














# Your Birth Control Choices

Method	How to Use	Impact on Bleeding	Things to Know	How well does it work?*
<b>External Condom</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>Use a polyurethane condom if allergic to latex</li> </ul>	None	<ul style="list-style-type: none"> <li>Can buy at many stores</li> <li>Can put on as part of sex play/foreplay</li> <li>Can help prevent early ejaculation</li> <li>Can be used for oral, vaginal, and anal sex</li> <li>Protects against HIV and other STIs</li> <li>Can decrease penile sensation</li> <li>Can cause loss of erection</li> <li>Can break or slip off</li> <li>Does not need a prescription</li> </ul>	87%
<b>Internal Condom</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>Use extra lubrication as needed</li> </ul>	None	<ul style="list-style-type: none"> <li>Can put in as part of sex play/foreplay</li> <li>Can be used for anal and vaginal sex</li> <li>May increase vaginal/anal pleasure</li> <li>Good for people with latex allergy</li> <li>Protects against HIV and other STIs</li> <li>Can decrease penile sensation</li> <li>May be noisy</li> <li>May be hard to insert</li> <li>May slip out of place during sex</li> <li>May require a prescription from your health care provider</li> </ul>	79%
<b>Diaphragm</b> Caya® and Milex® 	<ul style="list-style-type: none"> <li>Put in vagina each time you have sex</li> <li>Use with spermicide every time</li> </ul>	None	<ul style="list-style-type: none"> <li>Can last several years</li> <li>Costs very little to use</li> <li>May protect against some infections, but not HIV</li> <li>Using spermicide may raise the risk of getting HIV</li> <li>Should not be used with vaginal bleeding or infection</li> <li>Raises risk of bladder infection</li> </ul>	83%
<b>Emergency Contraception Pills</b> Progestin EC (Plan B® One-Step and others) and ulipristal acetate (ella®) 	<ul style="list-style-type: none"> <li>Works best the sooner you take it after unprotected sex</li> <li>You can take EC up to 5 days after unprotected sex</li> <li>If pack contains 2 pills, take both at once</li> </ul>	<ul style="list-style-type: none"> <li>Your next monthly bleeding may come early or late</li> <li>May cause spotting</li> </ul>	<ul style="list-style-type: none"> <li>Available at pharmacies, health centers, or health care providers: call ahead to see if they have it</li> <li>People of any age can get progestin EC without a prescription</li> <li>May cause stomach upset or nausea</li> <li>Progestin EC does not interact with testosterone, but we don't know whether Ulipristal acetate EC does or not</li> <li>Ulipristal acetate EC requires a prescription</li> <li>May cost a lot</li> <li>Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26.</li> <li>Ulipristal acetate EC works better than progestin EC 3-5 days after sex</li> </ul>	58 - 94%

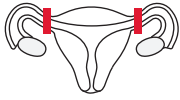
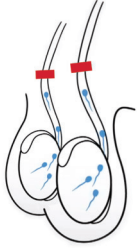

\*Typical Use

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<b>Fertility Awareness</b> Natural Family Planning 	<ul style="list-style-type: none"> <li>Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your monthly bleeding</li> <li>It works best if you use more than one of these methods</li> <li>Avoid sex or use condoms/spermicide on fertile days</li> </ul>	<ul style="list-style-type: none"> <li>Does not work well if your monthly bleeding is irregular</li> </ul>	<ul style="list-style-type: none"> <li>Costs little</li> <li>Can help with avoiding or trying to become pregnant</li> <li>Use a different method on fertile days</li> <li>This method requires a lot of effort</li> <li>Does not require a prescription</li> </ul>	85%
<b>The Implant</b> Nexplanon® 	<ul style="list-style-type: none"> <li>A clinician places it under the skin of the upper arm</li> <li>It must be removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>Can cause irregular bleeding and spotting</li> <li>After 1 year, you may have no monthly bleeding at all</li> <li>Cramps often improve</li> </ul>	<ul style="list-style-type: none"> <li>Long lasting (up to 5 years)</li> <li>You can become pregnant right after it is removed</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>May cause mood changes</li> </ul>	> 99%
<b>Copper IUD</b> ParaGard® 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>May cause cramps and heavy monthly bleeding</li> <li>May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue)</li> </ul>	<ul style="list-style-type: none"> <li>May be left in place for up to 12 years</li> <li>You can become pregnant right after removal</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Rarely, uterus is injured during placement</li> </ul>	> 99%
<b>Progestin IUD</b> Liletta®, Mirena®, Skyla® and others 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>May improve cramps</li> <li>May cause lighter monthly bleeding, spotting, or no monthly bleeding at all</li> </ul>	<ul style="list-style-type: none"> <li>May be left in place 3 to 7 years, depending on which IUD you choose</li> <li>You can become pregnant right after removal</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Rarely, uterus is injured during placement</li> </ul>	> 99%

