

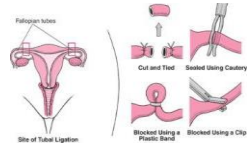
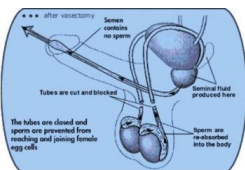

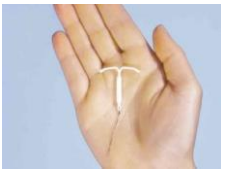

## YOUR BIRTH CONTROL CHOICES

### Key Points

- Your doctor can help you decide which birth control method is right for you.
- Some birth control options are the pill, surgery, and injection.
- The length of time of the methods can be short-term, long-term, or forever.


Your doctor may ask if you are pregnant or if you want to be pregnant. If you choose not to be pregnant, your doctor will talk to you about birth control or family planning choices during your appointment.

These questions are confidential. Confidential means that your doctor and interpreter will not share your answers with anyone. Only doctors and nurses who take care of you will have access to your medical records.

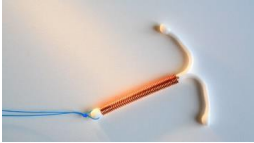
METHOD	HOW TO USE IT	PROS	CONS	
	Female sterilization	Doctor cuts/blocks tubes	Lasts forever. Most effective	Not reversible. Does not protect against HIV/STIs.
	Male sterilization (vasectomy)	Doctor cuts/blocks tubes	Lasts forever. Most effective	Not reversible. Does not protect against HIV/STIs.
	Implant- Nexplanon	Plastic rod put under your skin by doctor	Works for 3 years. Very effective	Irregular bleeding. Does not protect against HIV/STIs.
	IUD- Mirena/ Liletta	IUD placed in uterus by doctor	Works for 5 years (Mirena) or 3 years (Liletta). Very effective	Irregular bleeding or spotting or no bleeding. Does not protect against HIV/STIs.
	IUD- Paraguard	IUD placed in uterus by doctor	Works for 10 years. Very effective. No hormones. Ok for breastfeeding	Heavier bleeding, worse cramping. Does not protect against HIV/STIs.

	Injection- Depo Provera	Injection every 3 months	Few or no periods. Ok for breastfeeding	Irregular bleeding or spotting. May take up to a year for fertility to return. Does not protect against HIV/STIs.
	Pill	Must take every day at the same time	Can make periods more regular and less painful. May improve acne and menstrual symptoms.	May cause nausea, weight gain, headaches, and change in sex drive. Does not protect against STIs.
	Progestin-only pill	Must take every day at the same time	Can make periods more regular, less painful, limit acne and menstrual symptoms.	May cause nausea, weight gain, headaches, change in sex drive. Does not protect against HIV/STIs.
	Patch	Use new patch on skin once a week.	Can make periods more regular and less painful. No pill to take every day.	May irritate skin. Spotting for 1-2 months. Does not protect against HIV/STIs.
	Ring	Insert a small plastic ring into vagina. Change ring each month.	Can make periods more regular and less painful. No pill to take every day.	May increase vaginal discharge. Spotting for 1-2 months. Does not protect against HIV/STIs.
	Diaphragm	Insert correctly every time you have sex.	Easy to use. No hormones. Lasts a long time, it is reusable.	Must be used every time you have sex. Does not help with preventing HIV/STIs.
	Condoms (male and female)	Use new condom every time you have sex.	<u>Only method that helps prevent HIV and sexually transmitted infections</u>	Must use every time you have sex to be effective.

### EMERGENCY CONTRACEPTION

	Emergency Contraception Pills (ECP) (Plan B)	Pill should be taken within 3 days of unprotected sex. It can be taken for up to 5 days after unprotected sex. May come in 1 or 2	Available in most pharmacies without prescription or ID (ask pharmacist)	Can be expensive if not prescribed and not covered with insurance. Does not protect against HIV/STIs.
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These materials have been approved by the Minnesota Center of Excellence in Newcomer Health.  
Source: <https://www.cdc.gov/reproductivehealth/contraception/mmwr/spr/intro.html>

		pills (the 2 pills should be taken together).		
	Copper-containing IUD (Cu-IUD) (emergency IUD)	Can be inserted within 5 days of the first act of unprotected sex.	Can be continued as regular birth control	Must be inserted by a doctor. Does not protect against HIV/STIs.