

# *Birth Control* **OPTIONS**

THERE ARE MANY SAFE AND EFFECTIVE BIRTH CONTROL METHODS TO CHOOSE FROM. THIS GUIDE WILL HELP YOU AND YOUR PROVIDER SELECT THE TYPE THAT'S RIGHT FOR YOU.



**Carson Medical Group**

## METHOD

## USE

## THINGS TO KNOW

### THE IMPLANT (NEXPLANON)



>99% EFFECTIVE

May be less effective  
if BMI >30

- A healthcare provider places it under the skin of the back of upper arm
- Lasts up to 3-5 years
- Must be removed by a healthcare provider

#### BENEFITS

- Cramps often improve
- May lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovarian syndrome (PCOS)
- You can become pregnant immediately after removal

#### SIDE EFFECTS/RISKS

- May cause mood changes, headache, acne, weight gain, and depression
- Rarely, problem with insertion or removal
- Small increased risk of ectopic if pregnancy occurs

#### BLEEDING IMPACT

- Can cause irregular bleeding and spotting
- After one year, you may have no period at all

### COPPER IUD (PARAGARD)



>99% EFFECTIVE

- Must be placed in the uterus by a healthcare provider
- May be left in place for up to 10 years
- Must be removed by a healthcare provider

#### BENEFITS

- Non-hormonal
- You can become pregnant immediately after removal

#### SIDE EFFECTS/RISKS

- Rarely, uterus can be injured during placement
- Small increased risk of ectopic if pregnancy occurs

#### BLEEDING IMPACT

- May cause heavy monthly bleeding and cramping
- May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue for you)

### HORMONAL IUD (MIRENA 8 YRS, LITLETTA 8 YRS, KYLEENA 3 YRS, AND SKYLA 3 YRS)



>99% EFFECTIVE

- Must be placed in the uterus by a healthcare provider
- May be left in place 3-8 years, depending on which IUD you choose
- Must be removed by a healthcare provider

#### BENEFITS

- Cramps may improve
- May lower risk of uterine lining cancer
- You can become pregnant immediately after removal

#### SIDE EFFECTS/RISKS

- May cause headaches, nausea, depression, acne, and breast tenderness
- Rarely, uterus is injured during placement
- Small increased risk of ectopic if pregnancy occurs

#### BLEEDING IMPACT

- May cause lighter monthly bleeding, or no period at all

### THE SHOT (DEPO-PROVERA)



96% EFFECTIVE

- Injection every 12 weeks for up to 2 years

#### BENEFITS

- Every shot works for 12 weeks
- Helps prevent cancer of the uterus
- May lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovarian syndrome (PCOS)

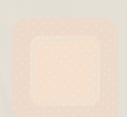
#### SIDE EFFECTS/RISKS

- May cause weight gain, depression, change in sex drive, and reversible osteoporosis
- Side effects may last up to 6 months after stopping shots

#### BLEEDING IMPACT

- Often decreases monthly bleeding
- May cause spotting or no period at all

### THE PATCH (ORTHO EVRA)



93% EFFECTIVE

CONTAINS ESTROGEN  
May be less effective  
if BMI >30

- Apply a new patch once a week for 3 weeks
- No patch in week 4

#### BENEFITS

- May lower the risk of uterus, ovary, and colon cancers, and may help polycystic ovarian syndrome (PCOS)
- You can become pregnant immediately after stopping

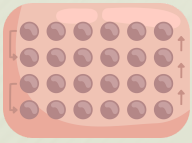
#### SIDE EFFECTS/RISKS

- May cause skin irritation, headache, and breast tenderness
- Less effective for people who weigh more than 198 pounds

#### BLEEDING IMPACT

- Can regulate monthly bleeding and decrease pain
- May cause spotting in first few months

## THE PILL



93% EFFECTIVE  
CONTAINS ESTROGEN

- Take the pill daily

### BENEFITS

- Can improve PMS symptoms and acne
- May lower the risk of uterus, ovary, and colon cancers, and helps polycystic ovarian syndrome (PCOS)
- You can become pregnant immediately after stopping

### SIDE EFFECTS/RISKS

- May cause headaches, nausea, depression, breast tenderness, and change in sex drive; some brands may be better suited to you than others

### BLEEDING IMPACT

- Can regulate monthly bleeding and decrease pain
- Often causes spotting, which may last for many months

## PROGESTIN-ONLY PILLS



91% EFFECTIVE

- Take the pill daily at the same time of day

### BENEFITS

- May lower the risk of uterine lining cancer, ovarian cancer, and helps polycystic ovarian syndrome (PCOS)
- You can become pregnant immediately after stopping

### SIDE EFFECTS/RISKS

- May cause headaches, nausea, breast tenderness, and change in sex drive

### BLEEDING IMPACT

- Can regulate monthly bleeding and decrease pain
- May cause spotting in first few months

