

IUD

99% EFFECTIVE

HOW DOES THE IUD WORK?

There are two types of IUDs. One type contains a hormone (progestin) like one your body makes. This hormone stops your ovaries from releasing eggs, makes the mucus in your cervix too thick for sperm to pass through, and thins the lining inside the uterus. The other type of IUD contains copper. Copper prevents the sperm from fertilizing the egg.

HOW DO I START THE IUD?

The IUD is inserted inside your uterus by a healthcare provider. The IUD can be inserted at any time if you are not pregnant. The copper IUD starts working right away. With hormonal IUDs, you should use condoms as a backup method for the first 7 days after it is placed.

HOW DO I USE THE IUD?

Once it is placed, you don't need to do anything. Depending on the IUD, it will provide between 3 to 12 years of birth control. If you like it, you can get another one.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: Many people experience cramps when the IUD is inserted. You may have extra menstrual bleeding for the first few months. After this, you will feel about the same and you will not feel the IUD inside you.

With the copper IUD, your periods may become heavier or may stay about the same. With the hormonal IUD your periods may become lighter or less frequent over time, and you may have no period at all. This is normal.

WHAT DO I NEED TO DO ONCE I HAVE THE IUD?

Nothing. You should see your healthcare provider for your annual exam and sexually transmitted disease (STD) testing.

DOES THE IUD HAVE BENEFITS?

The IUD is safe and effective birth control.

It keeps you from getting pregnant for 3 to 12 years. It is safe to use while breastfeeding. With hormonal IUDs, periods can become lighter, less painful, or not happen at all. The IUD has no effect on your ability to get pregnant in the future. You don't have to remember to use this every day.

DOES THE IUD HAVE RISKS?

The IUD is safer than pregnancy. Serious problems are rare and usually happen in the first months. The IUD can push through the wall of the uterus, you can develop an infection, or the IUD can slip out. Seek medical attention if you develop the following: heavy bleeding, cramping, pain, abnormal vaginal discharge, fever, or think you might be pregnant.

This method does not protect against STDs or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX? With the IUD, you are protected against pregnancy. If you are thinking about an IUD and had unprotected sex in the last 5 days, you can use a copper IUD for both emergency contraception and long term birth control.

You can also take emergency contraception (EC). EC works better the sooner you take it.

IMPLANT

99% EFFECTIVE

HOW DOES THE IMPLANT WORK?

The birth control implant contains a hormone (progestin) like one your body makes. This hormone stops your ovaries from releasing eggs, makes the mucus in your cervix too thick for sperm to pass through, and thins the lining inside the uterus.

HOW DO I START THE IMPLANT?

The implant is inserted under the skin of your upper arm by a healthcare provider. The implant can be inserted at any time if you are not pregnant.

If it is inserted up to 5 days after the start of your period, you are protected against pregnancy right away.

If it is inserted more than 5 days after the start of your period, you should use condoms as a backup method for the first 7 days. If you have unprotected sex in this first week, take emergency contraception (EC).

HOW DO I USE THE IMPLANT?

Once it is inserted, you don't need to do anything. It lasts up to 5 years. If you like it, you can get another one.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: Many people have irregular bleeding for the first 6 to 12 months. This is unpredictable—some have no bleeding; some have regular periods; some have frequent spotting or bleeding. You can have some pain or swelling when the implant is inserted that is temporary. You will feel the implant if you touch your arm, but other people generally can't see it.

WHAT DO I NEED TO DO ONCE I HAVE THE IMPLANT?

Nothing. You should see your healthcare provider for your annual exam and sexually transmitted disease (STD) testing.

DOES THE IMPLANT HAVE BENEFITS?

The implant is safe and effective birth control.

It keeps you from getting pregnant for 5 years.

It is safe to use while breastfeeding. Periods may be lighter, less painful, or not happen at all.

The implant has no effect on your ability to get pregnant in the future. You don't have to remember to use it every day.

DOES THE IMPLANT HAVE RISKS?

The implant is safer than pregnancy. Serious problems are rare. Some people experience mood changes, headaches, and/or acne.

Some people have pain, bruising, or infection at the insertion site. Seek medical attention if you develop the following: redness, drainage, or warmth from the insertion site, can't feel the implant, or think you might be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

With the implant, you are protected against pregnancy. If you are thinking about an implant and you have had sex in the last 5 days, take emergency contraception (EC). EC works better the sooner you take it.

CONTRACEPTION

(EC)

HOW DOES EC WORK?

Emergency contraception (EC) is birth control that prevents pregnancy after sex. It makes it much less likely that you will become pregnant, but it is not as good as birth control that is used before or during sex.

There are three products available for emergency contraception (EC).

The copper intrauterine device (IUD) can be used for EC. It needs to be inserted by a healthcare provider.