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<b>The Patch</b> Ortho Evra® 	<ul style="list-style-type: none"> <li>Apply a new patch once a week for three weeks</li> <li>No patch in week 4</li> </ul>	<ul style="list-style-type: none"> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> </ul>	<ul style="list-style-type: none"> <li>You can become pregnant right after stopping patch</li> <li>Can irritate skin under the patch</li> <li>This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> </ul>	93%
<b>The Pill</b> 	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>Often causes spotting, which may last for many months</li> </ul>	<ul style="list-style-type: none"> <li>Can improve PMS symptoms</li> <li>Can improve acne</li> <li>Helps prevent cancer of the ovaries</li> <li>This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> <li>You can become pregnant right after stopping the pills</li> <li>May cause nausea, weight gain, headaches, change in sex drive - some of these can be relieved by changing to a new brand</li> </ul>	93%
<b>Progestin-Only Pills</b> 	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> </ul>	<ul style="list-style-type: none"> <li>You can become pregnant right after stopping the pills</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>May cause depression, hair or skin changes, change in sex drive</li> </ul>	93%
<b>The Ring</b> ANNOVERA® Nuvaring® 	<ul style="list-style-type: none"> <li>Insert a small ring into the vagina</li> <li>Monthly Ring: Change ring each month</li> <li>Yearly Ring: Change ring each year.</li> </ul>	<ul style="list-style-type: none"> <li>Can make monthly bleeding more regular and less painful</li> <li>May cause spotting the first few months</li> <li>Can increase vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>There are two types: a monthly ring and a yearly ring.</li> <li>One size fits all</li> <li>Private</li> <li>You can become pregnant right after stopping the ring</li> <li>This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> </ul>	93%
<b>The Shot</b> Depo-Provera® 	<ul style="list-style-type: none"> <li>Get a shot every 3 months</li> <li>Give yourself the shot or get it in a medical office</li> </ul>	<ul style="list-style-type: none"> <li>Often decreases monthly bleeding</li> <li>May cause spotting or no monthly bleeding</li> </ul>	<ul style="list-style-type: none"> <li>Each shot works for 12 weeks</li> <li>Private for user</li> <li>Helps prevent cancer of the uterus</li> <li>May cause weight gain, depression, hair or skin changes, change in sex drive</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Side effects may last up to 6 months after you stop the shots</li> </ul>	96%

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<b>Sterilization: Tubal Methods</b> 	<ul style="list-style-type: none"> <li>• These methods block or cut the Fallopian tubes</li> <li>• A clinician reaches the tubes through two small cuts in your belly or through your vagina</li> </ul>	None	<ul style="list-style-type: none"> <li>• These methods are permanent and highly effective</li> <li>• Reversal is difficult</li> <li>• The risks include infection, bleeding, pain, and reactions to anesthesia</li> </ul>	> 98%
<b>Sterilization: Vasectomy</b> 	<ul style="list-style-type: none"> <li>• A clinician blocks or cuts the tubes that carry sperm from your testicles</li> </ul>	None	<ul style="list-style-type: none"> <li>• This method is permanent and highly effective</li> <li>• It is more effective, safer, and cheaper than tubal procedures</li> <li>• Can be done in the clinician's office</li> <li>• No general anesthesia needed</li> <li>• Reversal is difficult</li> <li>• Risks include infection, pain, and bleeding</li> <li>• It takes up to 3 months to work</li> </ul>	> 99%
<b>Vaginal Acidifying Gel</b> Phexxi®	<ul style="list-style-type: none"> <li>• Insert gel each time you have sex</li> </ul>	None	<ul style="list-style-type: none"> <li>• Can be put in as part of sex play/foreplay</li> <li>• Does not have any hormones</li> <li>• Requires a prescription</li> <li>• May irritate vagina, penis</li> <li>• Should not be used with urinary tract infection</li> </ul>	86%
<b>Vaginal Spermicide</b> Cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> <li>• Insert spermicide each time you have sex.</li> </ul>	None	<ul style="list-style-type: none"> <li>• Can buy at many stores</li> <li>• Can be put in as part of sex play/foreplay</li> <li>• Comes in many forms: cream, gel, sponge, foam, inserts, film</li> <li>• May raise the risk of getting HIV</li> <li>• May irritate vagina, penis</li> <li>• Cream, gel, and foam can be messy</li> <li>• Does not require a prescription</li> </ul>	79%
<b>Withdrawal</b> Pull-out	<ul style="list-style-type: none"> <li>• Pull penis out of vagina before ejaculations (that is, before coming)</li> </ul>	None	<ul style="list-style-type: none"> <li>• Costs nothing</li> <li>• Less pleasure for some</li> <li>• Does not work if penis is not pulled out in time</li> <li>• Must interrupt sex</li> </ul>	80%

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