO YOU KNOW WHICH DAYS YOU CAN GET PREGNANT	YOU DON'T NEED A PRESCRIPTION, BUT YOU CAN FIND SUPPLIES & CLASSES ONLINE & IN CLINICS	VARIES	THIS METHOD REQUIRES ABSTINENCE FOR AT LEAST 1 WEEK PER MENSTRUAL CYCLE	NO SIDE EFFECTS	OUTSIDE OF SOME HELPFUL SUPPLIES, SUCH AS A BASAL THERMOMETER, THIS METHOD IS FREE	76-88%	NO	MANY TYPES. DIFFERENT WAYS TO TRACK YOUR CYCLE, SUCH AS DAILY OBSERVING CERVICAL SECRETIONS AND YOUR BODY TEMPERATURE
 <b>EMERGENCY CONTRACEPTIVE</b>	TYPES OF CONTRACEPTION THAT STOP PREGNANCIES BEFORE THEY BEGIN	SOME REQUIRE A PRESCRIPTION, SOME ARE OVER THE COUNTER, AND SOME REQUIRE INSERTION BY A HEALTHCARE PROVIDER	UP TO 5 DAYS AFTER YOU HAD SEX	CAN STOP YOU FROM GETTING PREGNANT IF ANOTHER CONTRACEPTIVE FAILED IN THE MOMENT	UPSET STOMACH & VOMITING; BREAST TENDERNESS	\$0-\$932 DEPENDING ON THE METHOD & YOUR INSURANCE	EMERGENCY CONTRACEPTIVES CAN REDUCE THE RISK OF PREGNANCY AFTER UNPROTECTED SEX	NO	MANY TYPES. THERE ARE COPPER IUDS, THE ELLA PILL, & THE PLAN B OR NEXT CHOICE PILL



CONTRACEPTIVES ARE DIFFERENT FOR EVERYONE, INCLUDING THEIR SIDE EFFECTS, BENEFITS, RISKS, & GENERAL FEEL. MAKE SURE YOU TALK TO YOUR HEALTHCARE PROVIDER ABOUT WHICH CONTRACEPTIVE METHOD IS RIGHT FOR YOU.