The levonorgestrel EC pill contains a hormone (progestin) like one your body makes. This hormone stops your ovaries from releasing eggs. Without an egg, you cannot get pregnant. Levonorgestrel EC pills are available without a prescription for everyone. They may not work as well if you weigh over 200 pounds.

The ulipristal acetate EC pill is available by prescription.

HOW DO I USE EC?

Use EC as soon as you can after unprotected sex or if a condom breaks. EC works better the sooner it is taken, but can be taken up to 5 days after unprotected sex.

For EC pills, follow the directions on the packet. Most are a single dose you take as soon as possible.

If you use ulipristal acetate EC, you will need to wait 5 days to re-start hormonal birth control.

WHAT CAN I EXPECT?

You will feel about the same.

EC has no long-term or severe side effects and has no effect on your ability to get pregnant in the future. Some people experience nausea, vomiting, headache, dizziness, breast pain, or stomach pain the day or two after taking the pill.

EC does not cause you to bleed, but your next period may come a few days early or a few days late or you may notice some bleeding before your next period.

If your period is more than 1 week late, you should take a pregnancy test.

DOES EC HAVE BENEFITS?

EC is safe and effective. Levonorgestrel EC pills can be used by anyone.

DOES EC HAVE RISKS?

EC pills are safe and lower your chances of getting pregnant after unprotected sex. There are no long-term or severe side effects.

EC does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHERE CAN I GET EC?

Levonorgestrel EC is available at pharmacies without a prescription. You can get levonorgestrel EC no matter how old you are.

Ulipristal acetate EC requires a prescription.

The copper IUD requires a visit with a healthcare provider.

No matter what form of birth control you are using, it is always a good idea to keep EC on hand in case you need it.

SHOT

94% EFFECTIVE

HOW DOES THE SHOT WORK?

The birth control shot contains a hormone (progestin) like one your body makes. This hormone stops your ovaries from releasing eggs, makes the mucus in your cervix too thick for sperm to pass through, and thins the lining inside the uterus.

HOW DO I START THE SHOT?

There are 2 ways to start the shot. We recommend the Quick Start Method.

Quick Start: Get your shot today. Use condoms as a backup method for the first 7 days after your first shot. If you have taken ulipristal acetate emergency contraception (EC), wait 5 days before starting the shot.

Next Period: Get the shot within 7 days of the start of your next period.

HOW DO I USE THE SHOT?

You get the shot in the arm, buttocks, or stomach every three months. It can be given in the muscle or under the skin.

WHAT IF I'M LATE FOR MY NEXT SHOT?

The shot works best if you get a new shot every 12 weeks. If your last shot was more than 15 weeks ago, use condoms for the next 7 days as a backup method.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: Many people have bleeding between periods. After the first 2-3 shots, you may have no period at all.

Some people may feel more hungry and may gain weight while on the shot. Some people report a change in acne, mood, or headaches. These can be better or worse.

WHAT CAN I EXPECT? (cont'd)

Long-term use of the shot may lead to lower bone density, which improves after stopping the shot.

If you do not get enough calcium in your diet, some providers will recommend calcium/vitamin D supplements. It is not recommended for young people to use the shot for more than 2 years without an assessment by a healthcare provider.

DOES THE SHOT HAVE BENEFITS?

The shot is safe and effective birth control.

It keeps you from getting pregnant for 3 months. It is safe to use while breastfeeding. It lowers your risk of cancer of the uterus. Periods may be lighter, less painful, or not happen at all. You don't have to remember to use it every day.

After stopping the shot, some people have delayed return to fertility. However, it is also possible to get pregnant right away.

DOES THE SHOT HAVE RISKS?

The shot is safer than pregnancy. Serious problems are rare. Seek medical attention if you develop the following: very heavy bleeding, or think you might be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

If your last shot was more than 15 weeks ago, you could become pregnant.

If it has been less than 5 days after you have had unprotected sex, take emergency contraception (EC). EC works better the sooner you take it.

PILL

91% EFFECTIVE

HOW DOES THE PILL WORK?

The birth control pill contains hormones (estrogen and progestin) like the ones your body makes. These hormones stop your ovaries from releasing eggs, make the mucus in your cervix too thick for sperm to pass through, and thin the lining inside the uterus.

HOW DO I START THE PILL?

There are 2 ways to start the pill. We recommend the Quick Start Method.

Quick Start: Take the pill as soon as you get the pack. If you take the pill within 5 days after the start of your period, you are protected against pregnancy right away. If you take the first pill more than 5 days after the start of your period, you should use condoms as a backup method for the first 7 days. If you have taken ulipristal acetate emergency contraception (EC), wait 5 days before starting the pill.

Next Period: Take the pill within 5 days of the start of your next period.

HOW DO I USE THE PILL?

