

BIRTH CONTROL METHODS

IUD (NONHORMONAL)



T-shaped device inserted into uterus by doctor

99% EFFECTIVE (WITH TYPICAL USE)

LONG-LASTING (UP TO 12 YEARS)
HORMONE FREE • PRIVATE • INVISIBLE

SIDE EFFECTS

May cause irregular periods, spotting or cramping in early months

IUD (HORMONAL)



T-shaped device inserted into uterus by doctor

99% EFFECTIVE (WITH TYPICAL USE)

LONG-LASTING (UP TO 5 YEARS)
MAKES PERIODS LIGHTER
PRIVATE • INVISIBLE

SIDE EFFECTS

May cause cramping and backaches in early months

STERILIZATION (TUBAL)



Closes or blocks women's fallopian tubes

99% EFFECTIVE (WITH TYPICAL USE)

LONG-LASTING • HORMONE FREE
PRIVATE • INVISIBLE

SIDE EFFECTS

Requires surgery

VASECTOMY



Closes or blocks men's tubes that carry sperm

99% EFFECTIVE (WITH TYPICAL USE)

LONG-LASTING • HORMONE FREE
PRIVATE • INVISIBLE

SIDE EFFECTS

Requires surgery

IMPLANT



Inserted under the skin of the upper arm

99% EFFECTIVE (WITH TYPICAL USE)

LONG-LASTING (UP TO 3 YEARS)
SAFE FOR SMOKERS
PRIVATE • INVISIBLE

SIDE EFFECTS

May cause several side effects (irregular bleeding); cannot be used for women with breast cancer

PATCH



Thin, plastic patch placed on skin

91-94% EFFECTIVE

EASY TO USE • HELPS ACNE
MAKES PERIODS LIGHTER

SIDE EFFECTS

May cause irritation; may fall off; may forget to change it each week

PILL



Daily pill taken orally

91-94% EFFECTIVE

EASY TO USE • HELPS ACNE
MAKES PERIODS LIGHTER

SIDE EFFECTS

May forget to take; can cause mild to severe side effects

INJECTABLE



Hormone injection

91-94% EFFECTIVE

LASTS UP TO 3 MONTHS
PRIVATE • INVISIBLE

SIDE EFFECTS

Cannot stop any side effects until hormone runs its course; irregular periods (first 6-12 months); possible weight gain (up to 5 lbs) in first year

RING



Flexible ring inserted into vagina once a month

91-94% EFFECTIVE

EASY TO USE • HELPS ACNE
MAKES PERIODS LIGHTER

SIDE EFFECTS

May take 6 months for body to regulate