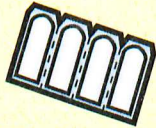


A View of the Methods

Vaginal suppositories



Foam

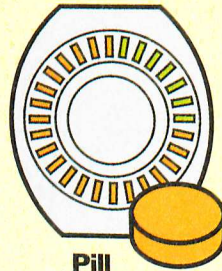


Film



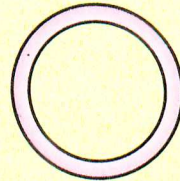
PATCH

Patch



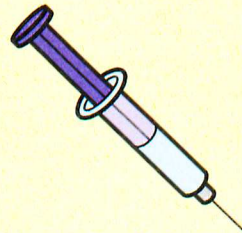
Pill

Sterilization



Vaginal Ring

Abstinence

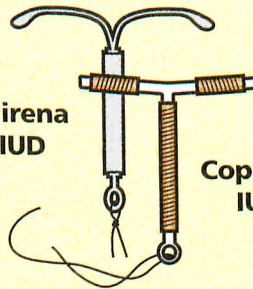


Depo-Provera



CONDOM

Condom



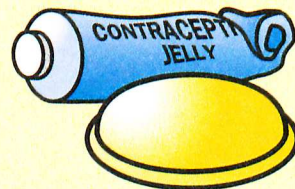
Mirena IUD

Copper-T IUD

Fertility Awareness Method

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Natural Family Planning



Diaphragm

Emergency Birth Control

After sex, you still have 3 to 5 days to prevent pregnancy.

Emergency birth control in the form of birth control pills or an IUD is an option if your birth control method was damaged, wasn't used or wasn't used correctly.

A health care provider must give you the correct dose of pills and tell you how to use them.

You may want to ask for a supply of pills to have in case an emergency happens. With prior counseling and written instructions, you can use the pills without delay if you need to.

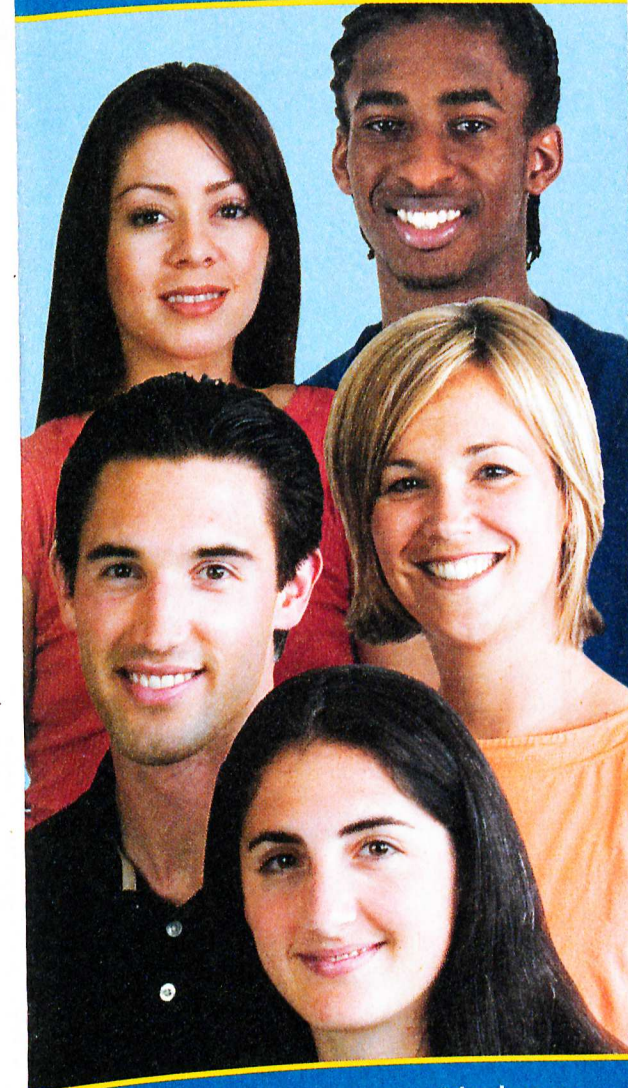
County of Riverside
Family Planning
Teen Clinics
1-888-728-1113

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Title No. 137

Birth Control Facts



Condoms • Depo-Provera • Diaphragm
Foam • Suppositories • Film • IUD
Natural Family Planning/Fertility Awareness
Pill • Patch • Vaginal Ring • Sterilization

What's Right for Me?

Deciding what method of birth control to use isn't easy.

Here are some questions to ask yourself.

Your answers will help you decide which method is right for you.

Is it important that I don't get pregnant right now?

Would an accidental pregnancy be a problem? Do I plan to have children in the future?

Will I feel embarrassed about using this method?