For 28 day pill packs: take 1 pill each day at the same time. After you finish a pack of pills, immediately start a new pack the next day.

For other size pill packs: Talk to your pharmacist or healthcare provider.

WHAT IF I MISS A PILL?

I forgot *ONE* pill: Take a pill as soon as you can.

I forgot *TWO* pills or more: Take one pill as soon as you can. Take your next pill at the usual time. Use condoms for 7 days as a backup method.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: In the first few months you may have nausea, bleeding between periods, and/or breast discomfort. These problems generally go away after 2-3 months. Some people are concerned about weight gain. This is uncommon with the pill. Some people report a change in their mood or headaches. These can be better or worse.

DOES THE PILL HAVE BENEFITS?

The pill is safe and effective birth control.

Your periods may be regular, lighter, less painful, and shorter. You may have less acne. The pill lowers your risk of getting cancer of the uterus and ovaries. The pill has no effect on your ability to get pregnant in the future.

DOES THE PILL HAVE RISKS?

The pill is safer than pregnancy. Serious problems such as blood clots, are rare. Seek medical attention if you develop the following: pain, swelling, and redness in an arm or leg, weakness or numbness on one side of your body, severe headache, vision problems, chest pain, difficulty breathing, or think you may be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

If you miss 2 or more pills in a row, you could become pregnant.

If it has been less than 5 days after you have had unprotected sex, take emergency contraception (EC). EC works better the sooner you take it.

PILL

(POP)

HOW DOES THE PROGESTIN-ONLY PILL WORK?

It is also called the mini-pill. The progestin-only pill (POP) contains a hormone (progestin) like one your body makes. This hormone works by making the mucus in your cervix too thick for sperm to pass through, and thins the lining inside the uterus. It sometimes stops your ovaries from releasing eggs.

HOW DO I START THE PROGESTIN-ONLY PILL?

There are 2 ways to start the progestin-only pill (POP). We recommend the Quick Start Method.

Quick Start: Take the POP as soon as you get the pack. If you take the POP within 5 days after the start of your period, you are protected against pregnancy right away. If you take the POP more than 5 days after the start of your period, you should use condoms as a backup method for the first 2 days. If you have taken ulipristal acetate emergency contraception (EC), wait 5 days before starting the progestin-only pill.

Next Period: Take the POP within 5 days of the start of your next period.

HOW DO I USE THE PROGESTIN-ONLY PILL?

Take 1 POP each day. After you finish a pack of pills, start a new pack the next day. It is important to take the POP at the same time every day.

WHAT IF I MISS A PROGESTIN-ONLY PILL?

I forgot *ONE* pill: Take one pill as soon as you can. If you take a pill more than 3 hours late, use condoms as a backup method for the next 2 days.

I forgot *TWO* pills or more: Take one pill as soon as you can. Take your next pill at the usual time. Use condoms for the next 2 days as a backup method.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: The progestin only pill may have more bleeding between periods and menstrual changes compared to the combined progestin and estrogen pill.

DOES THE PROGESTIN-ONLY PILL HAVE BENEFITS?

The POP is safe and effective birth control.

It is safe to use while breastfeeding. The POP has no effect on your ability to get pregnant in the future.

DOES THE PROGESTIN-ONLY PILL HAVE RISKS?

The POP is safer than pregnancy. Serious problems are rare. Seek medical attention if you develop the following: severe headaches, very heavy bleeding, or think you might be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

If you miss a POP by more than 3 hours, you could become pregnant.

If it has been less than 5 days after you have had unprotected sex, take emergency contraception (EC). EC works better the sooner you take it.

RING

91% EFFECTIVE

HOW DOES THE RING WORK?

The ring contains hormones (estrogen and progestin) like the ones your body makes. These hormones stop your ovaries from releasing eggs, make the mucus in your cervix too thick for sperm to pass through, and thin the lining inside the uterus.

HOW DO I START THE RING?

There are 2 ways to start the ring. We recommend the Quick Start Method.

Quick Start: Put in the ring as soon as you get the pack. If you put the ring in on the first day of your period, you are protected against pregnancy right away. If you insert the ring from the second day or later of your period, you should use condoms as a backup method for the first 7 days. If you have taken ulipristal acetate emergency contraception (EC), wait 5 days before starting the ring.

Next Period: Put the ring in on the first day of your next period.

HOW DO I USE THE RING?

The ring is a small, bendable, plastic circle that you insert into your vagina. There is no perfect way to insert the ring; you just place it into your vagina to where you can no longer feel it. You leave the ring in your vagina for 3 weeks, and remove it for the 4th week. Remove the ring by hooking a finger under the rim and pulling it out. Most people get their period during the ring-free week. Insert a new ring at the end of the 4th week. You can store the ring at room temperature for up to four months. In the refrigerator, the ring lasts longer.

