



# **Birth Control Methods**

# What is Birth Control

- Any product that aids in the prevention of pregnancy
- Comes in a variety of forms
  - Hormonal
  - Barrier
  - Permanent
  - Other

# Types of Birth Control Methods

- Hormonal

- Birth Control Pills
- Depo-Provera
- Ortho Evra (patch)
- Nuva Ring
- Implanon

- Barrier

- Condom
- Female Condom
- Fem-Cap
- Diaphragm
- IUD (Inter Uterine Device)

# Types of Birth Control Methods

- Permanent
  - Tubal Ligation
  - Vasectomy
- Other
  - Emergency Contraception (EC)
  - Rhythm Method
  - Withdrawal

# Using Birth Control

Perfect use=Using the method exactly as you are supposed to and following all the step all the time.

Average use=Using the method the way the average person does or using with some error

# Birth Control Pills

- The oral contraceptive pill ("the pill") is a reversible, hormonal method of birth control. The pill consists of two synthetic hormones similar to the hormones in your body which regulate your period (estrogen and progestin). The pill prevents pregnancy by stopping the release of an egg.
- 97-99% effective in preventing pregnancy (when used correctly)

# Birth Control Pills

- HOW: One pill must be swallowed every day at the same time. The day-by-day process of taking the pill which provides protection against pregnancy.
- REMEMBER: Must remember to take every day at the same time. Antibiotics and certain medications may decrease the effectiveness of the pill.

# Benefits

- Easy to use.
- Doesn't interrupt sex.
- May decrease menstrual cramps.
- Decreases risk of ovarian and endometrial (lining of the uterus) cancer and breast problems.
- Provides protection against tubal infection called PID (Pelvic Inflammatory Disease).



# Concerns

- Minor side effects that usually disappear after the first 2-3 months of use: nausea, bloated feeling, light or missed periods, spotting between periods, weight gain or loss, tender breasts, mood changes. If these happen don't stop taking the pill; call your clinic or health care provider.
- For women with certain risk factors, medical conditions and those who smoke, there is increased risk of blood clots, heart attack and stroke.
- No protection against STIs/HIV.

# Depo-Provera

- Depo-Provera is a long-lasting method of birth control. It is an injection (a shot) of a synthetic hormone called Progestin and is given every three months.
- 99.6% effective in preventing pregnancy

# Depo-Provera

- HOW: a Depo-Provera shot will be given in the muscle of your upper-arm or buttock. The shot must be given within the first five days of your normal menstrual period. Protection against pregnancy begins within 24 hours. You must return every 12 weeks (three months) to receive the next shot.

# Benefits



- Easy to use.
- Doesn't interrupt sex.
- Extremely effective.
- May be used by some women who are unable to use the Pill.
- Decreases or stops menstrual periods.

# Concerns

- Requires an injection.
- Can take up to 18 months to get pregnant after the last injection.
- No protection against STIs/HIV.
- Other possible side effects: Headaches, mood changes, weight gain or loss, sore breasts or nausea.
- Side effects may take up to 1 year to go away.

# Ortho-Evra (the Patch)

- Ortho Evra™ is a thin, beige, plastic patch that sticks to the skin. It is applied once a week for three out of four weeks. It contains the hormones norelgestromin and ethinyl estradiol, which are absorbed continuously through the skin and into the bloodstream.
- Works by stopping the release of an egg
- 99% effective

# Benefits

- Easy to use.
- Very effective.
- Likely to attain same benefits as pill users.
- Easily reversible.
- No pill to take every day.

# Concerns

- Possible minor reactions: Breast discomfort, headache, skin irritation at the patch site, nausea, abdominal pain, menstrual cramps.
- May be less effective in women weighing more than 198 lbs.
- No protection against STIs/HIV.
- Certain medications (seizure medications, antibiotics, antifungals, or anti-HIV protease inhibitors) may decrease effectiveness.
- May cause a change in vision or the inability to wear contact lenses.
- May become detached.
- Medical risks: Increased risk of blood clots, liver tumors, heart attack and stroke in women with certain risk factors, medical conditions and those who smoke.



