

The Correct Use of Birth Control:

In order for any method of birth control to be effective, it must be used correctly **ALL THE TIME.**

This means:

- One condom every time you have sex
- One pill every day
- One birth control patch (Evra) every 7 days
- One birth control ring (NuvaRing) every four weeks
- One progestin (Depo) injection every 12 weeks
- One progestin implant (Implanon) every 3 years
- One progestin IUD (Mirena) every 5 years
- One copper IUD (Paraguard) every 10 years
- Getting a female sterilization once in your life
- Getting a male sterilization (vasectomy) once in your life

And if you forget.....

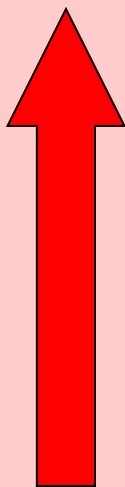
There is Emergency Contraception!

The Safety of Birth Control:

All methods of birth control are
MUCH SAFER
than being pregnant!

The Effectiveness of Birth Control:

If 100 women use each method for a year, how many of them get pregnant?



Male Sterilization	less than 1
Female Sterilization	less than 1
Implanon	less than 1
IUD – copper	less than 1
IUD – progestin	less than 1
DepoProvera	0-3
Birth Control Ring	0-8
Birth Control Pills	0-8
Birth Control Patch	0-8
Condom – Male	2-15
Condom – Female	5-21
Withdrawal	27
Spermicides	18-29
No Method	85

*This table shows the range from perfect use (lower chance of pregnancy) to typical use (higher chance of pregnancy)

SOURCE: TRUSSELL J. CONTRACEPTIVE EFFICACY. IN HATCHER RA, TRUSSELL J, STEWART F, NELSON A,

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Source: *Contraceptive Technology Nineteenth Ed., 2007*

Intrauterine Contraception (Paraguard® and Mirena®)

How it works:

Intrauterine contraception (“intrauterine device” or “IUD”) keeps the man’s sperm from meeting the woman’s egg. IUDs have either copper or progestin (birth control hormone) in them to help them work.

The IUD is inserted into the uterus by a provider during a routine office visit.

Effectiveness:

- Out of 100 women who use this method for one year, less than 1 may get pregnant

Copper IUD (Paraguard®) Benefits:

- protects against pregnancy for up to 10 years
- can be used while breastfeeding
- convenient – there is nothing to remember
- can be used by women who cannot use hormones
- does not stop a woman’s period
- can be used even if a woman has never been pregnant



Copper IUD
www.gynob.emory.edu

Progestin (Mirena®) IUD Benefits:

- protects against pregnancy for up to 5 years
- can be used while breastfeeding
- convenient – there is nothing to remember
- decreases or stops a woman’s period
- can be used even if a woman has never been pregnant



<http://www.mirena-us.com/progimages/Graphic.Product.jpg>
Progestin IUD

IUD Downsides and Side Effects:

- does not protect against sexually transmitted infections
- can increase bleeding and cramps during period; these often go away with a medicine like ibuprofen (copper IUD)
- irregular bleeding or spotting can occur in the first months after insertion (progestin IUD)
- there is a small chance that the IUD can come out of the uterus
- there is a *very* small chance the IUD can be pushed through (perforate) the uterus when it is being inserted

How to use:

- A provider inserts the IUD during an office visit
- You should return to your clinic for a visit 4-6 weeks after the IUD is inserted to make sure it is in the right place. After that, you should return once a year.
- You can feel high up inside your vagina for the strings from the IUD; some women do this every month to make sure the IUD is in place (but **DON’T** pull or the IUD could come out!)

If you are using an IUD and notice any of the following symptoms, **you should be seen by a healthcare provider:**

Pregnancy—if you think you are pregnant

Abdominal pain—if it is SEVERE, or you have pain with intercourse

Infection—if you think you were exposed to a sexually transmitted infection or have an abnormal vaginal discharge

Not feeling well such as chills, fever along with severe abdominal pain

String missing, shorter or longer or you feel part of IUD in vagina

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Progestin Implant (Implanon®)

How it works:

The implant is a small plastic rod containing progestin (birth control hormone). It is inserted just underneath the skin of the upper arm. The implant contains progestin which prevents ovulation; this means the ovary does not release an egg every month. It also works by thickening the mucus in the cervix which prevents sperm from joining the egg.