WHAT IF THE RING COMES OUT?

The ring may slip out during sex or when you use the bathroom. If this happens, you should rinse it off and put it back into your vagina. If the ring is out for more than 3 hours, use condoms as a backup method for the next 7 days.

WHAT IF I FORGET TO CHANGE THE RING?

If you have left the ring in for more than 3 weeks but less than 4 weeks, remove the ring to have your period.

WHAT IF I FORGET TO CHANGE THE RING? (cont'd)

Put a new ring in 7 days later. If you have left the ring in for 4 weeks or longer, put a new ring in immediately, and use condoms as a backup method for the next 7 days.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: In the first few months you may have nausea, bleeding between periods, and/or breast discomfort. These problems generally go away after 2-3 months. Some people are concerned about weight gain. This is uncommon with the ring. Some people report a change in their mood or headaches. These can be better or worse.

DOES THE RING HAVE BENEFITS?

The ring is safe and effective birth control.

Periods may be regular, lighter, less painful, and shorter. You may have less acne. The ring has no effect on your ability to get pregnant in the future. You don't have to remember to use it every day.

DOES THE RING HAVE RISKS?

The ring is safer than pregnancy. Serious problems, such as blood clots, are rare. Seek medical attention if you develop the following: pain, swelling, and redness in an arm or leg, weakness or numbness on one side of your body, severe headaches, vision problems, chest pain, difficulty breathing, or think you might be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

If your ring is out for more than 3 hours, or you don't change the ring for 4 weeks or longer, you could become pregnant.

If it has been less than 5 days after you have had unprotected sex, take emergency contraception (EC). EC works better the sooner you take it.



PATCH

91% EFFECTIVE

HOW DOES THE PATCH WORK?

The patch contains hormones (estrogen and progestin) like the ones your body makes. These hormones stop your ovaries from releasing eggs, make the mucus in your cervix too thick for sperm to pass through, and thin the lining inside the uterus.

HOW DO I START THE PATCH?

There are 2 ways to start the patch. We recommend the Quick Start Method.

Quick Start: Put on the patch as soon as you get the pack. If you put on the patch within 5 days after the start of your period, you are protected against pregnancy right away. If you put on the patch more than 5 days after the start of your period, you should use condoms as a backup method for the first 7 days. If you have taken ulipristal acetate emergency contraception (EC), wait 5 days before starting the patch.

Next Period: Put on the patch within 5 days of the start of your next period.

HOW DO I USE THE PATCH?

The patch is a thin square of sticky plastic that you wear on your skin. You wear each patch for one week. You can put it on your buttocks, lower abdomen, upper arm, or back. Place the patch on a clean, dry area and make sure the edges stick well. Do not use lotions or creams before putting on the patch. You will use a new patch every week for 3 weeks and no patch for the 4th week, when you can expect to have a period. Start a new box of patches at the end of the 4th week.

WHAT IF THE PATCH FALLS OFF?

If the patch comes off, put it back on right away. If it does not stick, use a new patch. If the patch is off for more than 24 hours, put on a new patch and use condoms for the next 7 days as a backup method. Put on your next patch a week from the date of this new patch.

WHAT IF I FORGET TO CHANGE THE PATCH?

The patch has enough hormones for 9 days. If you leave the patch on for up to 9 days, put on a new patch. If you leave the patch on for more than 9 days, put on a new patch and use condoms as a backup method for the next 7 days.

WHAT CAN I EXPECT?

You will feel about the same.

The following are common side effects: In the first few months you may have nausea, bleeding between periods, and/or breast discomfort. These problems generally go away after 2-3 months. Some people are concerned about weight gain. This is uncommon with the patch. Some people report a change in their mood or headaches. These can be better or worse.

Some people get skin irritation from the patch. To prevent this, put the patch in a new spot each week.

DOES THE PATCH HAVE BENEFITS?

The patch is safe and effective birth control.

Periods may be regular, lighter, less painful, and shorter. You may have less acne. The patch has no effect on your ability to get pregnant in the future. You don't have to remember to use it every day.

DOES THE PATCH HAVE RISKS?

The patch is safer than pregnancy. The patch has more estrogen than most combined birth control pills and may increase your risk of blood clots. However, serious problems, such as blood clots, are rare. Seek medical attention if you develop the following: pain, swelling, and redness in an arm or leg, weakness or numbness on one side of your body, severe headaches, vision problems, chest pain, difficulty breathing, or think you might be pregnant.

This method does not protect against sexually transmitted diseases or HIV. Always use condoms to protect yourself.

WHAT IF I HAD UNPROTECTED SEX?

If your patch is off for more than 24 hours, or if you leave it on for more than 9 days, you could become pregnant.

If it has been less than 5 days after you have had unprotected sex, take emergency contraception (EC). EC works better the sooner you take it.