









Your Body. Your Birth Control.

Use this chart to review all available methods and understand which one best meets your priorities & preferences.

METHOD Options	 IUD (Non-hormonal)	 IUD (Hormonal)	 Implant	 Shot	 Vaginal Ring	 Patch	 Pill	 Condom
TYPICAL USE Effectiveness	99% effective	99% effective	99% effective	94% effective	91% effective	91% effective	91% effective	82% effective
HOW LONG Does it last	Up to 10 years	Up to 3 or 5 years	Up to 3 years	Up to 3 months	Up to 1 month	Up to 1 week	For 1 day	For 1 sex act
HOW DO YOU Get Started	Inserted by your provider	Inserted by your provider	Inserted by your provider	Shot given by your provider	Prescription from provider	Prescription from provider	Prescription from provider	Buy over the counter
WHAT DO YOU Need to Do	No action required	No action required	No action required	Get shot from provider every 3 months	You insert ring into vagina and replace every month	You place patch on body and replace every week	You take pill every day	You use condom for each sex act
POSSIBLE Bleeding Changes	Heavier periods that may return to normal after 3-6 months	Irregular, lighter, or no period at all	Infrequent, irregular, prolonged, or no period	Irregular or no period	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	None
POSSIBLE Side Effects	Cramping, that usually improves after 3-6 months, spotting	Cramping, during and after insertion, spotting	Insertion site pain	Weight changes	Nausea or breast tenderness	Nausea, breast tenderness, application site reaction	Nausea or breast tenderness	Allergic reaction to latex
IF STOPPED When Can you Get Pregnant	Immediately, schedule removal with provider	Immediately, schedule removal with provider	Immediately, schedule removal with provider	Immediately, but may have 6-12 month delay. No action required	Immediately, must remove ring from body	Immediately, must remove patch from body	Immediately, stop taking pills	Immediately, no action required

Only the condom protects against STIs and HIV. Talk with your provider about the best method for you.

Contraceptive Method Considerations & Benefits of Use

BENEFITS OF USE



IUD (NON-HORMONAL)

This method can be kept private and works as emergency contraception.



IUD (HORMONAL)

This method can be kept private and may help relieve heavy, painful periods.



IMPLANT

This method can be kept private and may help relieve heavy, painful periods.



SHOT

This method can be kept private and improves some of the symptoms of periods, like cramping.



RING

This method allows you to control when you get your period and may make periods shorter and lighter.



PATCH

This method allows you to control when you get your period and may make periods shorter and lighter.



PILL

This method allows you to control when you get your period and may protect against heavy periods, cramping and acne.



CONDOM

This method protects against STIs if used every time and is easily accessible.

USE OF EMERGENCY CONTRACEPTION

Keeping up with your birth control can be challenging at times. If you forget your birth control or have an emergency, there may still be time to prevent a pregnancy. Emergency contraception is a safe and effective way to prevent a pregnancy after having unprotected sex. If you feel that you need added protection against pregnancy, talk to your local pharmacist or healthcare provider about emergency contraception.

FOLLOW-UP CARE

If you experience any problems with your birth control method or have follow up questions, contact your healthcare provider.

MEDICAL ELIGIBILITY

While birth control is safe, not every method is right for every woman. Your provider will review your medical history and help you choose the method that is safest for you.

NEED MORE INFORMATION?

If you want to learn more about a method, check out one of the below resources:

Center for Disease Control and Prevention
<http://www.cdc.gov/reproductivehealth/unintendedpregnancy/contraception.htm>

Bedsider
www.bedsider.org

Planned Parenthood
<http://www.plannedparenthood.org/learn/birth-control>



The CAP is an evidence-informed intervention that draws on key findings from the Contraceptive CHOICE Project and CAI's experience in working with health care providers across the nation to enhance access to contraception. This project is funded by the Centers for Disease Control and Prevention, Division of Reproductive Health. For more information about the CAP project, please visit www.contraceptiveactionplan.org.

Developed by  CAI

The information in this tool is informed by findings from leading public health institutions, academic studies and community-based participatory research.