

BIRTH CONTROL METHODS

Birth control helps prevent pregnancy, and there are many different birth control options.

LOW MAINTENANCE

1 INTRAUTERINE DEVICE (IUD)

- 99% effective
- Tiny device is put into uterus
- Copper IUDs and hormonal IUDs prevent sperm from reaching egg
- Lasts up to 12 years
- Costs: Up to \$1,300*



2 BIRTH CONTROL IMPLANT

- 99% effective
- Tiny, thin rod is inserted under the skin of the upper arm
- Implant releases hormone progestin to inhibit eggs from leaving ovaries, preventing pregnancy
- Lasts up to 5 years
- Cost: Up to \$1,300*



USE ON A SCHEDULE

3 BIRTH CONTROL SHOT

- 94% effective
- Injection
- Hormone progestin prevents ovulation by making cervical mucus thicker; sperm cannot enter the uterus and uterine lining cannot support a fertilized egg
- New injection every 3 months
- Costs: Up to \$150*



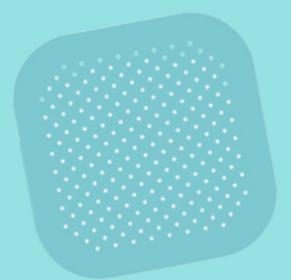
4 BIRTH CONTROL PILL

- 91% effective
- Pack of pills
- Pill stops sperm from fertilizing with an egg; prevents ovulation; makes cervix mucus thick
- Pills taken daily
- Costs: Up to \$50*



5 BIRTH CONTROL PATCH

- 91% effective
- Patch on skin absorbs hormones estrogen and progestin
- Patch stops sperm from fertilizing with an egg; prevents ovulation; makes cervix mucus thick
- Replace patch weekly
- Costs: Up to \$150*



USE EVERY TIME

6 CONDOM

- 85% effective
- Thin, stretchy pouches worn on penis during sex
- Small pouches made of latex that collect semen; prevent sperm from getting into the vagina
- Put on before sex
- Can prevent STDs
- Costs: Up to \$2 per condom



7 INTERNAL CONDOMS

- 79% effective
- Thin, stretchy pouches placed inside vagina during sex
- Small pouches made of nitrile that act as a barrier to stop sperm from reaching the egg
- Put on before sex
- Can prevent STDs
- Costs: Up to \$2 per condom



*Prices will vary based on health insurance coverage.

BIRTH CONTROL METHODS (CONT.)

Birth control helps prevent pregnancy, and there are many different birth control options.

USE EVERY TIME + TOGETHER

8

DIAPHRAGM

- 88% effective
- Shallow, bendable cup put inside vagina
- Cup made of silicone; covers the cervix and stops sperm from fertilizing with an egg
- Used with spermicide for best results
- Put on before sex
- Costs: Up to \$75 (includes exam and fitting)*



9

SPERMICIDE AND CONTRACEPTIVE GEL

- 71-86% effective
- Cream or gel that is put into vagina
- Blocks entrance to cervix; stops sperm from moving well enough to swim to egg
- Used with diaphragm for best results
- Put on before sex
- Costs: Up to \$20*



LIFESTYLE

10

FERTILITY AWARENESS METHODS

- 71-86% effective
- Ways to track ovulation / menstrual cycle and fertility signs
- Check morning temperature, cervical mucus, and menstrual cycle
- Every day
- Helps you know when it is safe to have sex without risking pregnancy



11

WITHDRAWAL

- 78% effective
- Pulling the penis out of the vagina before ejaculation
- Pulling out prevents sperm from getting inside and reaching the egg
- Most effective when used with another type of birth control



12

ABSTINENCE

- 100% effective
- Not having vaginal, oral, or anal sex
- Keeps semen away from the vagina



PERMANENT

13

FEMALE STERILIZATION

- 99% effective
- Surgical female sterilization procedure that protects against pregnancy
- Tube ligation: removes pieces of fallopian tube
- Bilateral salpingectomy: removal of fallopian tubes
- Permanent
- Costs: Up to \$1,600*



14

MALE VASECTOMY

- 99% effective
- Surgical male sterilization procedure that protects against pregnancy
- Small tubes in the scrotum that carry sperm are blocked off so sperm cannot leave body
- Permanent
- Costs: Up to \$1,000*



*Prices will vary based on health insurance coverage.

**To learn more which option is right for you, please consult with a medical professional.