

COMMON BIRTH CONTROL OPTIONS



STERILIZATION: VASECTOMY

Permanent

can cost \$0-\$1,000

- a clinician blocks or cuts the tubes that carry sperm from your testicles
- this method is permanent and highly effective
- it is more effective, safer, and cheaper than tubal procedures
- reversal is difficult
- risks include infection, pain and bleeding
- it takes up to 3 months to work

Best at Preventing Pregnancy



99% Effective

Easiest to Use



lasts for life

Helps with Periods

Helps Prevent STD's

Doctor or Nurse Required



must be done by a clinician

no general anesthesia needed

Less or No Hormones



STERILIZATION: TUBAL METHODS

Permanent

can cost \$0-\$6,000

- blocks or cuts the Fallopian tubes
- a clinician reaches the tubes through your belly
- this method is permanent and highly effective
- reversal is difficult
- risks include infection, pain and bleeding and reactions to anesthesia



99% Effective



lasts for life

must be done by a clinician



no hormones

THE IMPLANT

Low Maintenance

can cost \$0-\$1300



- can cause irregular bleeding and spotting
- long lasting (up to 3 years) you can become pregnant right after it is removed
- it may lower the risk of uterine lining cancer, ovarian cancer, and PCOS
- may cause mood changes
- placed in the skin of the upper arm



99% Effective



once put in there is nothing you need to do for 3 years



can make periods and cramps lighter or go away all together



it must be placed and removed by a clinician



progestin-only and no estrogen

PROGESTIN IUD

Low Maintenance

can cost \$0-\$1300



- may be left in place 3 to 7 years, depending on which IUD you choose
- you can become pregnant right after removal
- it may lower the risk of uterine lining cancer, ovarian cancer, and PCOS
- rarely, a uterus is injured during placement



99% Effective



once put in there is nothing you need to do for 3-7 years



may improve cramps

may cause lighter monthly bleeding, spotting or no monthly bleeding at all



must be placed in uterus by a clinician

usually removed by a clinician

****any birth control can be discontinued early due to intolerance, side effects, or desire to conceive****

COMMON BIRTH CONTROL OPTIONS



COPPER IUD

Low Maintenance

can cost \$0-\$1300




- may be left in place for 10 years, depending on which IUD you choose
- you can become pregnant right after removal
- it may lower the risk of uterine lining cancer, ovarian cancer, and PCOS
- rarely, a uterus is injured during placement

Best at Preventing Pregnancy


99% Effective

Easiest to Use


once put in there is nothing you need to do for 10 years

Helps with Periods

may cause cramps and monthly bleeding
may cause spotting between monthly bleeding (testosterone may help)

Helps Prevent STD's

Doctor or Nurse Required


must be placed in uterus by a clinician
usually removed by a clinician

Less or No Hormones



THE SHOT

Used on a Schedule

can cost \$0-\$150



- get every 3 months (13 weeks)
- private for user
- helps prevent cancer of the uterus
- may cause weight gain, depression, hair or skin changes, change in sex drive
- it may lower the risk of uterine lining cancer, ovarian cancer, and PCOS
- side effects may last up to 6 months after you stop the shots


94% Effective

works best if you always get it on time



can make periods and cramps lighter or go away altogether



give yourself the shot or get it in a medical office

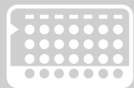


progestin-only and no estrogen

THE PILL

Used on a Schedule

can cost \$0-\$50



- often causes spotting, which may last for many months
- helps prevent cancer of the ovaries
- you can become pregnant right after stopping the pills
- may cause nausea, weight gain, headaches, change in sex drive - some of these can be relieved by changing to a new brand


93% Effective

must take daily to be effective



regulates and lightens periods, eases period symptoms

can be used to skip periods



you need a prescription from a doctor or a nurse

PROGESTIN-ONLY PILLS

Used on a Schedule

can cost \$0-\$50



- can make monthly bleeding more regular and less painful
- may cause spotting the first few months you can become pregnant right after stopping the pills
- it may lower the risk of uterine lining cancer, and PCOS
- may cause depression, hair or skin changes, change in sex drive