Effectiveness:

- Out of 100 women who use this method for one year, less than 1 may get pregnant

Benefits:

- protects against pregnancy for up to 3 years
- can be used while breastfeeding
- convenient – there is nothing to remember
- usually decreases cramping during periods
- very safe for almost all women
- one rod is easy to insert and remove
- as soon a woman has the implant removed, she can become pregnant
- can be used even if a woman has never been pregnant



Downsides:

- does not protect against sexually transmitted infections
- many women may have unpredictable bleeding or spotting
- a small incision in the upper arm is needed to insert and remove the implant
- some women don't like having an implant under their skin

Side effects:

- irregular periods, weight gain, headache, breast tenderness, depression. If you experience any of these, talk to your provider.

How to use:

- Your provider will insert the implant into your upper arm during an office visit
- After giving an injection of numbing medicine, the rod is inserted under the skin
- A bandage should be worn for 24 hours and there might be some bruising for up to one week
- Return to your clinic for a visit to make sure the implant is in the right place

Birth Control Ring (NuvaRing®)

How it works:

NuvaRing is a thin, flexible 2 inch plastic ring that you insert into your vagina. The birth control hormones in the ring (estrogen and progestin) work by preventing ovulation; this means the ovary does not release an egg every month.

Effectiveness:

- Out of 100 women who use this method for one year, about 0 to 8 may get pregnant

Benefits:

- only have to think about birth control once a month
- safer than being pregnant for most women
- promotes a regular menstrual cycle
- method is controlled by the woman; rings become a routine part of her monthly activity
- a woman can have sex, go to the bathroom, bathe, shower, and swim with the ring in place
- as soon as a woman stops using the ring, she can become pregnant



Downsides:

- does not protect against sexually transmitted infections
- need to refill prescription every 1-3 months, depending on insurance
- should not be used by women over age 35 who smoke
- should not be used by women who have a history of heart, blood pressure, or liver problems, breast cancer, migraine headaches where vision is affected, or are taking certain medications. Women who have had a blood clot in the leg, lung or brain, or women with a family member who has had a blood clot in the leg, lung or brain may not be able to use the birth control ring— talk to your provider

Side effects:

- nausea, headaches, breast tenderness and spotting can occur when a woman first starts using the ring; these usually go away quickly. If you experience any of these, talk to your provider.
- some women report an increase in vaginal discharge when using the ring
- can increase the risk of getting a blood clot in your body (although your chances of getting a blood clot are much higher if you become pregnant!)

How to Use:

- A woman puts a new ring into her vagina and wears the ring for 3 weeks
- At the start of the 4th week, the ring is taken out and thrown away and a woman has her period
- After the ring is out for 7 days, a woman puts a new ring in
- Never go for more than 7 days without wearing a birth control ring
- Always have the next ring ready BEFORE the end of the fourth week

If you are using the **RING** and notice any of the following symptoms, **go to your health center or an emergency department right away:**

Abdominal pain - severe

Chest pain - severe chest pain, severe shortness of breath

Headaches - severe, especially if it affects your speech

Eye problems - blurred vision or loss of vision

Severe leg pain and/or swelling - and not just because you tripped or fell, etc.

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Progestin Injection (Depo-Provera®)

How it works:

Depo-Provera is an injection of progestin (birth control hormone) that works by preventing ovulation; this means the ovary does not release an egg every month. It also works by thickening the mucus in the cervix which prevents sperm from joining the egg.



Effectiveness:

- Out of 100 women who use this method for one year, about 0 to 3 women may get pregnant

Benefits:

- only need one injection once every 12 weeks to prevent pregnancy
- many women do not have their period while they are using the injection
- for almost all women it decreases the amount of menstrual bleeding and anemia
- can be used while breastfeeding
- no one has to know that you are using the injection
- very safe for almost all women

Downsides:

- does not protect against sexually transmitted infections
- may increase appetite so many women gain about 5 pounds during the first year of using the injection
- some women have occasional, unpredictable bleeding or spotting during first months of use
- it is not possible to immediately discontinue the medicine once it has been injected
- it can take some women 6-18 months after their last injection to become pregnant
- return visits are required every 12 weeks
- women who use the injection for years may develop a decrease in bone density; there is no increase in the risk of breaking a bone and the bone density comes back after stopping the injection

Side Effects:

- irregular, light or absent periods, weight gain, headache, nervousness, decreased libido, breast tenderness, depression. If you experience any of these, talk to your provider.

