



BIRTH CONTROL OPTIONS



If you are sexually active and want to prevent pregnancy, there are many different types of birth control you and your partner can use. Selecting the birth control method that is right for you is a very personal decision. No birth control is right for everyone, so here are some questions to ask yourself that will help you make a choice:

Do I want to prevent HIV and Sexually Transmitted Infections (STIs) as well as pregnancy?	Right before sex, can I stop to use my birth control method?
Do I plan to have children in the future? If so, when?	Do I understand how my birth control works and what side effects I may experience?
Can I remember to use my birth control method when I need it?	How much does the birth control method cost? (Birth control can often be free or low cost. Call the CHOICE Hotline for more information.)
Do I want anyone to know that I am using a birth control method?	
Will my partner agree to use a birth control method?	

HORMONAL METHODS: These methods prevent pregnancy by delivering hormones to the woman's body to stop her ovaries from releasing eggs or prevent the sperm from fertilizing the egg. They must be prescribed by a doctor and are usually used all of the time, not just when having sex. When you begin using hormonal birth control methods, it is important to use a back up method, such as a condom, for the first 30 days to prevent pregnancy. **They do NOT protect against HIV or STIs!**

<u>NAME</u>	<u>DESCRIPTION</u>	<u>EFFECTIVENESS AT PREVENTING PREGNANCY</u>	<u>ADVANTAGES</u>	<u>DISADVANTAGES</u>
BIRTH CONTROL PILLS	Small pills containing hormones swallowed at the same time every day.	95-99%	May make periods more regular. Does not interrupt sex. Does not require partner cooperation.	Side effects may include mood swings, spotting or nausea. Must be taken at the same time each day.
DEPO PROVERA	Injection of hormones given every 3 months.	99%	Injection lasts for 3 months. Does not interrupt sex. Does not require partner cooperation.	Side effects may include mood swings, weight changes, spotting, excessive bleeding and hair loss. Once shot is given, it cannot be discontinued or removed.
BIRTH CONTROL PATCH (ORTHO EVRA)	Small patch containing hormones which is worn on the skin and replaced each week.	99%	Only needs to be changed once a week. Does not interrupt sex.	Side effects are similar to BC pill.s. May cause skin irritation. Weight restrictions may apply.
EMERGENCY CONTRACEPTION PILLS "THE MORNING AFTER PILL"	Pills containing hormones which are swallowed within 72 hours (3 days) of sex.	75%	No long term side effects. Prevents pregnancy after sex. Does not require partner cooperation.	Side effects may include nausea, vomiting and temporary changes in the menstrual cycle.
NUVARING	Flexible donut-shaped ring containing hormones which is inserted into the vagina and left in for 3 weeks.	98-99%	May make periods lighter or more regular. Does not interrupt sex.	Side effects are similar to BC pills. May increase vaginal infection or discharge.
LUNELLE	Injection of hormones given once a month.	99%	May make periods lighter and more regular. Does not interrupt sex. Does not require partner cooperation.	Must be given by doctor every month. Side effects are similar to BC pills. Once shot is given, it cannot be discontinued or removed.
NORPLANT	Not currently available.			



This fact sheet was produced by CHOICE. For more information about sexual health and choosing a birth control method call 215-985-3300 or visit www.choice-phila.org, www.choiceteens.org, and www.wheretofind.org.

BARRIER METHODS: These methods are used when having sex. They have few side effects and some may help protect against HIV and other STIs if used during vaginal, anal and oral sex.

<u>NAME</u>	<u>DESCRIPTION</u>	<u>EFFECTIVENESS</u> <u>AT PREVENTING</u> <u>PREGNANCY</u>	<u>ADVANTAGES</u>	<u>DISADVANTAGES</u>
MALE CONDOMS	Made of latex or polyurethane (plastic). Fits over the erect penis and catches sperm when a man ejaculates.	85-90%	Helps to prevent HIV and some STIs. Very safe to use and easy to buy.	Some people may be allergic to latex or spermicides sometimes used on condoms. You must stop having sex to put the condom on. Requires partner's cooperation.
FEMALE CONDOMS	Made of polyurethane (plastic). Fits inside a woman's vagina to catch sperm when a man ejaculates.	79-95%	Helps to prevent HIV and some STIs. May help protect against HPV and herpes because it covers a larger area. Very safe to use and easy to buy. May be inserted before sex.	Must be comfortable inserting the condom into your vagina. Requires partner's cooperation.
SPERMICIDES (FOAM, SUPPOSITORIES, FILM, JELLY, CREAM)	Product which is inserted into the vagina before sex to kill or disable sperm.	50% when used alone (72-97% when used with a condom)	Easy to buy and low cost. Does not require partner's cooperation.	Must be inserted 15-20 minutes before sex. Many people are allergic to spermicide. Does not protect against HIV or STIs.
DIAPHRAGM	Small rubber disk that fits over the woman's cervix and is used with spermicide. Must be fitted by a doctor.	82-94%	Does not interrupt sex. Can be used during menstruation (period).	Must be inserted up to 6 hours before having sex. Must be left in place for 6-8 hours (but no more than 24 hours) after sex. Does not protect against HIV and STIs.
CERVICAL CAP	Small rubber disk that fits over the woman's cervix and is used with spermicide. Must be fitted by a doctor.	85-98%	Provides protection for up to 48 hours. Does not interrupt sex. Can be used during menstruation (period).	Must be inserted at least 30 minutes before having sex. Must be left in place for 6-8 hours (but no more than 48 hours) after sex. Does not protect against HIV and STIs.

OTHER METHODS: These methods do NOT protect against HIV and other STIs.

<u>NAME</u>	<u>DESCRIPTION</u>	<u>EFFECTIVENESS</u> <u>AT PREVENTING</u> <u>PREGNANCY</u>	<u>ADVANTAGES</u>	<u>DISADVANTAGES</u>
IUD (PARAGUARD, MIRENA AND OTHERS)	Device inserted into the uterus by a doctor. There are two types, one of which contains hormones.	98-99%	Can be effective for up to 10 years. Does not interrupt sex. Does not require partner cooperation.	Does not protect against HIV and STIs. Increased risk of pelvic inflammatory disease. Side effects may include cramping, increased bleeding or spotting.
NATURAL FAMILY PLANNING/ FERTILITY AWARENESS	Woman learns when her fertile times are and either uses a barrier method (like a condom) or does not have sex during fertile times.	80-99%	Low or no cost. No side effects. Increases woman's knowledge of her menstrual cycle.	Requires close attention to woman's menstrual cycle at all times. Requires partner cooperation. Does not protect against HIV and STIs.
STERILIZATION	Surgery that can be performed on women (tubal ligation, Essure) and men (vasectomy) that makes a person unable release active eggs or sperm.	99%	Does not interrupt sex. Does not contain hormones.	Requires an operation. Tubal ligation and vasectomy are considered to be permanent. Does not protect against HIV and STIs.
WITHDRAWAL	Penis is removed from the vagina before ejaculation. Ejaculation occurs outside and away from the vagina.	Effectiveness depends on the man's ability to withdraw before he ejaculates.	No cost. Does not contain hormones.	High failure rates. Requires partner cooperation. Does not protect against HIV and STIs.



CALL THE CHOICE HOTLINE AT 215-985-3300 OR 1-800-84-TEENS

