







YOUR BIRTH CONTROL CHOICES



Equality Health Center (formerly Concord Feminist Health Center) participates in state and federal funding programs that help reduce the costs of family planning services to women and men who cannot pay full price for health care services. Please contact us today to see if you qualify.

Remember that condoms are the only method of birth control that will help prevent STIs and HIV.






Method	Success Rate	How to Use	Pros	Cons
Copper IUD (ParaGard™) 	> 99%	<ul style="list-style-type: none"> ◇ Must be placed in uterus by a health care provider ◇ Must be removed by a health care provider 	<ul style="list-style-type: none"> ◇ May be left in place for 10+ years ◇ Can be used while breastfeeding ◇ Ability to become pregnant returns quickly when IUD is removed ◇ May be inserted immediately after abortion, childbirth or miscarriage ◇ Effective as emergency contraception 	<ul style="list-style-type: none"> ◇ May cause more cramps & heavier periods the first 6 months ◇ Less than 1% of women have an increased risk of Pelvic inflammatory disease (PID) ◇ Rarely, uterus is injured during placement (1 in 1000)
Progestin IUD (Liletta, Mirena™ or Skyla™) 	> 99%	<ul style="list-style-type: none"> ◇ Must be placed in uterus by a health care provider ◇ Must be removed by a health care provider 	<ul style="list-style-type: none"> ◇ Mirena may be left in place for 5+ years ◇ Skyla may be left in place for 3 years ◇ May improve period cramps & bleeding ◇ Can be used while breastfeeding ◇ Ability to become pregnant returns quickly when IUD is removed ◇ May be inserted immediately after abortion, childbirth or miscarriage 	<ul style="list-style-type: none"> ◇ May cause lighter periods, spotting, or no period at all ◇ Less than 1% of women have an increased risk of Pelvic inflammatory disease (PID) ◇ Rarely, uterus is injured during placement (1 in 1000)
Nexplanon^R 	> 99%	<ul style="list-style-type: none"> ◇ A health care provider places it under the skin of the upper arm ◇ Must be removed by a health care provider 	<ul style="list-style-type: none"> ◇ May be left in place for 3+ years ◇ No medicine to take daily ◇ Can be used while breastfeeding ◇ Ability to become pregnant returns quickly after it is removed 	<ul style="list-style-type: none"> ◇ May cause irregular bleeding ◇ May cause headaches ◇ May cause weight gain ◇ May cause irritation, bruising at insertion site ◇ Rarely, removal of implant requires surgery

VERY EFFECTIVE Contraception


Method	Success Rate	How to Use	Pros	Cons
The Shot Depo-Provera™ 	97-99%	<ul style="list-style-type: none"> ◇ Get shot every 3 months 	<ul style="list-style-type: none"> ◇ Each shot works for 13 weeks ◇ Helps prevent cancer of the lining of the uterus (womb) ◇ No pill to take daily ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ May cause irregular bleeding for 3-6 months; possible no bleeding after that period ◇ May cause weight gain ◇ May cause change in sex drive ◇ May cause delay in getting pregnant once stopped ◇ Side effects may last up to 6 months after you stop the shots
The Pill 	92-99%	<ul style="list-style-type: none"> ◇ Must take the pill <u>at the same time</u> each day 	<ul style="list-style-type: none"> ◇ Can make periods more regular and less painful ◇ Can improve PMS symptoms ◇ Can improve acne ◇ Lowers risk of ovarian cancer ◇ Ability to become pregnant returns quickly after stopping the pills 	<ul style="list-style-type: none"> ◇ May cause spotting the first 1-2 months ◇ May cause nausea ◇ Rarely causes headaches
Progestin-Only Pills 	92-99%	<ul style="list-style-type: none"> ◇ Must take the pill <u>at the same time</u> each day 	<ul style="list-style-type: none"> ◇ Can be used while breastfeeding ◇ Ability to become pregnant returns quickly after stopping the pills 	<ul style="list-style-type: none"> ◇ Often cause spotting, irregular bleeding up to 6 months