How to use:

- Receive one injection every 12 weeks
- If possible, schedule your next appointment before leaving the clinic after receiving your injection
- Regular exercise and getting enough calcium help to keep everyone's bones healthy – ask your provider if you should take a calcium pill every day

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Source: *Contraceptive Technology Nineteenth Ed.*, 2007

Combined Birth Control Pill

How it works:

Combined birth control pills contain estrogen and progesterin (birth control hormones). They work by preventing ovulation; this means the ovary does not release an egg every month.

Effectiveness:

- Out of 100 women who use this method for one year, about 0 to 8 may get pregnant

Benefits:

- safer than being pregnant for most women
- promotes a regular menstrual cycle
- decreases menstrual bleeding, cramping, anemia and premenstrual symptoms
- decreases the risk of ovarian and endometrial cancers
- method is controlled by the woman; pills become a routine part of her daily activity
- as soon as a woman stops taking pills, she can become pregnant

Downsides:

- must be taken at the same time of day, every day
- need to refill prescription every 1-3 months, depending on insurance
- does not protect against sexually transmitted infections
- should not be used by women over age 35 who smoke
- should not be used by women who have a history of heart, blood pressure, or liver problems, breast cancer, migraine headaches where vision is affected, or are taking certain medications. Women who have had a blood clot in the leg, lung or brain, or women with a family member who has had a blood clot in the leg, lung or brain may not be able to use birth control pills with estrogen - talk to your provider

Side effects:

- nausea, headaches, breast tenderness and spotting can occur when a woman first starts taking pills; these usually go away quickly. If you experience any of these, talk to your provider.
- can increase the risk of getting a blood clot in your body (although your chances of getting a blood clot are much higher if you become pregnant!)

How to Use:

- Take one pill at the same time of day, every day whether or not you have sex
- Do not take any break or days off between pill packs; always take pills in order
- Always have your next pack ready BEFORE you finish each pack

If you are taking **PILLS** and notice any of the following symptoms, **go to your health center or an emergency department right away:**

Abdominal pain - severe

Chest pain - severe chest pain, severe shortness of breath

Headaches - severe, especially if it affects your speech

Eye problems - blurred vision or loss of vision

Severe leg pain and/or swelling - and not just because you tripped or fell, etc.



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Progestin-Only Pill (“mini-pill”)

How it works:

Progestin-only pills work by thickening mucus in the cervix, which prevents sperm from joining the egg. Less often, they prevent the ovary from releasing an egg every month.

Effectiveness:

- Out of 100 women who use this method for one year, about 0 to 8 may get pregnant

Benefits:

- very safe for almost all women
- can be used while breastfeeding
- can often be used by women who cannot use pills containing estrogen
- may decrease menstrual bleeding, cramping, anemia and premenstrual symptoms
- may decrease the risk of ovarian and endometrial cancers
- method is controlled by the woman; pills become a routine part of her daily activity
- as soon as a woman stops taking pills, she can become pregnant

Downsides:

- must be taken at the same time of day, every day
- need to refill prescription every 1-3 months, depending on insurance
- does not protect against sexually transmitted infections
- may be slightly less effective than combined birth control pills

Side effects:

- nausea, headaches, breast tenderness and spotting can occur; these usually go away quickly. If you experience any of these, talk to your provider.

How to Use:

- take one pill at the same time of day, every day whether or not you have sex
- do not take any break or days off between pill packs
- if you take a pill more than 3 hours late, take that pill as soon as you remember. Use condoms or do not have vaginal sex for the next 48 hours because you are not protected from pregnancy. Take next pill at the usual time.
- always have your next pack ready BEFORE you finish each pack



Birth Control Patch (Ortho-Evra®)

How it works:

The patch contains estrogen and progestin (birth control hormones). They work by preventing ovulation; this means the ovary does not release an egg every month.