# Nuva Ring

- NuvaRing™ is a vaginal ring that is smaller than the size of a diaphragm made of polyethylene vinyl acetate. The ring contains the hormones estrogen and progesterone. The hormones flow slowly from the ring into your bloodstream. The ring is inserted into the vagina and kept in place for 3 weeks.
- Works by stopping the release of an egg.
- 99% effective

# Benefits

- Easy to use.
- Very effective.
- Likely to attain same benefits as pill users.
- Easily reversible.
- No pill to take every day.

# Concerns

- Minor reactions may include: headache, increased vaginal discharge, vaginal irritation or infection, nausea.
- May slip out.
- No protection against STIs/HIV.
- Certain medications (seizure medications, antibiotics, antifungals, or anti-HIV protease inhibitors) may decrease effectiveness.
- May cause a change in vision or the inability to wear contact lenses.
- Medical risks: Increased risk of blood clots, liver tumors, heart attack and stroke in women with certain risk factors, medical conditions and those who smoke.

# Implanon

- **Implanon®** is a thin, flexible plastic implant about the size of a cardboard matchstick. It is inserted under the skin of the upper arm.
- 99% effective



# Implanon

- The implant contains progestin. It works in two ways.
- It keeps the ovaries from releasing eggs (ovulation).
- It also thickens the cervical mucus, preventing sperm from joining with an egg.
- In theory, it could prevent implantation of a fertilized egg, but it has not been proven that it does.

# Benefits

- Doesn't interrupt sex.
- Long acting.
- Easily reversible and rapid return to usual fertility.
- May reduce menstruation and PMS.

# Concerns

- May cause irregular menstrual bleeding.
- No protection against STIs/HIV.
- Rare side effects include: headaches, weight gain, sore breasts and nausea.

# Male Condom

- The condom is made from thin rubber (latex), polyurethane, or animal tissue. The condom covers the penis and stops sperm from entering the vagina. Condoms are available with or without spermicide and lubricants.
- 88-92% effective in preventing pregnancy



# Condom

- Put a couple of drops of water-based lubricant . A condom is put on the erect penis before it goes in or near the vagina. Some space must be left at the tip to catch the sperm. Must follow ALL 13 steps
- The condom must be held against the penis when withdrawing from the vagina. A new condom is needed for each act of intercourse.
- You can only use 1 condom at a time.

# Benefits

- No major health concerns.
- No exam needed.
- Can be bought in a drugstore without prescription.
- Latex condoms protect against STIs / HIV.

# Concerns

- Allergic reactions such as burning and itching can happen occasionally. If you are allergic to latex, polyurethane condoms are available. If you are allergic to the spermicide lubricant, condoms lubricated without spermicide are available.
- Can break if not stored and used properly.
- Can interrupt sex.

# Female Condom

- About 80% effective
- It is made with a rubber like material.
- Using a figure 8, it is inserted just like a tampon
- Added STD prevention
- Most women insert it up to 20 minutes before sexual intercourse
- Lines the vagina to prevent sperm from going into uterus.

# Benefits

- No major health concerns.
- No exam needed.
- Can be bought in a drugstore without a prescription.
- Most women insert it up to 20 minutes before sexual intercourse.
- Can protect against STIs/HIV.

# Concerns

- Outer ring can be pushed into vagina during intercourse.
- Penis can slip to the side of the condom.
- Can be hard to insert.
- Can cause minor irritation or discomfort.
- Can break if not stored and used properly.
- Most effective when used with a spermicide.

