**Bridge Methods of Contraception**

- **Bridge methods of contraception** are birth control methods used for a period of time before obtaining an ultimately desired method.
- **Patients may be in greater need of bridge methods in the time of the COVID-19 pandemic**, as many clinicians are unable to offer them appointments for in-office contraception (IUD, implant, or Depo-Provera).
- Bridge methods can provide protection against unwanted pregnancy during the period of restricted ambulatory access to care.
- During telemedicine visits, counsel patients on the full range of methods they are medically eligible for. **If the patient decides on a method that requires an in-person visit, counsel about the bridge methods** of contraception they can use until they are able to come into the office or clinic.
- If the patient has not previously used their bridge method, **counsel them on its correct and consistent use**.
- Counsel about **dual method use**, as using more than one of these methods at a time can further decrease the risk of unintended pregnancy.

### Bridge Methods of Contraception

<table>
<thead>
<tr>
<th><strong>Short-Acting Reversible Contraceptives</strong></th>
<th><strong>Access with Prescription</strong></th>
<th><strong>Access without Prescription</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>• Oral contraceptive pills</strong></td>
<td>Prescription required</td>
<td>Pills, patches, and rings can be ordered online through the following apps and websites:</td>
</tr>
<tr>
<td><strong>• Contraceptive patch</strong></td>
<td>• Pick up from pharmacy</td>
<td>• Nurx (pill, patch, ring)</td>
</tr>
<tr>
<td><strong>• Contraceptive vaginal ring</strong></td>
<td>• Can be mailed if set up by insurance company</td>
<td>• Simple Health (pill, patch, ring)</td>
</tr>
</tbody>
</table>

#### Emergency Contraception

- **ella**: Prescription required
  - Pick up from pharmacy
  - Pharmacies may be able to order it for next-day pick up if it is not in stock

**Plan B: Prescription not required, but can decrease out-of-pocket cost**
- Pick up from pharmacy

#### Sponge

- No prescription required
- Purchase the sponge in-person or online from pharmacies and at www.todaysponge.com

#### Spermicide

- No prescription required
- Purchase spermicide in-person or online from pharmacies, big box stores, or Amazon

#### Condoms

- No prescription required
- Purchase condoms in-person or online from pharmacies, big box stores, or Amazon

#### Withdrawal

- No prescription required
- No purchase required