

Menu of Contraceptive Options



Hormonal IUD

It is inserted into the uterus by a healthcare provider and lasts up to 5 years, although you can have it removed sooner. You do not need to use before sex. Periods are generally lighter and less painful. It does not protect against STDs.

Copper IUD

It is inserted into the uterus by a healthcare provider and lasts up to 12 years, although you can have it removed sooner. You do not need to use before sex. It does not protect against STDs.

Implant

It is inserted into your arm by a healthcare provider and lasts up to 3 years, although you can have it removed sooner. Periods are usually lighter and less painful. You do not need to use before sex. It does not protect against STDs.

Birth Control Shot

The shot is given by a healthcare professional every 3 months. Periods are generally lighter and less painful. You do not need to use before sex. The shot does not protect against STDs.

Pills (Oral Contraceptives)

The pill must be taken at approximately the same time every day. You do not need to use before sex. Periods may become lighter and less painful. The pill does not protect against STDs.

Patch

The patch is applied to the skin 1 time per week for 3 weeks, and then it is removed for 1 week allowing for a period. Periods are generally lighter and less painful. The patch does not protect against STDs.

Vaginal Ring

The vaginal ring is inserted into the vagina for 3 weeks. After that, it is removed for 1 week allowing for a period. Periods are generally lighter and less painful. The vaginal ring does not protect against STDs.

Condom

The male condom is applied onto the penis just before sex. A new one must be used for every sexual encounter to provide protection against pregnancy and STDs.

Emergency Contraception

Emergency contraception can help prevent pregnancy after unprotected sex or contraceptive failure. It comes in the form of a pill or the copper IUD. The pill can be taken up to 5 days after unprotected sex and the copper IUD can be placed up to 5 days after unprotected sex. It does not replace the consistent use of contraception. It does not protect against STDs.