






Your Birth Control Choices

Method	How to Use	Impact on Bleeding	Things to Know	How well does it work? *
External Condom 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use a polyurethane condom is allergic to latex 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Can buy at many stores Can put on as part of sex play/foreplay Can help prevent early ejaculation Can be used for oral, vaginal, and anal sex Protects against HIV and other STIs Can decrease penile sensation Can cause loss of erection Can break or slip off Does not need a prescription 	87%
The Pill 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Often causes spotting, which may last for many months 	<ul style="list-style-type: none"> Can improve PMS symptoms Can improve acne Helps prevent cancer of the ovaries This method contains estrogen – it is unclear if estrogen interacts with testosterone You can become pregnant right after stopping the pills May cause nausea, weight gain, headaches, change in sex drive – some of these can be relieved by changing to a new brand 	93%
Progestin-Only Pills 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months 	<ul style="list-style-type: none"> You can become pregnant right after stopping the pills It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) May cause depression, hair or skin changes, change in sex drive 	93%
The Ring <i>Nuvaring®</i> 	<ul style="list-style-type: none"> Insert a small ring into the vagina Monthly Ring: Change ring each month 	<ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months Can increase vaginal discharge 	<ul style="list-style-type: none"> One size fits all Private You can become pregnant right after stopping the ring This method contains estrogen – it is unclear if estrogen interacts with testosterone 	93%
The Shot <i>Depo-Provera®</i> 	<ul style="list-style-type: none"> Get a shot every 3 months (13 weeks) 	<ul style="list-style-type: none"> Often decreases monthly bleeding May cause spotting or no monthly bleeding 	<ul style="list-style-type: none"> Each shot works for up to 15 weeks Private for user Helps prevent cancer of the uterus May cause weight gain, depression, hair or skin changes, change in sex drive It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) 	96%

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Progestin IUD <i>Liletta®</i> 	<ul style="list-style-type: none"> Must be placed in uterus by a clinician 	<ul style="list-style-type: none"> May improve cramps May cause lighter monthly bleeding, spotting, or no monthly bleeding at all 	<ul style="list-style-type: none"> Side effects may last up to 6 months after you stop the shots May be left in place for up to 5 years You can become pregnant right after removal It may lower risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) Rarely, uterus is injured during placement 	>99%
Natural Methods				
Fertility Awareness Natural Family Planning 	<ul style="list-style-type: none"> Predict fertile days by: taking temperature daily, checking vaginal mucus for changes and/or keeping a record of your monthly bleeding It works best if you use more than one of these methods Avoid sex or use condoms/spermicide on fertile days 	<ul style="list-style-type: none"> Does not work well if your monthly bleeding is irregular 	<ul style="list-style-type: none"> Costs little Can help with avoiding or trying to become pregnant Use a different method on fertile days This method requires a lot of effort Does not require a prescription 	85%
Withdrawal Pullout	<ul style="list-style-type: none"> Pull penis out of vagina before ejaculations (that is, before coming) 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Costs nothing Less pleasure for some Does not work if penis is not pulled out in time Must interrupt sex 	80%