# Fem Cap

- Fem Cap is a silicone cup shaped like a sailor's hat. It fits securely in the vagina to cover the cervix.
- It blocks sperm from entering the uterus. Usually a small amount of spermicide is used inside the cap.
- FemCap is available in three sizes: small, for women who have never been pregnant, medium, for women who have had an abortion or a cesarean delivery, large, for women who have given birth vaginally
- About 86% effective

# Fem Cap

- HOW: The cap may be inserted 42 hours before intercourse.
- The cap may be left in place for up to 3 days.
- Must be kept in place for at least six hours after the last time you had sex
- The cap requires that contraceptive cream or jelly be used only at time of insertion.



# Benefits

- It can be left in place for up to 42 hours before intercourse.
- It has fewer known side effects than hormone methods.
- It rarely causes a change in your menstrual period.

# Concerns

- FemCap offers no protection against sexually transmitted diseases (STDs).
- Some women or their partners may feel pain or discomfort.
- Some women may find it difficult to put in or take out.
- FemCap may be pushed out of place during intercourse, and pregnancy may result.
- Intercourse must happen within 42 hours of insertion.

# Diaphragm

- A diaphragm is a bowl-shaped rubber cup with a flexible rim. When put in place, it covers the cervix and is used to prevent pregnancy. The diaphragm is used with spermicidal cream or jelly.
- 82% -84% effective in preventing pregnancy

# Diaphragm

- HOW: The diaphragm is used with spermicidal cream or jelly and is inserted into the vagina up to six hours before intercourse and may be left in place for 24 hours. After intercourse, the diaphragm must be left in place for at least six hours
- diaphragm is an inexpensive, reusable method of birth control

# Benefits

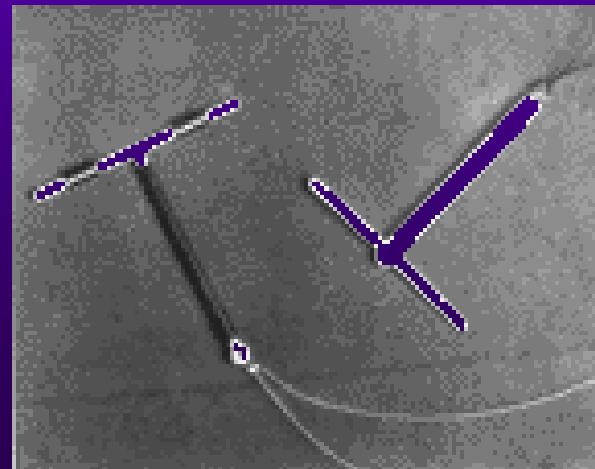
- No major health concerns.
- Spermicidal cream or jelly can be bought in a drugstore without prescription.
- If properly cared for, diaphragm can be used for several years.

# Concerns

- Can be messy.
- Occasionally a man or woman is allergic to a brand of spermicidal cream or jelly (can change brands).
- May increase risk of urinary tract infection (bladder infection).

# IUD

- The IUD is a small plastic object that is usually T-shaped. It is inserted into a woman's uterus to prevent pregnancy. The IUD contains copper or a hormone (a progestin) that prevent sperm from joining an egg.
- 97% - 99.2% effective in preventing pregnancy



# IUD

- HOW: The IUD is inserted in your uterus by your health care provider usually during or after menstruation (a period). It may stay in place from one to 12 years depending on the type of IUD used. The IUD has a string that extends into the vagina.
- ParaGard (Copper T 380A) — contains copper and can be left in place for 12 years
- Mirena — continuously releases a small amount of the hormone progestin, and is effective for five years



# Benefits

- Doesn't interrupt sex.
- Hassle-free—no pills or patches to remember.
- Long term method—up to 12 years
- Low-no side effects

# Concerns

- May increase risk of tubal infection called PID (Pelvic Inflammatory Disease), which can lead to infertility. Risk is highest in women who have more than one sexual partner.
- Some women have more bleeding or cramping with periods.
- May slip out of place.
- Medical risks: Sometimes causes infection. Rarely can puncture the uterus. Problems can result if user becomes pregnant.
- No protection against STIs/HIV.

