

# Contraception (Birth Control) Guide

## Key

-  Progestin hormone
-  Progestin and estrogen hormones
-  No hormones
-  How often to use/take/change

## Start and stop on your own

### Plan B® Emergency Contraception



Works best for BMI <26.

May have spotting or period at new time.

### Pulling Out



Requires partner control.

No change to period.

### Fertility Awareness



When fertile, use another contraceptive.

No change to period.

### Condoms External or Internal



Can prevent sexually transmitted infections.

No change to period.

### Spermicide or Vaginal Sponge

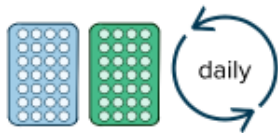


Spermicide comes in a cream, gel, foam, film, sponge, or suppository.

No change to period.

## Prescription to start, stop on your own

### Pills Progestin or Combined



Over 70 different formulations/types.

May have lighter period or temporary spotting.

### Patch



Works for BMI <30.

May have lighter period or temporary spotting.

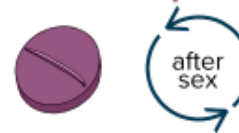
### Vaginal Ring



Can be removed just before sex.

May have lighter period or temporary spotting.

### Ella® Emergency Contraception



Works best for BMI <35.

May have spotting or period at new time.

### Phexxi® Vaginal Gel



May prevent chlamydia and gonorrhea.

No change to period.

### Diaphragm or Cervical Cap



Use with spermicide.

No change to period.

## Visit to start, stop on your own

### Shot



May cause weight gain and delayed return to fertility.

May have spotting, heavier period, lighter period, or no period.

### Arm Implant



Plastic rod placed just beneath the skin.

May have spotting, lighter period, or no period.

### Hormonal IUD



Can be emergency contraception.

May have spotting, lighter period, or no period.

### Copper IUD



Can be emergency contraception.

May have spotting or heavier period.

## Permanent

### Sterilization



Either partner can be sterilized.

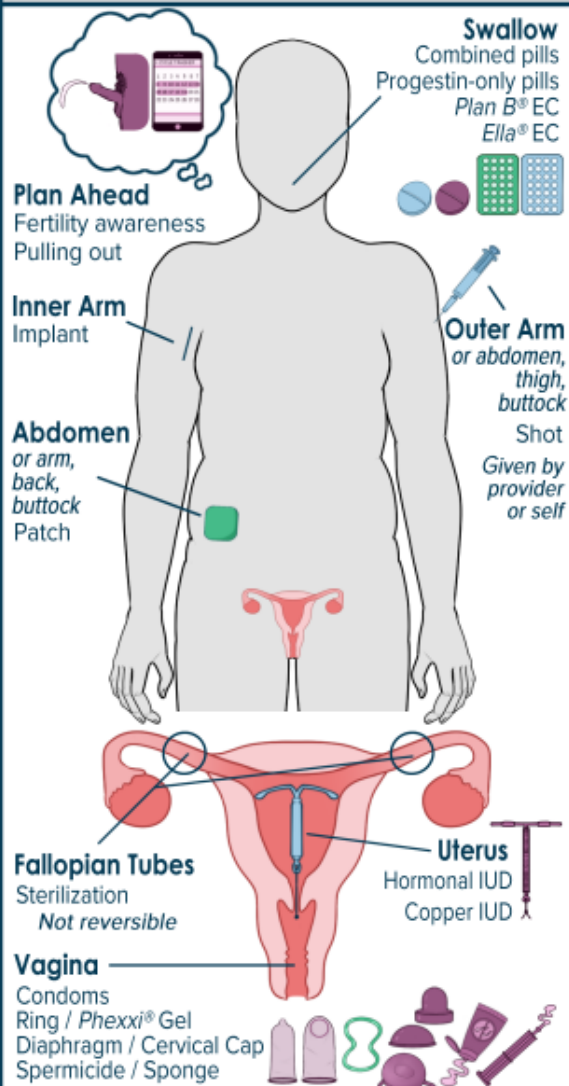
No change to period.

## Scan for



- This guide
- Information sheets on each method
- A postpartum contraception guide

## How to use each contraceptive method



If method privacy matters to you, tell your provider, and consider how you get the method, how you store it, and how and when you use it.

Some methods can be combined to increase pregnancy prevention.

All methods can be used by people of all ages.

All methods can be used by people using gender affirming hormone therapy.

## On average\* out of 100 people, this many will get pregnant in a year using this method

## When to consider using emergency contraception (EC)

Use EC up to 5 days after sex

|                                      |     |  |                                                                                    |
|--------------------------------------|-----|--|------------------------------------------------------------------------------------|
| No contraception (average fertility) | 85  |  | Had sex without contraception                                                      |
| Cervical cap (with spermicide)       | 29  |  | Concern about proper placement before sex                                          |
| Spermicide                           | 21  |  | Concern about proper placement before sex                                          |
| Internal condom                      | 21  |  | Condom rips or slips so that semen could be in vagina                              |
| Pulling out                          | 20  |  | Some semen could be in vagina                                                      |
| Diaphragm (with spermicide)          | 17  |  | Concern about proper placement before sex                                          |
| Vaginal sponge                       | 17  |  | Concern about proper placement before sex                                          |
| Fertility awareness                  | 15  |  | Difficulty or concerns about tracking body changes or irregular periods            |
| Phexxi® gel                          | 14  |  | Concern about proper placement before sex                                          |
| External condom                      | 13  |  | Condom rips or slips so that semen could be in vagina                              |
| Progestin-only pills                 | 7   |  | Active pill missed or taken too late according to directions                       |
| Combined pills                       | 7   |  | 2 or more missed active pills in a row                                             |
| Patch                                | 7   |  | Patch off for too long (24+ hours) or late replacing it according to directions    |
| Vaginal ring                         | 7   |  | Ring left out for too long (3+ hours) or late replacing it according to directions |
| Shot                                 | 4   |  | More than 14 weeks since last shot                                                 |
| Sterilization                        | 1   |  | Not applicable                                                                     |
| Copper IUD                           | 0.8 |  | IUD comes out (happens to less than 1 in 100 people)                               |
| Hormonal IUD                         | 0.2 |  | IUD comes out (happens to less than 1 in 100 people)                               |
| Arm implant                          | 0.1 |  | Not applicable                                                                     |

\* Some methods are harder to use than others. 'Average' or 'typical use' pregnancy rates consider the chances of user error.

Knowing when methods may not work can help you decide if a method is right for you.