

THE BASICS OF BIRTH CONTROL

What is it?

Any method to control pregnancy by preventing or lessening the frequency of conception

Why use it?

Birth control plays a major role in the reproductive and overall health of both men and women

About 50% of pregnancies in the United States are unplanned



The Options

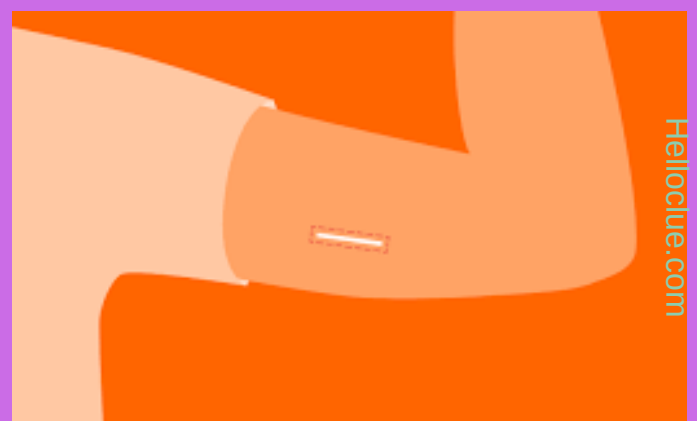
1 Long-acting reversible contraceptives ("LARC") methods

Birth control the doctor inserts one time and lasts for years

Types:

1. Intrauterine devices (IUDs)

2. Hormonal implants



Pros:

Long-term protection against pregnancy (3-12 years)
More than 99% effective
Won't affect fertility or make it harder to get pregnant in the future

About 99% effective
May cause light or no menstrual periods
Protects against pregnancy for 3 years after insertion

Cons:

Increased risk of infection
Doesn't protect against STIs
Can have side effects such as menstrual cramping
Needs to be inserted by a health care provider

Doesn't protect against STIs
Requires minor surgery
Can cause minor side effects

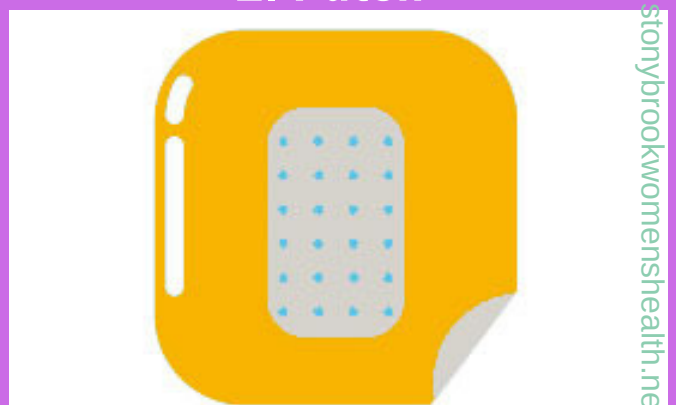
2 Hormonal methods

Birth control options that use hormones to prevent pregnancy

Types:

1. Pills

2. Patch



Pros:

- Very effective if used correctly
- Can relieve period symptoms
- Can decrease acne
- Doesn't interrupt sexual activity

- Effective if used correctly
- Can make periods more regular
- Can relieve period symptoms
- Can decrease acne
- Doesn't interrupt sexual activity

Cons:

- Doesn't protect against STIs
- Potential negative side effects
- Requires prescription
- Requires daily upkeep

- Doesn't protect against STIs
- Potential negative side effects
- Requires prescription
- Requires weekly upkeep

3. Shot



Pros:

- Very effective against pregnancy if used correctly
- Can halt periods
- Helps protect against uterine cancer
- Doesn't interrupt sexual activity

- Very effective if used correctly
- Can relieve period symptoms
- Can decrease acne
- Doesn't interrupt sexual activity
- Can protect against certain health issues

Cons:

- Doesn't protect against STIs
- Injection every 3 months
- Price varies
- May have adverse side effects
- May cause irregular menstrual bleeding

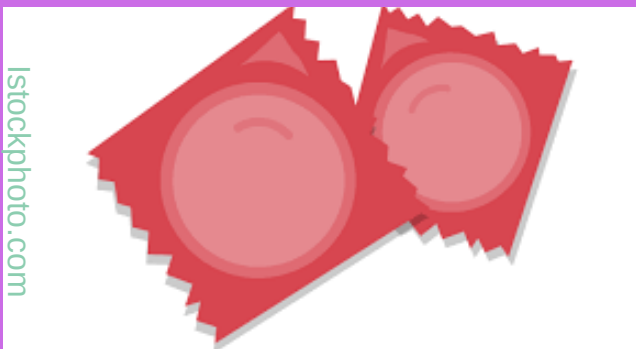
- Doesn't protect against STIs
- Can't be used with certain medications
- May cause adverse side effects
- Increased risk of blood clots
- Requires prescription