# Sponge

- The **sponge** is a non-prescription
- It is inserted deep into the vagina before intercourse.
- The sponge is made of solid polyurethane foam and contains spermicide. It is soft, round, and about two inches in diameter. It has a nylon loop attached to the bottom for removal.
- 90% effective
- Starts working immediately

# Sponge

- **How the Sponge Works**

The sponge is first moistened with water and then inserted into the vagina before intercourse. It covers the cervix and blocks sperm from entering the uterus. It also continuously releases a spermicide that immobilizes sperm, preventing it from joining an egg



# Benefits

- The sponge is available to buy without a prescription.
- You can leave the sponge in for up to 24 hours, and have sex multiple times without needing a new sponge.
- The sponge does not have the side effects associated with some hormonal methods.
- Comfortable, the sponge is not usually felt by either partner during sex.

# Concerns

- The sponge is only available in one size; some women may have an issue with a proper fit.
- The sponge contains non-oxynol 9, to which some women and their partner may have an allergy.
- Does not protect against STIs/HIV.

# Tubal Ligation

- Female sterilization is a surgical procedure that blocks the fallopian tubes. This prevents sperm from reaching the female egg. It also prevents the egg from reaching the uterus.
- The woman continues to have periods after sterilization.
- Sterilization is meant to be permanent. It should be used when the woman is sure she wishes not to get pregnant ever again.

# Tubal Ligation

- HOW: There are many different ways to perform this surgery. The surgery can be done in the out-patient setting, but usually the woman has to stay over night in a hospital. To reach the fallopian tubes, a surgeon must make a small cut into the woman's abdomen. Then the tubes are either cut or closed off.
- 99% effective



# Vasectomy

- Vasectomy is a simple surgical procedure for men that blocks the tubes that carry sperm. It is a permanent form of birth control.
- The operation does not affect the man's sex drive, his ability to have erections or to ejaculate. The operation does **not** affect the man's hormones or ability to have orgasms.

# Vasectomy

- a very small cut is made in the man's testes to reach the tubes that carry the sperm. These tubes (vas deferens) then are blocked. It takes the man several ejaculations to clear out all the sperm cells that could still cause a pregnancy. Until this happens, it is important to use another form of birth control.
- Less than one percent of vasectomies fail.

# Benefits

- NO BIRTH CONTROL EVER AGAIN
- No worries about pregnancy

# Concerns



- It is a surgery
- You might change you mind about wanting to have children
- Recovery

# Emergency Contraception

- EC can prevent pregnancy if taken within 120 hours of unprotected sex, but is more effective the sooner it is taken.
- EC cannot interrupt or disrupt an established pregnancy and shouldn't be confused with mifepristone (RU-486).
- Works by stopping the release of an egg
- Emergency contraception is also known as the "morning-after pill."

# Benefits

- It is something that you can use after you have sex or get raped
- If you are 18 no exam is needed to get it
- EC Pills reduce the risk of pregnancy by 75-89%.

# Concerns

- EC side effects usually lessen one or two days after the second dose has been taken.
- Half of all women who use EC feel nauseous.
- Up to 1 out of 3 women vomit.
- Breast tenderness, irregular bleeding, fluid retention, and headaches may also occur.
- Frequent use of EC may cause irregular or unpredictable periods.

