

# Choose birth control and condoms. If you're having sex, use **BOTH EVERY TIME** to help prevent pregnancy, HIV & STDs.

Only complete and consistent abstinence from vaginal, anal and/or oral sex is 100% effective in preventing pregnancy and protecting against STDs.

**There are many effective birth control methods. Choose the one that's right for you.**

YOUR OPTIONS	HOW OFTEN YOU USE IT	WHERE TO GET IT	EFFECTIVENESS
<b>IUD</b>	Can be left in place for up to 3–10 years, reversible	A doctor's office or clinic	<b>99+% Effective</b>
<b>Implant</b>	Can be left in place for up to 3 years, reversible		
<b>Male Sterilization</b>	A one-time surgical procedure		
<b>Female Sterilization</b>	A one-time surgical procedure		
<b>Shot</b>	New shot every 3 months	A doctor's office or clinic	<b>91-94% Effective</b>
<b>Ring</b>	Leave ring in for 3 weeks, remove for week 4		
<b>Patch</b>	New patch once a week for 3 weeks, no patch for week 4		
<b>The Pill</b>	One pill at same time, every day		
<b>Diaphragm Cervical Cap Male Condom Female Condom</b>	Every time you have sex	A doctor's office or clinic or buy at drugstore	<b>71-88% Effective</b>
<b>Spermicide</b>	Every time you have sex	Buy at drugstore	<b>72% Effective</b>
<b>Fertility-Awareness Based Methods</b>	When a woman is most fertile – most likely to become pregnant	Download the fertility awareness based app to your electronic device or purchase a thermometer and calendar from the store.	

(See back for more details on each method)

## Emergency Contraception

If your birth control failed or no birth control was used, get emergency contraception (see back for more info).



**For more information, call 1-800-545-1098 or visit [www.adph.org/familyplanning](http://www.adph.org/familyplanning), or scan here.**

	YOUR OPTIONS	WHAT IT IS	THINGS TO KNOW
<b>Most Effective 99+%</b>	<b>IUD</b>	A small (about an inch long) device that a doctor or nurse practitioner puts into your uterus (usually can't be felt by your partner)	<ul style="list-style-type: none"> <li>The IUD can prevent pregnancy for 3-5 years (hormonal) or 10 years (copper), and the implant for up to 3 years.</li> <li>Can be easily removed by a doctor or nurse practitioner if you want to get pregnant.</li> </ul>
	<b>Implant</b>	Tiny rod (about the size of a matchstick) containing a hormone that a doctor or nurse practitioner puts under your skin	
	<b>Male Sterilization</b>	A one time surgical procedure where the doctor closes or blocks the tubes that carry sperm	<ul style="list-style-type: none"> <li>You must use other birth control until the sperm are used up. It usually takes about three months. A simple test - semen analysis - shows when there are no more sperm in your semen.</li> <li>Medicaid will not pay for a sterilization until age 21.</li> </ul>
	<b>Female Sterilization</b>	A one time surgical procedure where the doctor closes or blocks the tubes that carry the egg(s) to the uterus.	<ul style="list-style-type: none"> <li>Medicaid will not pay for a sterilization until age 21. You may feel tired and have slight pain in your abdomen for 1 to 3 days after the procedure.</li> </ul>
<b>Very Effective 91-94%</b>	<b>Shot</b>	An injection containing a hormone that a doctor or nurse practitioner gives you in the arm	<ul style="list-style-type: none"> <li>Each shot lasts for 3 months, so visit a doctor or nurse practitioner every 3 months for a new shot</li> </ul>
	<b>Ring</b>	A soft, flexible piece of plastic containing hormones that you put into your vagina for 3 weeks and then take out for the 4th week (usually can't be felt by partner)	<ul style="list-style-type: none"> <li>You'll need to visit a doctor or nurse practitioner for a prescription</li> <li>Put in a new ring every 3 weeks, remove it for 1 week</li> </ul>
	<b>Patch</b>	A thin, beige, plastic patch containing hormones that you stick onto your skin	<ul style="list-style-type: none"> <li>You'll need to visit a doctor or nurse practitioner for a prescription</li> <li>Apply a new patch once a week for 3 weeks, then go 1 week without it</li> </ul>
	<b>The Pill</b>	A hormonal pill you take every day at the same time	<ul style="list-style-type: none"> <li>You'll need to visit a doctor or nurse practitioner for a prescription</li> <li>Take it when you do something else you do everyday, like brush your teeth in the morning</li> </ul>
<b>Effective 71-88%</b>	<b>Diaphragm Cervical Cap</b>	Silicone cups you put into your vagina every time you have sex (usually can't be felt by your partner)	<ul style="list-style-type: none"> <li>You can put it in several hours before you have sex but you must leave it in place for 6 hours after you have sex</li> <li>You'll need to visit a doctor or nurse practitioner to get the correct size and learn how to use and store it</li> </ul>
	<b>Male Condom</b>	A thin rubber sheath worn on a man's penis during sex as a contraceptive or as protection against infections and diseases.	<ul style="list-style-type: none"> <li>Using condoms reduces the risk of unplanned pregnancy and sexually transmitted infections and diseases (STIs or STDs) if used for vaginal, anal and oral intercourse.</li> <li>You can purchase at stores without a prescription.</li> </ul>
	<b>Female Condom</b>	The female condom is a thin sheath or pouch worn by a woman during sex. It entirely lines the vagina and helps to prevent pregnancy and sexually transmitted diseases (STDs) including HIV.	
<b>Least Effective 72%</b>	<b>Spermicide</b>	Usually a gel, foam, cream or suppository you put into your vagina using your fingers or an applicator	<ul style="list-style-type: none"> <li>You need to wait 10 minutes after you put it in before you have sex, and it only stays effective for about an hour</li> <li>You can purchase spermicides at stores without a prescription</li> </ul>
	<b>Fertility-Awareness Based Methods</b>	Fertility awareness-based methods (FAMs) are ways to track ovulation - the release of an egg - in order to prevent pregnancy. Some people call FAMs "natural family planning."	<ul style="list-style-type: none"> <li>To prevent pregnancy, abstain from vaginal intercourse on your fertile days. Or use withdrawal, a condom, a sponge, a diaphragm, or a cap on those days. If your cycle (period) is not regular, this method is not a recommended form of birth control.</li> </ul>
<b>Emergency Contraception (often called Plan B)</b>		A pill you can take up to 5 days (120 hours) AFTER you have unprotected sex, forgot to use birth control, or a condom broke, leaked or slipped off.	<ul style="list-style-type: none"> <li>The sooner you take it, the better it works. If taken within 72 hours after unprotected sex, emergency contraception is about 89% effective at preventing pregnancy. So it's smart to get some now and always have it with you.</li> <li>Emergency contraception helps prevent pregnancy. It is not an abortion pill. If you're already pregnant, it will not work.</li> </ul>

**Use BOTH birth control + condoms every time you have sex. Only condoms help protect against HIV and STDs.**