

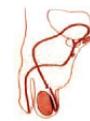
Choosing Your Birth Control Method

Need no-cost birth control methods and family planning services?

Family PACT is here to help.

Family  PACT

- ◆ **All these methods are safe for most people to use.** Talk with a Family PACT provider about what method is right for you.
- ◆ **All these methods work well.** How well they work can depend on you. Some methods work very well no matter what. Some methods work well only if you use them the right way every time. These percentages show how well each method works for most women.
- ◆ **Want to protect yourself from HIV and other sexual infections?** Every time you have sex, use condoms for men or women. Or decide not to have sex at all.
- ◆ **Had unprotected sex?** You can still prevent pregnancy. Ask about Emergency Contraceptive Pills.
- ◆ **Want to find a Family PACT provider near you?** Go to www.familypact.org and enter your zip code in the box marked "Find Providers." Or call toll-free 1-800-942-1054.

Birth Control Method	How you use it	How well it works	Pros	Cons	Helpful Tips
Long Term Methods: All these methods work very well and are safe and easy to use. None of these methods protect against HIV and other sexual infections.					
Implant 	<ul style="list-style-type: none"> Health care provider puts it under the skin of the woman's arm. Lasts 3 years. 	100%	<ul style="list-style-type: none"> Easy-to-use. Few side effects. 	<ul style="list-style-type: none"> Causes changes in your periods. 	<ul style="list-style-type: none"> After 3 years, have it taken out and have a new one put in.
IUC 	<ul style="list-style-type: none"> Health care provider puts it in woman's uterus. Lasts 5 or 10 years. 	99%	<ul style="list-style-type: none"> Easy-to-use. Few side effects. 	<ul style="list-style-type: none"> Can cause some cramping for a few minutes. 	<ul style="list-style-type: none"> Check the string every month. Be sure it is in place.
Sterilization for Women 	<ul style="list-style-type: none"> Health care provider cuts or blocks the woman's tubes. Permanent. 	99-100%	<ul style="list-style-type: none"> Two ways to get it done – tubes are cut or blocked. 	<ul style="list-style-type: none"> Cannot change your mind. 	<ul style="list-style-type: none"> Get your signed paperwork done ahead of time.
Sterilization for Men 	<ul style="list-style-type: none"> Health care provider cuts or blocks the man's tubes. Permanent. 	99%	<ul style="list-style-type: none"> Does not change your sex life. 	<ul style="list-style-type: none"> Cannot easily change your mind. 	<ul style="list-style-type: none"> Afterwards, get a sperm count. Use condoms as advised.
Hormonal Methods: All of these methods are for women only and are safe for most women to use. They may cause changes in your period, spotting, bleeding between periods, and other side effects. None will protect you from HIV or other sexual infections.					
Mini-Pill 	<ul style="list-style-type: none"> Health care provider prescribes it. Woman takes one pill every day. 	92%	<ul style="list-style-type: none"> Easy to use. Prevents cramps and heavy bleeding during periods. 	<ul style="list-style-type: none"> May have mood changes or other side effects. 	<ul style="list-style-type: none"> Take the mini-pill at the same time every day.
Patch 	<ul style="list-style-type: none"> Health care provider prescribes it. Woman puts new patch on each week. 	92%	<ul style="list-style-type: none"> Easy to use. 	<ul style="list-style-type: none"> May have tender breasts or other side effects. 	<ul style="list-style-type: none"> Change the patch on the same day of the week for 3 weeks in a row.
Pill 	<ul style="list-style-type: none"> Health care provider prescribes it. Woman takes one pill every day. 	92%	<ul style="list-style-type: none"> Easy to use. Prevents cramps and heavy bleeding during periods. 	<ul style="list-style-type: none"> May have nausea or other side effects. 	<ul style="list-style-type: none"> Take the pill every day at about the same time.
Ring 	<ul style="list-style-type: none"> Health care provider prescribes it. Woman puts a new ring in her vagina once a month. 	92%	<ul style="list-style-type: none"> Easy to use. 	<ul style="list-style-type: none"> May have headaches or other side effects. 	<ul style="list-style-type: none"> Put in a new ring one week after you take the old ring out.
Shot 	<ul style="list-style-type: none"> Health care provider gives woman a shot every 12 weeks. 	97%	<ul style="list-style-type: none"> Easy to use. Light periods or no periods at all. 	<ul style="list-style-type: none"> May have some bone loss. May have spotting. 	<ul style="list-style-type: none"> Get a shot every 12 weeks.