# Emergency Contraception

- Call Planned Parenthood for the clinic nearest you: 1-800-230-PLAN
- If Planned Parenthood is not convenient, call the Emergency Contraception Hotline: 1-888-NOT-2-LATE



# Rhythm Method

- A birth control method where you monitor your body's temperature and secretions to find out when you are most fertile.
- This method is used primarily when one doesn't believe in birth control.
- Can also be used in order to get pregnant.
- Calculated on the calendar

# Benefits/Concerns

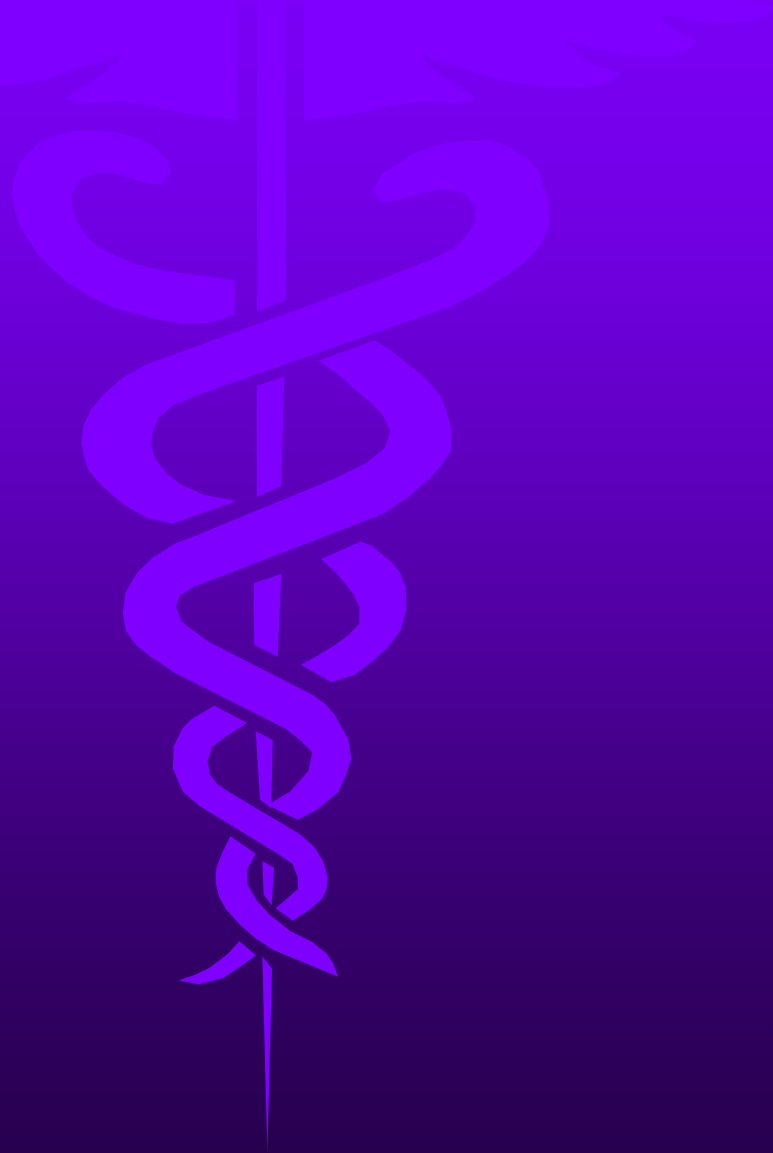
- No major health concerns.
- Also helpful in planning pregnancy.
- Must check temperature and mucus every day.
- No protection against STIs/HIV.
- 80-98% effective

# Withdrawal

- When the male takes his penis out of the vagina before he ejaculates.
- Also known as “pulling out”
- 15% effective (better than nothing)

# Benefits

- Convenient
- No Cost
- No Planning



# Concerns

- Not effective
- No Protection from STI/HIV
- NOT safe

# Foam

- Is a sticky-foamy material that is inserted into the vagina through an applicator.
- Can be purchased over the counter at the grocery or drugstore
- Effectiveness: 40-75%
- Is best when used in combination with another method