Effectiveness:

- Out of 100 women who use this method for one year, about 0 to 8 may get pregnant

Benefits:

- only have to think about birth control once a week
- is safer than being pregnant for most women
- promotes a regular menstrual cycle
- decreases menstrual bleeding, cramping, anemia and premenstrual symptoms
- method is controlled by the woman; patches become a routine part of her weekly activity
- a woman can bathe, shower, exercise and swim with the patch
- as soon as a woman stops using patches, she can become pregnant

Downsides:

- does not protect against sexually transmitted infections
- should not be used by women over age 35 who smoke
- need to refill prescription every 1-3 months, depending on insurance
- can be less effective if a woman weighs more than 198 pounds
- should not be used by women who have a history of heart, blood pressure, or liver problems, breast cancer, migraine headaches where vision is affected, or are taking certain medications. Women who have had a blood clot in the leg, lung or brain, or women with a family member who has had a blood clot in the leg, lung or brain may not be able to use patches - talk to your provider
- hormones from patches applied to the skin get into the blood stream and are removed from the body differently than hormones from birth control pills taken by mouth. Women who use the patch are exposed to more estrogen than women who use typical birth control pills. Increased estrogen exposure may increase the risk of side effects and complications.

Side effects:

- nausea, headaches, breast tenderness and spotting can occur when a woman first starts using the patch; these usually go away quickly. If you experience any of these, talk to your provider.
- some women experience skin irritation from the patch
- can increase the risk of getting a blood clot in your body (although your chances of getting a blood clot are much higher if you become pregnant!)

How to Use:

- the patch should be placed on your lower abdomen, buttocks, upper arm or upper back to work correctly.
- each patch works for 7 days; a woman puts on a new patch each week for 3 weeks
- during the 4th week, no patch is worn and a woman has her period
- never go for more than 7 days without wearing a patch, whether or not you are having sex
- always have your next pack of patches ready BEFORE the end of the fourth week

If you are using the **PATCH** and notice any of the following symptoms, **go to your health center or an emergency department right away:**

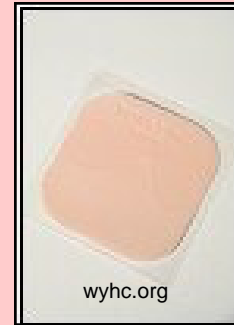
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Permanent Methods:

Female sterilization—Tubal Ligation

How it works:

Tubal ligation, sometimes called “getting your tubes tied”, is a surgery for women who desire sterilization. This operation is done by a gynecologist in an operating room and the woman receives anesthesia. The surgery blocks the fallopian tubes so that a man’s sperm cannot reach the woman’s egg.

Effectiveness:

- out of 100 women who use this method for one year, less than 1 will get pregnant

Benefits:

- permanent protection from pregnancy
- good for women who are absolutely sure they NEVER want another pregnancy
- can be used while breastfeeding
- convenient – there is nothing to remember
- does not stop a woman’s period
- decreases the risk of ovarian cancer

Downsides:

- does not protect against sexually transmitted infections
- the surgery is permanent
- risks of surgery include bleeding, pain, infection, injury to other organs and complications with anesthesia

Side Effects:

- surgery leaves a small scar in the abdomen (if sterilization not performed during a cesarean section)
- short term bruising and discomfort that goes away after surgery



The fallopian tubes are tied off and cut apart

Male Sterilization—Vasectomy

How it works:

Vasectomy is a surgery for men who desire sterilization. This operation is done in the office by a physician using local anesthesia. The operation blocks the vas deferens, the tubes that carry sperm. A vasectomy does not affect a man’s sexual performance and he will still ejaculate semen during sex.

Effectiveness:

- out of 100 women whose partner uses this method for one year, less than 1 will get pregnant

Benefits:

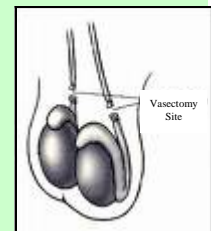
- permanent protection from getting a woman pregnant
- convenient – there is nothing to remember
- good for men who are absolutely sure they NEVER want to father another child
- simpler, safer, less expensive and as effective as female sterilization
- is performed in a doctor’s office, not in an operating room
- does not affect sexual performance

Downsides:

- does not protect against sexually transmitted infections
- the surgery is permanent
- risks of surgery include bleeding, pain, infection and complications with anesthesia
- requires follow-up visit

Side Effects:

- short term bruising, swelling and discomfort that goes away after surgery



www.mmhc-online.com

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Condoms

How it works:

Condoms keep a man's sperm from meeting a woman's egg. In order to work, condoms must be used every time you have sex.