3 Barrier methods

Birth control options that you use each time you have sex

Types:

1. Condoms



Pros:

- Lowers risk of STIs
- Provides most protection against STIs
- Inexpensive and easy to get

- Provides protection against pregnancy for a total of 24 hrs if put in right before sex
- Don't need a prescription

Cons:

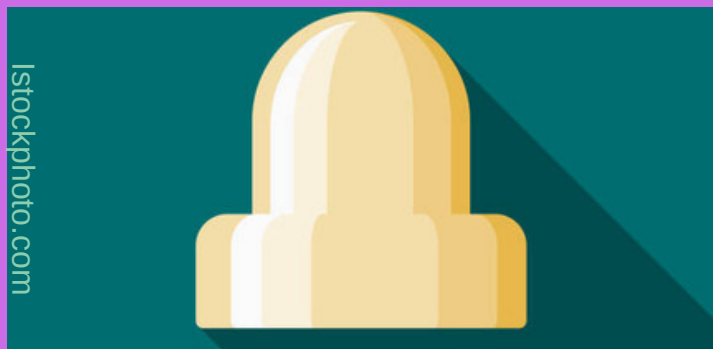
- Not very effective
- Can only be used once
- May interrupt sexual activity
- Can break
- Women may be allergic to latex

- Doesn't protect against STIs
- Can't take out until 6 hrs after sex
- Some women are allergic
- Increases risk of urinary tract infections

2. Sponge



3. Cervical cap



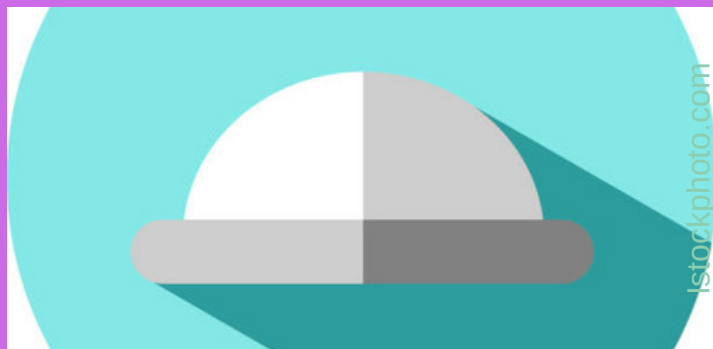
Pros:

Insert hours before sex
Provides protected sex for up to 48 hours

Cons:

Doesn't protect against STIs
Requires prescription
Can't take out until 6-8 hrs after sex
Cost \$30-\$50
May get moved out of place
Increases risk of urinary tract infections

4. Diaphragms



Insert right before or 2-3 hrs before sex
Protection for about 6 hours

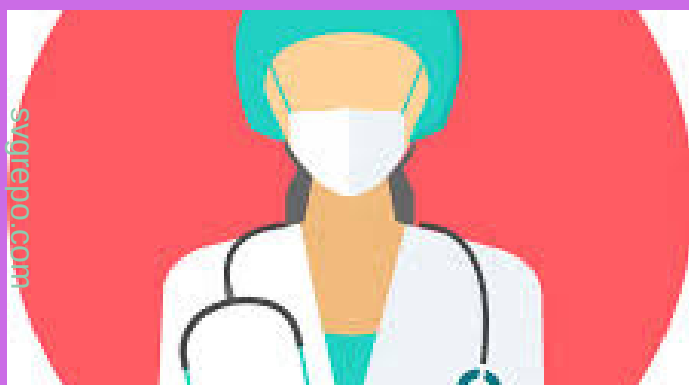
Doesn't protect against STIs
Requires prescription
Can't take out until 6 hours after sex
Cost \$25-\$45
May get moved out of place
Increases risk of urinary tract infections

4 Female sterilization

Birth control that prevents pregnancy through a medical procedure

Types:

1. Female tubal ligation or "Getting your tubes tied"



Pros:

Very effective against pregnancy
Provides protection against pregnancy forever
99% success rate

Cons:

Expensive
No protection against STIs
Can be permanent (reversal methods not always successful)

How to Choose

Effectiveness

Least Effective

Most Effective

Barrier
Methods

Hormonal
Methods

LARC
Methods

Sterilization

Consider....

- If you want to get pregnant soon, in a few years, or never
- The side effects for each method
- How often you have sex and your partner's opinion
- The number of sex partners you have or are planning on having
- Whether controlling your period symptoms is important
- How much you can spend on a birth control method



Works Cited

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