

# Clinic Provided Birth Control Options 2018-08-03

## ***The Birth Control Implant***

☐ The implant is a tiny flexible rod that is inserted under the skin of your upper arm by a healthcare provider. It lasts for 5 years. It prevents pregnancy by releasing a small amount of the hormone progestin. Over time, periods may become lighter and less frequent.

**99% EFFECTIVE**



## ***The IUD (Intrauterine Device)***

☐ The IUD is a tiny T-shaped piece of plastic that is inserted into the uterus by a healthcare provider. Some types have copper and some types release a progestin hormone. IUDs last 3 to 12 years depending on the type. Over time, periods may become lighter and less frequent. For the copper IUD, periods may become heavier or unchanged.

**99% EFFECTIVE**



# Over-the-Counter Birth Control Options

## ***Condoms***

☐ The condom is thin latex material that rolls down over a penis. A new one must be used with every sex act. Condoms protect against both pregnancy and STDs. There are also non-latex and internal condoms.

**Condoms 82% / INTERNAL -Condoms 79% EFFECTIVE**



## ***Emergency Contraception***

☐ Emergency contraception is birth control used within 5 days after unprotected sex. Progestin pills (e.g.; Plan B One-Step™, NextChoice One Dose™, and My Way™) are available without a prescription and work best the sooner they are taken. There are 2 more effective prescription options ulipristal acetate (Ella™) a pill, or a copper IUD.

