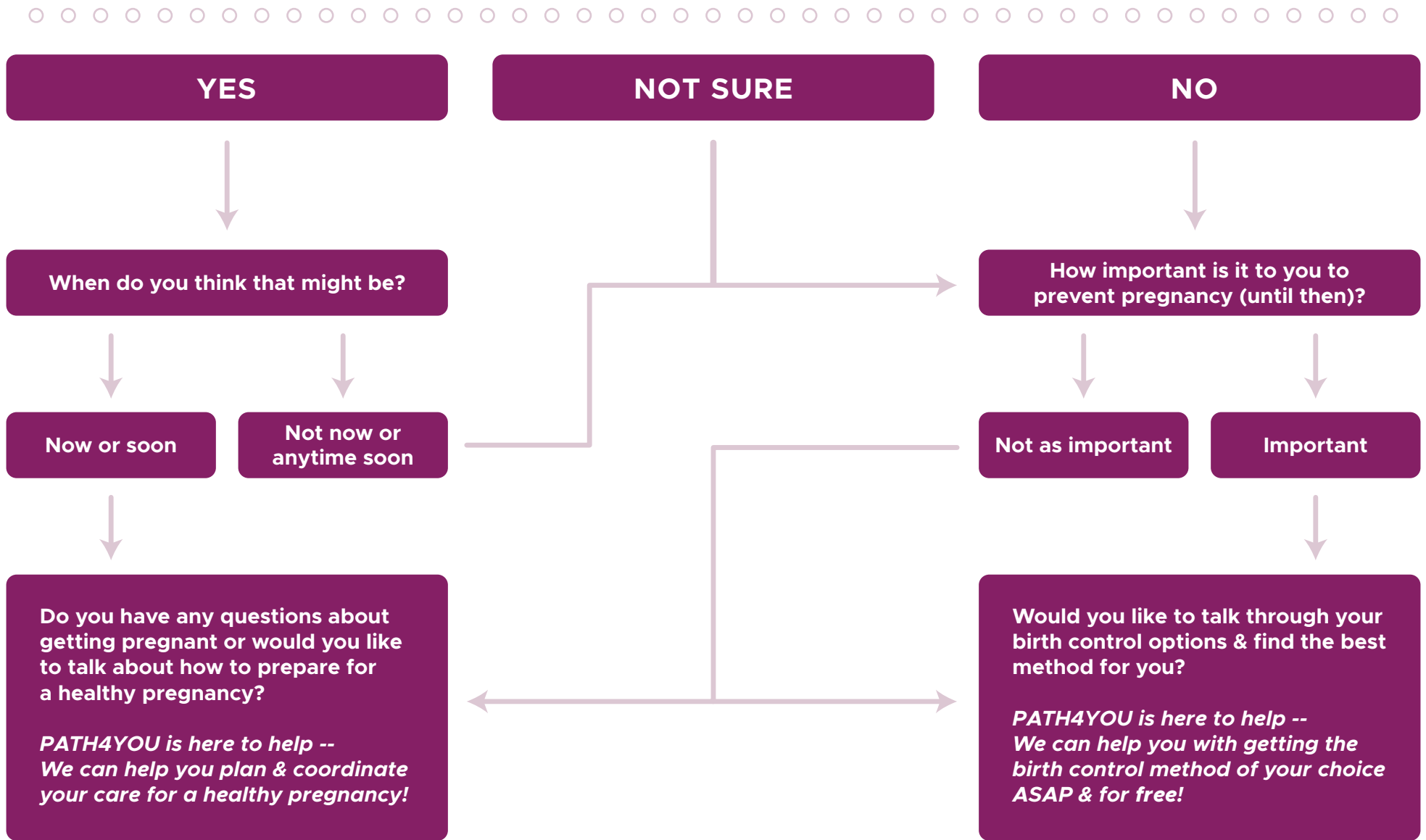


DO YOU THINK YOU MIGHT LIKE TO HAVE A CHILD OR MORE CHILDREN AT SOME POINT?



PATH4YOU.ORG
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MORE EFFECTIVE BIRTH CONTROL METHODS

MORE EFFECTIVE
LESS THAN 1 PREGNANCY PER 100 WOMEN IN 1 YEAR



ARM IMPLANT
Nexplanon®

HOW TO USE

- A clinician places it under the skin of the upper arm
- It must be removed by a clinician

BLEEDING IMPACT

- May cause irregular bleeding and spotting
- Over time you may have no bleeding at all
- Cramps often improve

THINGS TO KNOW

- Long-lasting (up to 5 years) with nothing to do to make it work well
- You can become pregnant right after it is removed
- It may lower the risk of cancers of the uterus & ovaries
- Rarely can experience complications during insertion or removal



NON-HORMONAL (COPPER) INTRAUTERINE DEVICE (IUD)
ParaGard®

HOW TO USE

- A clinician places it in uterus
- Usually removed by a clinician but can be removed at home

BLEEDING IMPACT

- May cause more cramps and heavier periods in some
- May cause spotting between periods

THINGS TO KNOW

- Long-lasting (up to 12 years) with nothing to do to make it work well
- You can become pregnant right after removal
- It may lower the risk of cancers of the uterus & ovaries
- Rarely, can experience complications during insertion or removal



HORMONAL (PROGESTIN) INTRAUTERINE DEVICE (IUD)
Liletta®, Mirena®, Skyla®, and others

HOW TO USE

- A clinician places it in uterus
- Usually removed by a clinician but can be removed at home

BLEEDING IMPACT

- Cramps often improve
- May cause lighter periods, spotting, or no periods at all

THINGS TO KNOW

- Long-lasting (Up to 3 to 7 years, depending on IUD type) with nothing to do to make it work well
- You can become pregnant right after removal
- It may lower the risk of cancers of the uterus & ovaries
- Rarely, can experience complications during insertion or removal