93% Effective

must take daily to be effective



regulates and lightens periods, eases period symptoms

can be used to skip periods



you need a prescription from a doctor or a nurse

****any birth control can be discontinued early due to intolerance, side effects, or desire to conceive****

COMMON BIRTH CONTROL OPTIONS



THE PATCH

Used on a Schedule

can cost \$0-\$150



- may cause spotting the first few months
- you can become pregnant right after stopping the patch
- can irritate skin under the patch
- this method contains estrogen - it is unclear if estrogen interacts with testosterone
- no patch in week 4

Best at Preventing Pregnancy



93% Effective

apply a new patch once a week for 3 weeks

Easiest to Use

Helps with Periods



can make monthly bleeding more regular and less painful

Helps Prevent STD's



you need a prescription from a doctor or a nurse

Less or No Hormones

THE RING

Used on a Schedule

can cost \$0-\$200



- can increase vaginal discharge
- there are two types: monthly & yearly
- one size fits all
- private
- you can become pregnant right after stopping the ring
- this method contains estrogen - it is unclear if estrogen interacts with testosterone



93% Effective

put in and take out once a month/year



can make monthly bleeding more regular and less painful

may cause spotting the first few months



you need a prescription from a doctor or a nurse

EXTERNAL CONDOM

Use Every Time

can cost \$0-\$2



- use a polyurethane condom if allergic to latex
- can buy at many stores
- can help prevent early ejaculation
- can be used for oral, vaginal and anal sex
- can decrease penile sensation
- can break or slip off
- protects against HIV and STD's

86% Effective



use every time to help prevent STD's



no hormones

INTERNAL CONDOM

Use Every Time

can cost \$0-\$3



- use a new condom each time you have sex
- use extra lubrication as needed protects against HIV and other STD's
- can be used for anal and vaginal sex
- may increase vaginal/anal pleasure
- good for people with a latex allergy
- may be noisy, hard to insert, and slip out during sex

79% Effective



may require a prescription from your health care provider








no hormones

any birth control can be discontinued early due to intolerance, side effects, or desire to conceive

COMMON BIRTH CONTROL OPTIONS



| | | Best at Preventing Pregnancy | Easiest to Use | Helps with Periods | Helps Prevent STD's | Doctor or Nurse Required | Less or No Hormones |
|--|--|------------------------------|----------------|--|--|---|---|
| <p>DIAPHRAGM</p> <p>Use Every Time</p> <p>can cost \$0-\$75</p>  <ul style="list-style-type: none"> ● use with spermicide every time ● can last several years ● costs very little to use ● using spermicide may increase the risk of getting HIV ● should NOT be used with vaginal bleeding or infection ● raises risk of bladder infection | | 83% Effective | | | may protect against some infections, but not HIV |  <p>you need a prescription from a clinician</p> |  <p>no hormones</p> |
| <p>WITHDRAWAL</p> <p>Lifestyle</p> <p>\$0</p> <ul style="list-style-type: none"> ● pull penis out of vagina before ejaculations (before coming) ● costs nothing ● does NOT work if penis is not pulled out in time ● less pleasure for some ● must interrupt sex ● <i>pregnancy may happen if even a little bit of semen gets in the vagina</i> | | 78% Effective | | | | |  <p>no hormones</p> |
| <p>VAGINAL SPERMICIDE</p> <p>Use Every Time</p> <p>can cost \$0-\$270</p> <ul style="list-style-type: none"> ● insert spermicide each time you have sex ● can buy at many stores ● can be put in as part of sex/foreplay ● comes in many forms: cream, gel, sponge, foam, inserts, film ● may raise the risk of getting HIV ● may irritate vagina, penis ● cream, gel, and foam can be messy ● does not require a prescription | | 79% Effective | | apply a new patch once a week for 3 weeks | | |  <p>no hormones</p> |
| <p>EC/PLAN B PILLS</p> <p>After Unprotected Sex</p> <p>cost \$10-\$50 (not including possible clinic fees)</p> <ul style="list-style-type: none"> ● works best the sooner you take it after unprotected sex ● you can take EC up to 5 days after unprotected sex ● available at pharmacies, health centers ● can get progestin EC without a prescription; ulipristal acetate EC requires a prescription ● may cause stomach upset or nausea | | 58-94% Effective | | <p>your next monthly bleeding may come early or late</p> <p>may cause spotting</p> | | talk to a provider to see which one is best for you | |

****any birth control can be discontinued early due to intolerance, side effects, or desire to conceive****