Will my partner feel embarrassed?
Will I use it the right way every time—even if I feel embarrassed?

Do I have religious or moral feelings about using birth control? Does this method fit with my religious beliefs?

Is this method safe for me?

Do I have any health concerns that would make this method risky for me to use?

Do I need a method that helps protect me from HIV and other sexually transmitted disease (STD)?

How often do I have sex?

Do I want a method that is always in my body? Or can I pick a method I use only when I have sex?

How does my partner feel about birth control?

Can we work together to use this method?

How much will this method cost?

Can I afford it?

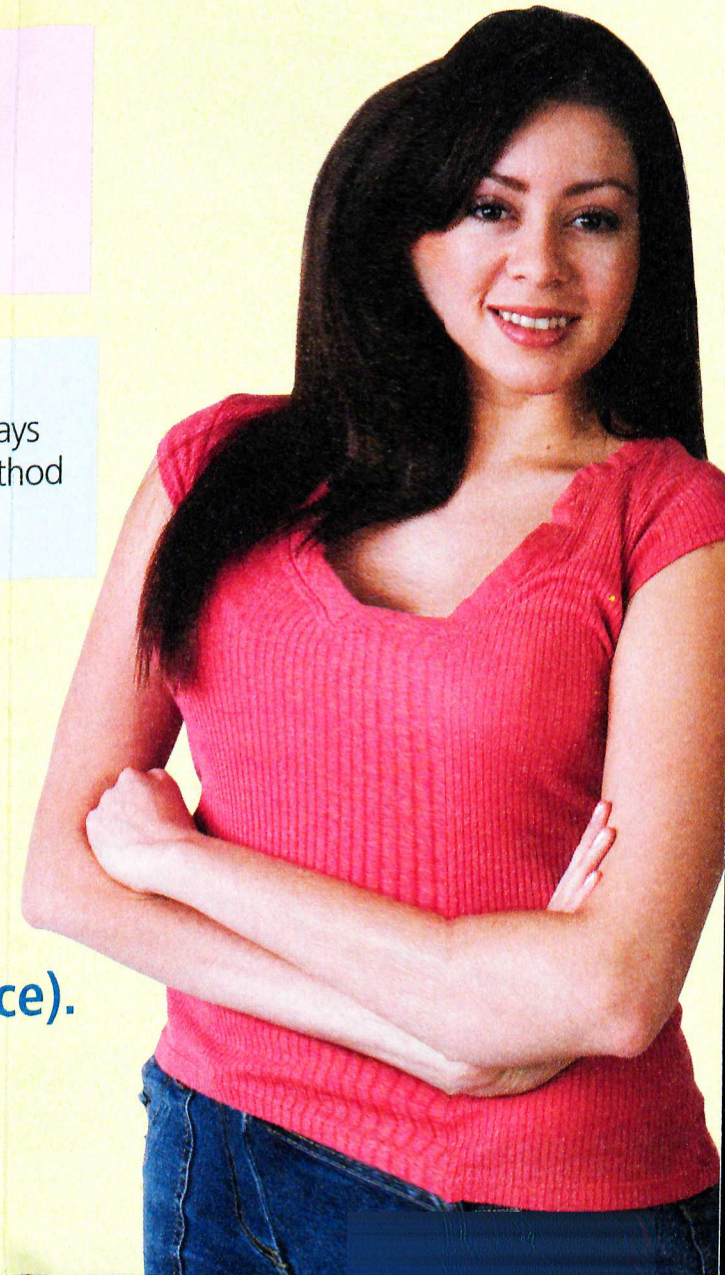
Is this method easy to use?

Will I use it the right way every time—even if it's sometimes a hassle?

How do I feel about touching my body?

Do I need to touch my genitals in order to use this method?

The only sure way not to get pregnant is not to have sex (also called abstinence).



Method

What Is It?

Chances of Not Getting Pregnant*

Health Concerns

Strong Points

Weak Points

Condoms



- Fits over erect penis and catches sperm when the man "comes."
- Also known as "rubbers."

If you are very careful each time—98%.
If you are not very careful each time—85%.

- Some people are allergic to latex.

- Can buy in drugstores.
- Easy to use, easy to carry.
- Used only when needed.
- Latex condoms help protect you from HIV and other STD.

- Must be put on during sex.
- Some say it reduces sexual feelings.
- Condoms may irritate vagina or penis.

Depo-Provera



- A shot of artificial hormones given by a health care provider.
- Stops ovaries from releasing egg.
- Thickens mucus in cervix (opening to womb), so it's hard for sperm to enter womb.

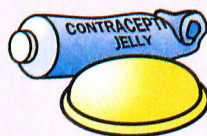
More than 99%.

- Few serious problems for most women.
- Long-term use may reduce bone density in some women.