Birth Control Method	How you use it	How well it works	Pros	Cons	Helpful Tips
Barrier Methods: You must use these methods every time you have sex. Only condoms for men or women help prevent HIV and other sexual infections. The other barrier methods do not.					
Cap 	<ul style="list-style-type: none"> • Woman goes to a provider to be fitted. • She uses it every time she has sex. 	68%	<ul style="list-style-type: none"> • Can be used again and again. • Can put it in ahead of time. 	<ul style="list-style-type: none"> • Takes practice to learn how to use it. 	<ul style="list-style-type: none"> • Use it with sperm-killing gel or cream.
Condoms for Men 	<ul style="list-style-type: none"> • Man uses a new condom every time he has sex. 	85%	<ul style="list-style-type: none"> • Can buy it in a drug store. • Protects you from HIV and other sexual infections. 	<ul style="list-style-type: none"> • May be allergic to latex. • Can break or slip off. 	<ul style="list-style-type: none"> • Store your condoms in a cool, dry place. • Use only water-based lubricants.
Condoms for Women 	<ul style="list-style-type: none"> • Woman uses a new condom every time she has sex. 	79%	<ul style="list-style-type: none"> • Can buy it in a drug store. • Protects you from HIV and other sexual infections. 	<ul style="list-style-type: none"> • Takes practice to learn how to put it in. 	<ul style="list-style-type: none"> • Take your time putting it in.
Diaphragm 	<ul style="list-style-type: none"> • Woman goes to a provider to be fitted. • She uses it every time she has sex. 	84%	<ul style="list-style-type: none"> • Can put it in ahead of time. • Can be used over again. 	<ul style="list-style-type: none"> • Takes practice to learn how to use it. 	<ul style="list-style-type: none"> • Get re-fitted if you gain or lose more than 20 pounds.
Spermicides 	<ul style="list-style-type: none"> • Woman puts it in her vagina. • She uses it every time she has sex. 	71%	<ul style="list-style-type: none"> • Can buy it in a drug store. • Comes in all kinds. 	<ul style="list-style-type: none"> • Can be messy. 	<ul style="list-style-type: none"> • Never use spermicides without condoms.
Sponge 	<ul style="list-style-type: none"> • Woman uses a new sponge every time she has sex. 	68%	<ul style="list-style-type: none"> • Can put it in ahead of time. • Can buy it in a drugstore. 	<ul style="list-style-type: none"> • Hard to take out sometimes. 	<ul style="list-style-type: none"> • Have extra sponges on hand.
Information-Based Methods: You need discipline and commitment to use. Abstinence can protect you from HIV and other sexual infections, but Fertility Awareness Methods do not.					
Abstinence 	<ul style="list-style-type: none"> • You and your partner decide not to have sex. 	Up to 100%	<ul style="list-style-type: none"> • Can decide not to have sex if you have no other method. • It is free. 	<ul style="list-style-type: none"> • May decide to have sex at the last moment and not be protected. 	<ul style="list-style-type: none"> • Decide what you want to do ahead of time. • Talk with your partner about it.
Fertility Awareness Methods 	<ul style="list-style-type: none"> • Learn how your body works. • Keep track of your changes. 	75%	<ul style="list-style-type: none"> • Good to learn about our bodies. 	<ul style="list-style-type: none"> • Can take time to learn. 	<ul style="list-style-type: none"> • Talking with your partner about it really helps.