The male condom covers the entire length of the penis.

The female condom covers both the inside and outside of the vagina.

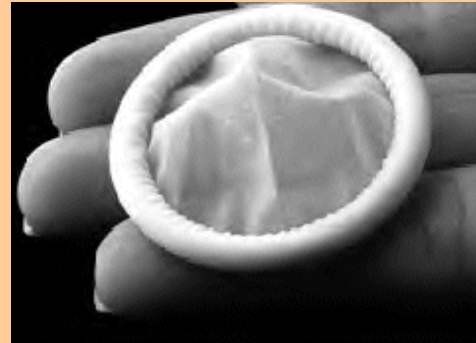
In addition, of all forms of birth control, **condoms offer the most protection from sexually transmitted infections (STIs).**

Effectiveness:

- Out of 100 women who use this method for one year, 2-21 may get pregnant

Benefits:

- protect against pregnancy if used correctly every time you have sex
- protect against most sexually transmitted infections (if used for oral, vaginal and anal sex)
- come in both latex and non-latex
- can use water based lubricants (like KY jelly or Astroglide) with condoms
- anyone can buy condoms at a drug store or grocery store
- are usually free at your health center



Downsides:

- must use a new condom EVERY TIME you have sex
- condom can fall off or break if not used correctly (if so, get Emergency Contraception)
- condoms can leak or break if they are used with vasoline jelly, vaginal medications, baby oil, lotions or other products that are petroleum based
- penis and male condom must be pulled out right away after ejaculation

Side effects:

- try to use lubricated condoms instead of condoms with a spermicide (such as nonoxynol-9) because spermicides can irritate some people
- if you think you might have a sensitivity to latex, use a latex-free condom (like Avanti or Supra or the female condom)
- some people need a little bit of practice before they feel comfortable using condoms

How to use the male condom:

- As soon as the penis is hard, put the condom on. Leave about 1/2 inch at the tip to catch semen
- Pinch the top of the condom to keep air out and unroll it to the base of the penis.
- After sex, hold the rim of the condom and withdraw the penis and condom before the penis gets soft.
- Some people need a little bit of practice before they feel comfortable using condoms – try practicing by yourself before using a condom with a partner.

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Emergency Contraception Pill (Plan B®)

How it works:

Emergency contraceptive pills (EC) contain progestin (birth control hormone) and are similar to birth control pills. In an emergency, they can help prevent pregnancy by preventing the sperm and egg from joining.

EC can decrease the chance of getting pregnant after unprotected sex. EC should be taken AS SOON AS POSSIBLE (first 1-3 days) after unprotected sex.

Benefits:

- reduces the chance of getting pregnant after unprotected sex by 89%
- is available over-the-counter for women age 18 and older (also covered by most insurance so ask your provider for a prescription)
- is safe for all women
- can be used while breastfeeding
- can be used if birth control did not work correctly (condom broke, forgot to take pills, patch came off, etc.)
- can be used as long as 5 days after unprotected sex (but it works better if taken as soon as possible)

Downsides:

- is most effective if used as soon as possible after unprotected sex (first 1-3 days)
- does not protect against sexually transmitted infections
- should **never** be used as a regular form of birth control
- if you are younger than 18, you need to see a provider to get EC
- is not as effective as routine methods of birth control

Side effects:

- may cause spotting or a delay in your period
- may cause nausea for a day

How to Use:

- Take both pills as soon as possible after unprotected sex.
- As an alternative, you can take 1 pill as soon as possible after unprotected sex and the second pill after 12 hours.
- Do not take any extra pills; extra EC pills do not help prevent pregnancy.
- If your period does not start within 3 weeks, see a provider for a pregnancy test.
- As soon as possible, begin using a regular method of birth control.
- Even if you are using another birth control method, ask your provider for a pack of EC to keep at home (in case of emergency)



www.metrokc.gov

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Source: *Contraceptive Technology Nineteenth Ed.*, 2007