













# BIRTH CONTROL

Choosing a Method that's **Right for YOU.**

	Birth Control	How to Use	Available at Planned Parenthood	Protects Against STIs
HORMONAL	 DEPO-PROVERA (Injection)	Get injection every three months	Yes*	No
	 HORMONAL INTRAUTERINE DEVICE (IUD)	Inserted into the uterus and effective for up to 5 years	Yes*	No
	 IMPLANON	Inserted under the skin of the upper arm. Provides protection against pregnancy for 3 years	Yes*	No
	 ORAL CONTRACEPTIVES (the pill)	Take 1 pill every day as directed	Yes	No
	 NUVA RING	Inserted vaginally by patient and left in place for 21 days	Yes	No
	 The PATCH	Apply to skin and change weekly	No <i>(prescription provided)</i>	No
NONHORMONAL	ABSTINENCE	Refrain from having vaginal intercourse	N/A	Yes
	 CONTRACEPTIVE SPONGE	Insert up to 24 hours before sex	Yes	No
	 DIAPHRAGM	Insert vaginally every time before sex	No <i>(prescription provided)</i>	No
	 FEMALE CONDOM	Insert every time before sex	No <i>(prescription provided)</i>	Yes
	 MALE CONDOM	Must wear every time during sex	Yes	Yes (Latex Only)
	 NONHORMONAL INTRAUTERINE DEVICE (IUD)	Inserted in the uterus and can remain for up to 12 years	Yes*	No
	 SPERMICIDE	Use every time before sex	Yes	No
	STERILIZATION <i>Women - Essure or Tubal Ligation</i> <i>Men - Vasectomy</i>	Permanent surgical procedure	Yes*	No
	WITHDRAWAL	Removal of penis from vagina before ejaculation	N/A	No

\* Administered by a health care professional in medical center