STERILIZATION:
Tubal Methods or Vasectomy

HOW TO USE

- These methods block or cut the Fallopian tubes or the tubes that carry sperm from your testicles

BLEEDING IMPACT

No Impact

THINGS TO KNOW

- Permanent with nothing to do to make it work well
- Reversal is difficult
- Rarely, can experience complications during the procedure
- Female sterilization works immediately, male sterilization takes up to three months to work



INJECTION
Depo-Provera®

HOW TO USE

- Get a shot every 3 months, either in a medical office or give yourself

BLEEDING IMPACT

- May cause irregular bleeding or spotting or no periods
- Often improves heavy periods

THINGS TO KNOW

- Each shot works for 12 weeks
- May cause weight gain, mood changes, hair or skin changes, or change in sex drive
- It may lower the risk of cancers of the uterus & ovaries
- Side effects, including delay in getting pregnant, may last up to 6-12 months after you stop



VAGINAL RING
ANNOVERA®, Nuvaring®

HOW TO USE

- Insert a small ring into the vagina for 3 weeks, remove for 1 week to get period
- Monthly ring is changed each month, while yearly ring is changed each year

THINGS TO KNOW

- Can improve acne and PMS / period symptoms
- You can become pregnant right after stopping
- May cause nausea, headaches, or change in sex drive – usually improves over time
- This method contains estrogen, which may not be recommended for certain people due to risk of blood clots or stroke
- It may lower the risk of cancers of the uterus and ovaries



PATCH
Pxlulane®, Twirla®

HOW TO USE

- Apply a new patch once a week for three weeks, then leave the patch off for 1 week to get your period

BLEEDING IMPACT

- Can make monthly bleeding more regular and less painful
- May cause spotting the first few months



PILLS

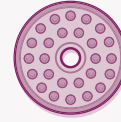
HOW TO USE

- Take a pill daily

4-7 PREGNANCIES PER 100 WOMEN IN 1 YEAR

LESS EFFECTIVE BIRTH CONTROL METHODS

4-7 PREGNANCIES PER 100 WOMEN IN 1 YEAR



PROGESTIN ONLY PILLS

HOW TO USE

- Take a pill daily
- Must take at the same time every day or it will not be effective

BLEEDING IMPACT

- May cause irregular bleeding or spotting

THINGS TO KNOW

- You can become pregnant right after stopping the pills
- May cause depression, hair or skin changes, or change in sex drive
- It may lower the risk of cancers of the uterus & ovaries



DIAPHRAGM
Caya®

HOW TO USE

- Put in vagina each time you have sex
- Use with spermicide every time

BLEEDING IMPACT

No Impact

THINGS TO KNOW

- One size fits most people
- Non-hormonal and latex-free
- Lasts for 2 years
- Does not protect against STIs
- Rarely, can increase the risk of bladder infection



INTERNAL & EXTERNAL CONDOMS

HOW TO USE

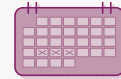
- Use a new condom each time you have sex
- Use a polyurethane condom if allergic to latex
- Use extra lubrication as needed

BLEEDING IMPACT

No Impact

THINGS TO KNOW

- Can buy at many stores without a prescription
- Can put on as part of sex play / foreplay
- Can be used for oral, vaginal, and anal sex
- Protects against HIV and other STIs
- Can break, slip off, or move out of place



CYCLE TRACKING
Natural Family Planning

HOW TO USE

- Predict fertile days by keeping track of your periods, taking temperature, & /or checking vaginal mucus daily
- Works best with more than one of these methods
- Avoid sex or use a method like condoms on fertile days

BLEEDING IMPACT

- No impact on bleeding, but does not work well if your periods are irregular

THINGS TO KNOW

- Costs little and no prescription needed
- Use a different method on fertile days
- This method requires a lot of effort
- There are many apps that help with this, the only FDA-approved version is "Natural Cycles"



WITHDRAWAL
Pull-out

HOW TO USE

- Pull penis out of vagina before ejaculations ("aka" coming)

BLEEDING IMPACT

No Impact

THINGS TO KNOW

- Costs nothing
- Less pleasure for some
- Does not work if penis is not pulled out in time 4
- Must interrupt sex



VAGINAL ACIDIFYING GEL
(Phexxi®)
OR
SPERMICIDE
(Cream, Gel, Sponge, Foam, Inserts, Film)

HOW TO USE

- Insert spermicide or vaginal gel each time you have sex

BLEEDING IMPACT

No Impact

THINGS TO KNOW

- Can buy spermicide at many stores, Vaginal Acidifying Gel requires a prescription
- Can be put in as part of sex play/foreplay
- Does not have any hormones
- Spermicide may raise the risk of getting HIV
- May irritate vagina, penis



EMERGENCY CONTRACEPTION PILLS
Progestin EC
(Plan B® One-Step and others)
ulipristal acetate (ella®)

HOW TO USE

- You can take EC up to 5 days after unprotected sex, but works best the sooner you take it
- If pack contains 2 pills, take both at once

BLEEDING IMPACT

- Your next monthly bleeding may come early or late
- May cause spotting the first few months

THINGS TO KNOW

- It works better the sooner you take it
- Anyone can get progestin EC at pharmacies without a prescription, Ulipristal acetate EC requires a prescription
- May cause nausea
- Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26 or if it has been more than 3 days after sex.

Use this space to take any notes or write down questions to ask your provider(s):

LESS EFFECTIVE
MORE THAN 13 PREGNANCIES PER 100 WOMEN IN 1 YEAR

KEEP THIS AND CIRCLE THE OPTIONS YOU'D LIKE TO DISCUSS WITH YOUR PROVIDER DURING YOUR VISIT