- Doesn't interfere with sex.
- Lasts 3 months.
- Often decreases bleeding and cramping associated with periods.
- Safe to use while breastfeeding.
- Less chance of endometrial cancer.

- Must get shot from a health care provider.
- May cause heavy periods, irregular periods, light periods, or eventually no period at all.
- May not be able to get pregnant for several months after shots are stopped.
- May have weight changes, moodiness, headaches or dizziness.
- No protection from HIV and other STD.

Diaphragm



- Small rubber cup fits inside vagina, over the cervix (opening to the womb).
- Used with contraceptive cream or jelly that kills sperm.
- Must be fitted by a health care provider.

If you are very careful each time—94%.
If you are not very careful each time—84%.

- Few health problems.
- More bladder infections for some women.
- Very small chance of toxic shock syndrome.

- Can be put in 2 hours before sex.
- Used only when needed.

- Some women say it's hard to put in and take out.
- Can be messy.
- Cream or jelly may irritate vagina or penis.
- Must be left in place 6–8 hours after sex.
- No protection from HIV and other STD.

Foam, Suppositories and Film



- Made of chemicals that kill sperm.
- Put into vagina before sex.

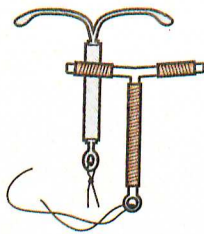
If you are very careful each time—82%.
If you are not very careful each time—71%.

- None.

- Can buy in drugstores.
- Easy to use, easy to carry.
- Used only when needed.

- Must be put in shortly before sex.
- Can be messy.
- May irritate vagina or penis.
- No protection from HIV and other STD.

IUD



- Small device put inside womb by a health care provider.
- Two types: Copper-T and Mirena.
- Prevents sperm from fertilizing egg.
- Mirena thickens mucus in cervix (opening to womb), so it's hard for sperm to enter womb.

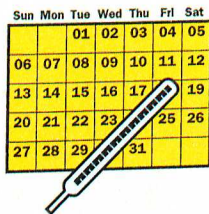
More than 99%.

- None.

- Always in place.
- Doesn't interfere with sex.
- Lasts 5–10 years.
- Mirena may cause light periods or eventually no period at all.

- Copper-T may cause more bleeding and cramping during period or spotting between periods.
- If a woman gets pregnant, IUD may need to be taken out.
- Should not be used by women with multiple partners.
- No protection from HIV and other STD.

Natural Family Planning/Fertility Awareness Method



- Woman learns to recognize fertile days of menstrual cycle.
- Can use barrier method during her fertile time (Fertility Awareness Method) OR
- No intercourse during her fertile time (Natural Family Planning).

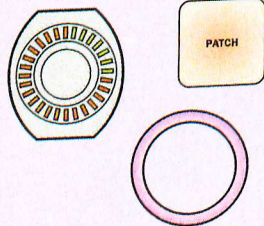
If you are very careful each time—91–99%.
If you are not very careful each time—75%.

- None.

- If used without birth control, is approved by all religious groups.
- Very low cost.
- Can improve a couple's communication and cooperation.
- Helpful when ready to become pregnant.

- Must chart temperature and/or vaginal mucus every day.
- If periods aren't regular, may not be as effective.
- Woman must have cooperation of her partner.
- Special classes needed to learn.
- No protection from HIV and other STD.

Pill Patch Vaginal Ring



- Pills, a skin patch or a vaginal ring that release artificial hormones.
- Stops ovaries from releasing egg.
- Thickens mucus in cervix (opening to womb), so it is hard for sperm to enter womb.
- Must be prescribed by a health care provider.

If you are very careful each time—more than 99%.
If you are not very careful each time—92%.

- Few serious problems for young women.
- Very small chance of blood clots, heart attacks and strokes.
- May cause high blood pressure.

- Simple and easy to use.
- Doesn't interfere with sex.
- Less bleeding and cramping during period.
- Less chance of PID with pill.
- Less chance of ovarian or endometrial cancer with pill.
- Some pills can reduce number of periods in a year.

- May have weight changes, moodiness, spotting.
- Not ideal while breastfeeding.
- May not be a good method for women over 35 who smoke.
- No protection from HIV and other STD.

Sterilization

- Operation that makes a person unable to have a baby.
- Permanent.
- Both men and women can be sterilized.

More than 99%.

- Safer for men than women.
- Small chance of complications during surgery or infection or bleeding after surgery.
- Tubal pregnancy could occur if operation doesn't work.

- No other method will ever be needed.
- No physical effect on sexual desire or ability.

- *Permanent*. Cannot change your mind later.
- No protection from HIV and other STD.

*Effectiveness rates from *Contraceptive Technology, Eighteenth Revised Edition, 2004.*