

we
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The Clinic

Sexual Health Education · STI Testing · Birth Control

Your Birth Control Choices

Method	How to Use	Does it change bleeding?	Things to Know	How Effective in Preventing Pregnancy?
Implant (Nexplanon)	<ul style="list-style-type: none"> A clinician places under the skin of the upper arm It must be removed by a clinician 	May cause frequent spotting that is hard to predict or periods may stop	<ul style="list-style-type: none"> Lasts up to 5 years Can cause spotting 	>99%
IUD - Nonhormonal Copper (Paraguard)	<ul style="list-style-type: none"> Placed in the uterus by a clinician Usually removed by a clinician 	May cause stronger cramps and heavier, longer monthly bleeding	<ul style="list-style-type: none"> Lasts up to 12 years May cause cramps and heavy monthly bleeding 	>99%
IUD - Hormonal (Mirena, Skyla, Liletta, Kylena)	<ul style="list-style-type: none"> Placed in the uterus by a clinician Usually removed by a clinician 	May cause lighter monthly bleeding or no monthly bleeding	<ul style="list-style-type: none"> Lasts for 3-8 years depending on the brand of IUD May improve cramps and bleeding 	>99%
Tubal - sterilization	<ul style="list-style-type: none"> This method closes the fallopian tubes 	No	<ul style="list-style-type: none"> Permanent Must be done in an operating room Reversal is difficult 	<99%
Vasectomy - sterilization	<ul style="list-style-type: none"> A clinician blocks or cuts the tubes that carry sperm Can be done in a trained clinician's clinic 	No	<ul style="list-style-type: none"> Permanent Reversal is difficult Takes up to 3 months to work 	<99%
The Shot (Depo-Provera)	<ul style="list-style-type: none"> A shot every three months Give yourself a shot or get it in a clinic 	May cause spotting, no bleeding at all, or longer bleeding. Cramps may improve.	<ul style="list-style-type: none"> Each shot works for 15 weeks Can improve PMS May cause weight gain of 5-11 pounds due to increased appetite It may take months to get pregnant after stopping 	96%
The Patch (Xulane, Zafemy)	<ul style="list-style-type: none"> Apply a new patch once a week for 3 weeks No patch in week four 	Can make monthly bleeding more regular, lighter, or shorter	<ul style="list-style-type: none"> May help with acne Can cause skin irritation under the patch You can get pregnant right after stopping 	93%
The Pill (Yaz, Jencycla, Ortho Tri-cyclen, Estarylla)	<ul style="list-style-type: none"> Take the pill daily 	Can make monthly bleeding more regular, lighter, or shorter	<ul style="list-style-type: none"> May help with acne You can get pregnant right after stopping Side effects can get better by changing brands 	93%

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Progestin-only Pills (O-pill, Jencycla, Minipill)	<ul style="list-style-type: none"> Take the pill daily 	Can make monthly bleeding more regular, lighter, or shorter	<ul style="list-style-type: none"> Free at WeAre Available without a prescription You can get pregnant right after stopping 	93%
The Ring (Nuvaring)	<ul style="list-style-type: none"> Insert a small ring into the vagina Change the ring once a month 	Can make monthly bleeding more regular, lighter, or shorter	<ul style="list-style-type: none"> May help with acne May slip out during sex or when you use the bathroom You can get pregnant right after stopping 	93%
Condom - Male	<ul style="list-style-type: none"> Use a new condom each time you have sex. Use a non-latex condom if allergic to latex 	No	<ul style="list-style-type: none"> Free at WeARE Can be used for oral, vaginal or anal sex Protects against pregnancy, HIV and other STIs 	87% Prevents STIs and HIV
Diaphragm (Caya)	<ul style="list-style-type: none"> Put it in your vagina each time you have sex Use with spermicide every time 	No	<ul style="list-style-type: none"> Reusable, lasts up to 2 years Should not be used with bleeding or infection Increased risk of bladder infections 	83%
Condom - Female	<ul style="list-style-type: none"> Use a new condom each time you have sex Use extra lube as needed 	No	<ul style="list-style-type: none"> Free at WeARE Used for vaginal and anal sex Protects against pregnancy, HIV and other STIs 	79% Prevents STI's and HIV
Pull Out	<ul style="list-style-type: none"> Pull penis out of vagina before ejaculation 	No	<ul style="list-style-type: none"> Costs nothing High failure rate 	78%
Spermicide	<ul style="list-style-type: none"> Insert spermicide each time you have sex 	No	<ul style="list-style-type: none"> Lasts up to 30 minutes Can buy in stores May cause irritation of penis/vagina 	72%
Emergency Contraception (Plan B)	<ul style="list-style-type: none"> Works best the sooner you take it You can take it up to 5 days after unprotected sex 	Your next monthly cycle may come early or late	<ul style="list-style-type: none"> May cause spotting Ella EC works better than Plan-B EC if you weigh more than 165 pounds 	58-94%
Fertility Awareness	<ul style="list-style-type: none"> Take temperature daily, check vaginal mucus, keep a record of monthly bleeding 	No	<ul style="list-style-type: none"> Does not work if monthly cycles are irregular Can help with avoiding pregnancy or trying to get pregnant 	66%