## THE RING (NUVARING, ANNOVERA)



93% EFFECTIVE  
CONTAINS ESTROGEN

- Insert a small ring into the vagina
- Change ring each month with Nuvaring
- Use the same ring for a year, removing every 21 days with Annovera

### BENEFITS

- One size fits all
- Private for user
- May lower the risk of uterus, ovary, and colon cancers, and helps polycystic ovarian syndrome (PCOS)
- You can become pregnant immediately after removal

### SIDE EFFECTS/RISKS

- May cause nausea, headache, breast tenderness, vaginal irritation, and vaginal discharge
- Can increase vaginal discharge

### BLEEDING IMPACT

- Can regulate monthly bleeding and decrease pain
- May cause spotting in first few months

## CONDOM



87% EFFECTIVE

- Use a new condom each time you have sex
- Use a polyurethane condom if allergic to latex

### BENEFITS

- Can buy at many stores; no prescription needed
- Can put on as part of intercourse foreplay
- Can help prevent early ejaculation
- Can be used for oral, vaginal, and anal sex
- Protects against HIV and other STIs

### SIDE EFFECTS/RISKS

- Can break or slip off
- Can decrease penile sensation or cause loss of erection

### NO BLEEDING IMPACT

## SPERMICIDE (CREAM, GEL, SPONGE, FOAM, INSERTS, FILM, PHEXXI)



79% EFFECTIVE

- Insert spermicide each time you have sex

### BENEFITS

- Can buy at many stores or can be prescribed

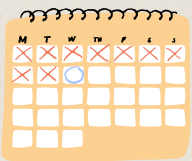
### SIDE EFFECTS/RISKS

- May irritate vagina and/or penis
- Cream, gel, and foam can be messy
- May increase risk of contracting HIV

### NO BLEEDING IMPACT



### FERTILITY AWARENESS (NATURAL FAMILY PLANNING)



77% EFFECTIVE

- Predict fertile days by taking temperature daily, checking vaginal mucus for changes, tracking your periods
- Works best if you use more than one of these methods
- Avoid sex or use condoms/spermicide on fertile days

#### BENEFITS

- Little to no cost
- Does not require a prescription
- Can help with avoiding and/or trying to become pregnant

#### SIDE EFFECTS/RISKS

- Does not work well if your menstrual cycles are irregular
- This method requires a lot of effort

#### NO BLEEDING IMPACT

### WITHDRAWAL (PULL-OUT METHOD)



80% EFFECTIVE

- Pull penis out of vagina before ejaculation
- Works best when used with another birth control method

#### BENEFITS

- No cost

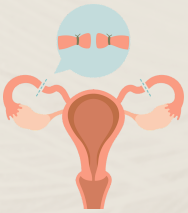
#### SIDE EFFECTS/RISKS

- Less pleasure for some
- Does not work if penis is not pulled out in time
- Must interrupt sex

#### NO BLEEDING IMPACT

## SURGICAL OPTIONS

### STERILIZATION (TUBAL METHOD)



>99% EFFECTIVE

- These methods block, cut, or remove the fallopian tubes
- A healthcare provider reaches the tubes through two small cuts in your belly

#### BENEFITS

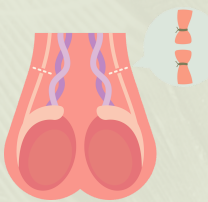
- These methods are permanent and highly effective

#### SIDE EFFECTS/RISKS

- Possible infection, bleeding, pain, and reactions to anesthesia
- Typical method (removal of both tubes) considered irreversible
- Small increased risk of ectopic if pregnancy occurs

#### NO BLEEDING IMPACT

### STERILIZATION (VASECTOMY)



>99% EFFECTIVE

- A healthcare provider blocks or cuts the tubes that carry sperm from the testicles

#### BENEFITS

- These methods are permanent and highly effective
- More effective, safer, and cheaper than tubal
- Can typically be done in-office
- No general anesthesia needed

#### SIDE EFFECTS/RISKS

- Possible infection, bleeding, and pain
- Difficult to reverse
- Takes up to four months to become effective (follow up is necessary to confirm)

#### NO BLEEDING IMPACT

## NOTE

- All methods containing estrogen may decrease milk production if breastfeeding. They may also increase risk of heart attack, stroke, and blood clots. If you have history of any of these, or history of migraines with aura, methods containing estrogen are not indicated.
- Effective rates listed are based on typical use. Improper use or application of any method may decrease effective rate.

**TALK WITH YOUR HEALTHCARE PROVIDER ABOUT WHICH BIRTH CONTROL METHOD IS RIGHT FOR YOU. CONTACT US AT [775-883-3636](tel:775-883-3636).**



For more information, visit [acog.org/womens-health/healthy-living/birth-control](https://acog.org/womens-health/healthy-living/birth-control)