## Birth Control Options


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| Implantable Rod (Nexplanon®)   | Fewer than 1                                           | • Put in by your doctor  
  • Lasts 3 years                                                               | • Works well  
  • Nothing to remember every day                                                | • Need a doctor to put it in  
  • Irregular bleeding  
  • Weight gain                                                                      |
| Copper IUD                    | Fewer than 1                                           | • Put in by your doctor  
  • Lasts 10 years                                                              | • Works well  
  • Nothing to remember every day                                                 | • Need a doctor to put it in  
  • Can sometimes tear a hole in your uterus  
  • Cramps and bleeding                                                               |
| IUD with Progestin (Mirena®,  | Fewer than 1                                           | • Put in by your doctor  
  Skylla®, Liletta®)                                                           | • Works well  
  • Nothing to remember every day                                                 | • Need a doctor to put it in  
  • Irregular or missed periods  
  • Pelvic/stomach pain  
  • Can sometimes tear a hole in your uterus                                           |
| Progesterone shot (Depo-Provera®) | 6               | • Get a shot every 3 months                                                  | • Nothing to remember every day  
  • Periods might stop after 6 months  
  • Might take longer to get pregnant after stopping                               | • Need an injection every 3 months  
  • Irregular or missed periods  
  • Weaker bones  
  • Weight gain                                                                      |
| Combined oral pill The pill    | 9            | • Take a pill once a day                                                      | • Regular, lighter periods  
  • Less cramping  
  • Less acne                                                                       | • Need a prescription  
  • Headaches, sore breasts, nausea, dizziness  
  • High blood pressure and blood clots (rarely)                                     |
| Progesteron-only pill The mini-pill | 9             | • Take a pill once a day                                                      | • Lighter periods  
  • Less cramping                                                                    | • Same risks as The Pill                                                             |
| Patch Ortho-Evra®             | 9            | • Put on a patch once a week for 3 weeks. No patch for 4th week.             | • Remember once a week  
  • Regular, lighter periods  
  • Less cramping and acne                                                          | • Same risks as The Pill                                                             |
| Vaginal Ring NuvaRing®        | 9            | • Put in your vagina for 3 weeks. Take out for the 4th week.                 | • Remember once a month  
  • Regular, lighter periods  
  • Less cramping  
  • Less acne                                                                       | • Same risks as The Pill                                                             |
| Male Condom                   | 18           | • Placed over the penis each time you have sex                               | • Protects against some sexually transmitted infections  
  • Less expensive (50¢ each)  
  • Don’t need a prescription  
  • Latex and non-latex options available                                              | • Must be put on before penis enters vagina  
  • Need a new one every time you have sex  
  • Can break  
  • Some people are allergic to latex                                               |
| Female Condom                 | 21           | • Put into your vagina each time you have sex                                | • Protects against some sexually transmitted infections  
  • Don’t need a prescription  
  • Controlled by the woman  
  • Can put in hours before sex                                                       | • Need a new one every time you have sex  
  • More expensive than male condoms ($4 each)                                        |

*Effectiveness of this method of contraception with typical use (including sometimes using a method in a way that is not correct or consistent)