# Benefits

- Best when combined with hormonal
- Can be purchased OTC
- Convenient

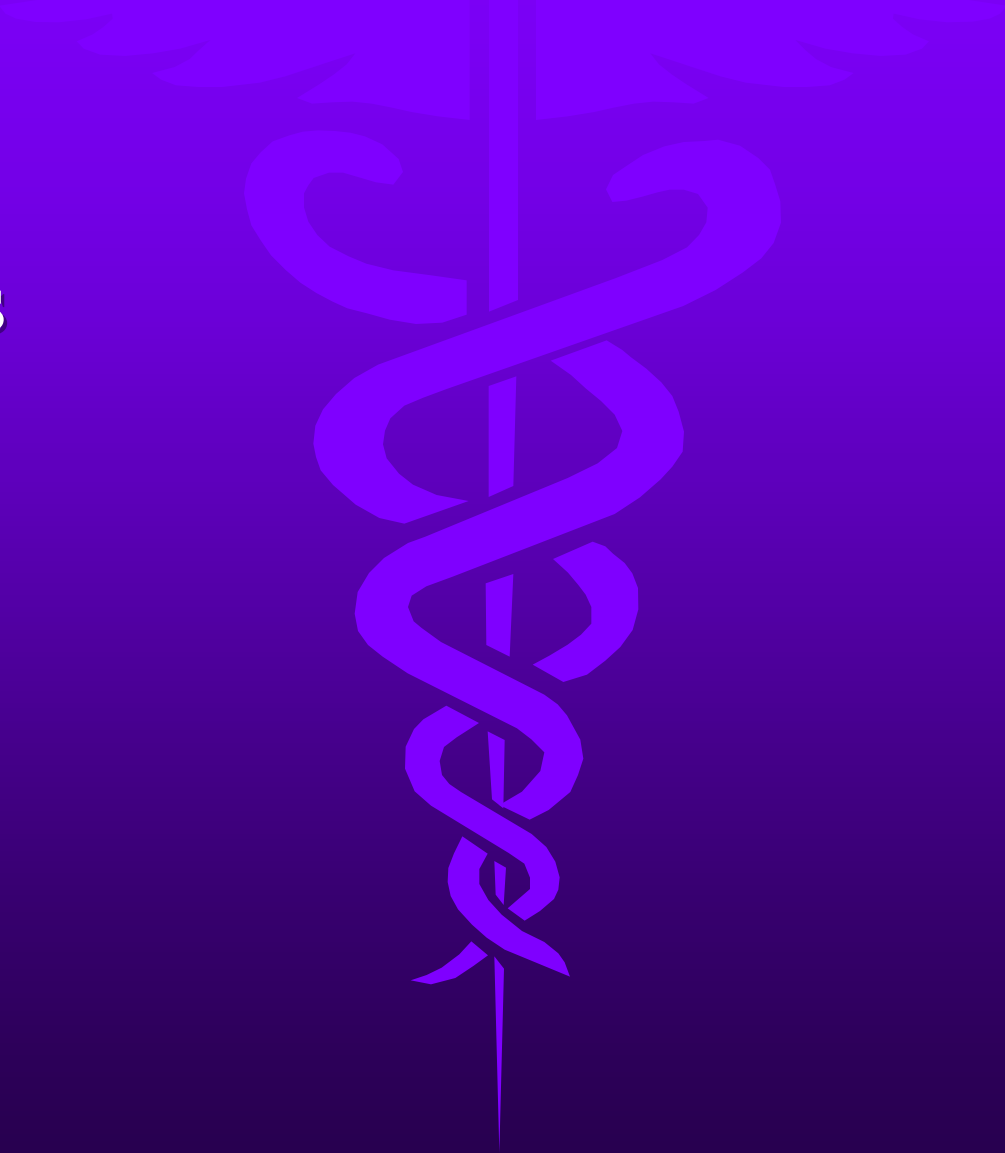
# Concerns

- NO STI/HIV protection
- Messy
- Not real effective



# Other Cool Methods

- Film
- Inserts



# More Information

- Planned Parenthood

(425) 339-3389 32nd St & Hoyt Ave

- [ppww.org](http://ppww.org)