
















TYPES OF BIRTH CONTROL

Because there are many options, please see your health care professional to discuss which birth control method is appropriate or right for you.

	BIRTH CONTROL	HOW TO USE	PRESCRIPTION NEEDED?	PROTECTS AGAINST STDs?
HORMONAL	 Monthly Oral Contraceptive ("the pill")	Take 1 pill every day as directed	Yes	No
	 Patch	Apply to skin and change weekly	Yes	No
	 Vaginal Ring (Hormonal)	Insert monthly or yearly	Yes	No
	 Injection	Get injections every 3 months	Yes, injections given in health care professional's office or clinic.	No
	 Hormonal Intrauterine Contraceptive (IUD – Intrauterine Device)	Inserted in the uterus and can remain for up to 8 years	Yes, IUD inserted in health care professional's office or clinic.	No
	 Implantable Hormonal Contraceptive	Implanted under the skin of the arm and can remain for up to 3 years	Yes, implanted in health care professional's office or clinic.	No
	 Emergency Contraceptive Plan-B One Step	Take pill as soon as you can within 72 hours of unprotected sex or contraceptive failure	No	No
NON-HORMONAL	 Non-hormonal Intrauterine Contraceptive (IUD)	Inserted in the uterus and can remain for up to 10 years	Yes. IUD inserted in health care professional's office or clinic. Emergency contraception needed for 120 hours post insertion.	No
	 Female Sterilization ("tubes tied")	No action required after surgery	No. Performed surgically.	No
	 Male Sterilization (vasectomy)	Contraception needed for 3 months following procedure or until absence of sperm is confirmed by a health care professional	No. Performed surgically.	No
	 Female Condom	Insert every time before sex. Keep in place for 6 hours after sex.	No	Yes
	 Male Condom	Partner must wear every time during sex.	No	Yes (latex or synthetic only)
	 Vaginal Gel (Phexxi)	Placed immediately before intercourse; lasts for one act of intercourse for an hour; must be reapplied every time intercourse occurs	Yes	No
	 Spermicide	Apply every time before sex.	No	No
	 Diaphragm	Insert every time before sex. Keep in place for 6 hours after sex.	Yes	No