The Vaginal Ring Nuvaring™ 	92-99%	<ul style="list-style-type: none"> ◇ Insert a small ring into the vagina ◇ Change ring each month 	<ul style="list-style-type: none"> ◇ Can make periods more regular and less painful ◇ May stop periods or have only light spotting after 3-6 months ◇ No pill to take daily ◇ Ability to become pregnant returns quickly after stopping the ring 	<ul style="list-style-type: none"> ◇ May increase vaginal infections and/or irritation ◇ May increase vaginal discharge ◇ May cause headaches ◇ May cause spotting the first 1-2 months of use
The Patch Ortho Evra™ 	92-99%	<ul style="list-style-type: none"> ◇ Apply a new patch once a week for three weeks ◇ No patch in week 4 	<ul style="list-style-type: none"> ◇ Can make periods more regular and less painful ◇ No pill to take daily ◇ Ability to become pregnant returns quickly after stopping patch 	<ul style="list-style-type: none"> ◇ May irritate skin under patch ◇ May cause nausea and/or vomiting ◇ May cause headaches ◇ May cause breast swelling and/or tenderness

EFFECTIVE Contraception

Method	Success Rate	How to Use	Pros	Cons
Male Condom 	85-98%	<ul style="list-style-type: none"> ◇ Use a new condom each time you have sex ◇ Use a polyurethane condom if allergic to latex 	<ul style="list-style-type: none"> ◇ Can buy at many stores ◇ Can help prevent early ejaculation ◇ Helps protect against HIV and other sexually transmitted infections (STIs) ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ May decrease sensation ◇ May cause loss of erection ◇ May break or slip off
Female Condom 	79-95%	<ul style="list-style-type: none"> ◇ Use a new condom each time you have sex ◇ Use extra lubrication as needed 	<ul style="list-style-type: none"> ◇ Can buy at many stores ◇ Good for people with latex allergy ◇ Some protection against HIV and sexually transmitted infections (STIs) ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ May be noisy ◇ May be hard to insert ◇ May slip out of place during sex
Diaphragm 	84-94%	<ul style="list-style-type: none"> ◇ Must be used each time you have sex ◇ Must be used with spermicide ◇ A provider will fit you and show you how to use it 	<ul style="list-style-type: none"> ◇ Can last several years ◇ Costs very little to use ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ Using spermicide nonoxynol-9 may increase the risk of getting HIV ◇ Should not be used with vaginal bleeding or infection ◇ May raise risk of bladder infection
Rhythm Natural Family Planning, Fertility Awareness 	76-98%	<ul style="list-style-type: none"> ◇ Predict fertile days by: taking temp daily, checking vaginal mucus for changes and/or keeping a record of periods ◇ Avoid sex during fertile days or use another method 	<ul style="list-style-type: none"> ◇ Costs little to nothing ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ Must use another method during fertile days ◇ Works best if 2 or more predictors are used ◇ Does not work well if periods are irregular
Spermicide Cream, gel, sponge, foam, inserts, film 	71-85%	<ul style="list-style-type: none"> ◇ Insert more spermicide each time you have sex 	<ul style="list-style-type: none"> ◇ Can buy at many stores ◇ Comes in many forms: cream, gel, sponge, foam, inserts, film ◇ Can be used while breastfeeding 	<ul style="list-style-type: none"> ◇ Using spermicide nonoxynol-9 may increase the risk of getting HIV ◇ May irritate vagina, penis ◇ Cream, gel, and foam can be messy

EMERGENCY Contraception

Method	Success Rate	How to Use	Pros	Cons
Emergency Contraception Paraguard, ELLA, Plan B, Next Choice, and others 	58-99%	<ul style="list-style-type: none"> ◇ Works best when used within 24 hours of having unprotected sex ◇ You can take EC up to 5 days after unprotected sex ◇ If pack contains 2 pills, take both together 	<ul style="list-style-type: none"> ◇ Can be used while breastfeeding ◇ Available at pharmacies, health centers or health care providers: Many do not carry EC so call ahead to see if they have it (Plan B is available at EHC) ◇ Plan B and Next Choice can be obtained without a prescription ◇ Paraguard is over 99% effective 	<ul style="list-style-type: none"> ◇ Paraguard must be inserted by a healthcare provider (available at EHC) ◇ Ella is available only by prescription ◇ May cause stomach upset or nausea ◇ The next period may come early or late. ◇ May cause spotting

Technical information obtained from www.rhedi.org and www.reproductiveaccess.org

(Reviewed June 2016)