# Your Birth Control Choices

<table>
<thead>
<tr>
<th>Method</th>
<th>How to Use</th>
<th>Impact on Bleeding</th>
<th>Things to Know</th>
<th>How well does it work?</th>
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</table>
| **External Condom**  | • Use a new condom each time you have sex  
                       • Use a polyurethane condom if allergic to latex                                               | None               | • Can buy at many stores  
                                                                                  • Can put on as part of sex play/foreplay  
                                                                                  • Can help prevent early ejaculation  
                                                                                  • Can be used for oral, vaginal, and anal sex  
                                                                                  • Protects against HIV and other STIs  
                                                                                  • Can decrease penile sensation  
                                                                                  • Can cause loss of erection  
                                                                                  • Can break or slip off  
                                                                                  • Does not need a prescription                                                               | 87%                    |
| **Internal Condom**  | • Use a new condom each time you have sex  
                       • Use extra lubrication as needed                                                      | None               | • Can put in as part of sex play/foreplay  
                                                                                  • Can be used for anal and vaginal sex  
                                                                                  • May increase vaginal/anal pleasure  
                                                                                  • Good for people with latex allergy  
                                                                                  • Protects against HIV and other STIs  
                                                                                  • Can decrease penile sensation  
                                                                                  • May be noisy  
                                                                                  • May be hard to insert  
                                                                                  • May slip out of place during sex  
                                                                                  • May require a prescription from your health care provider                                   | 79%                    |
| **Diaphragm**        | • Put in vagina each time you have sex  
                       • Use with spermicide every time                                                      | None               | • Can last several years  
                                                                                  • Costs very little to use  
                                                                                  • May protect against some infections, but not HIV  
                                                                                  • Using spermicide may raise the risk of getting HIV  
                                                                                  • Should not be used with vaginal bleeding or infection  
                                                                                  • Raises risk of bladder infection                                                            | 83%                    |
| **Emergency Contraception Pills** | • Works best the sooner you take it after unprotected sex  
                       • You can take EC up to 5 days after unprotected sex  
                       • If pack contains 2 pills, take both at once                                              | • Your next period may come early or late  
                                                                                  • May cause spotting                                                                         | 58% - 94%               |
|                      | • Available at pharmacies, health centers, or health care providers: call ahead to see if they have it  
                       • People of any age can get progestin EC without a prescription  
                       • May cause stomach upset or nausea  
                       • Progestin EC does not interact with testosterone, but we don’t know whether Ulipristal acetate EC does or not  
                       • Ulipristal acetate EC requires a prescription  
                       • May cost a lot  
                       • Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26.  
                       • Ulipristal acetate EC works better than progestin EC 3-5 days after sex |                  |                                                                                         |                        |
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| **Fertility Awareness**     | • Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your monthly bleeding  | • Does not work well if your monthly bleeding is irregular                           | • Costs little  
• Can help with avoiding or trying to become pregnant  
• Use a different method on fertile days  
• This method requires a lot of effort  
• Does not require a prescription                                                              | 85%                   |
| Natural Family Planning     | • It works best if you use more than one of these methods  
• Avoid sex or use condoms/spermicide on fertile days                                   |                                                                                   |                                                                                                     |                       |
| **The Implant**             | • A clinician places it under the skin of the upper arm  
• It must be removed by a clinician                                                    | • Can cause irregular bleeding and spotting  
• After 1 year, you may have no period at all  
• Cramps often improve                                                                | • Long lasting (up to 5 years)  
• You can become pregnant right after it is removed  
• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)  
• May cause mood changes                                                                | > 99%                  |
| *Nexplanon®*                |                                                                                          |                                                                                   |                                                                                                     |                       |
| **Copper IUD**              | • Must be placed in uterus by a clinician  
• Usually removed by a clinician                                                       | • May cause cramps and heavy monthly bleeding  
• May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue) | • May be left in place for up to 12 years  
• You can become pregnant right after removal  
• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)  
• Rarely, uterus is injured during placement                                                | > 99%                  |
| *ParaGard®*                 |                                                                                          |                                                                                   |                                                                                                     |                       |
| **Progestin IUD**           | • Must be placed in uterus by a clinician  
• Usually removed by a clinician                                                       | • May improve cramps  
• May cause lighter monthly bleeding, spotting, or no period at all                    | • May be left in place 3 to 7 years, depending on which IUD you choose  
• You can become pregnant right after removal  
• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)  
• Rarely, uterus is injured during placement                                                 | > 99%                  |
<p>| <em>Liletta®, Mirena®, Skyla®</em> and others |                                                                                          |                                                                                   |                                                                                                     |                       |</p>
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| **The Patch**   | • Apply a new patch once a week for three weeks  
• No patch in week 4       | • Can make monthly bleeding more regular and less painful  
• May cause spotting the first few months | • You can become pregnant right after stopping patch  
• Can irritate skin under the patch  
• This method contains estrogen - it is unclear if estrogen interacts with testosterone                                                                 | 93%                   |
| Ortho Evra®     |                                                                            |                                                                                     |                                                                                                                                                                                                             |                       |
| **The Pill**    | • Take the pill daily                                                      | • Often causes spotting, which may last for many months                             | • Can improve PMS symptoms  
• Can improve acne  
• Helps prevent cancer of the ovaries  
• This method contains estrogen - it is unclear if estrogen interacts with testosterone  
• You can become pregnant right after stopping the pills  
• May cause nausea, weight gain, headaches, change in sex drive - some of these can be relieved by changing to a new brand | 93%                   |
| **Progestin-   | • Take the pill daily                                                      | • Can make monthly bleeding more regular and less painful  
• May cause spotting the first few months | • You can become pregnant right after stopping the pills  
• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)  
• May cause depression, hair or skin changes, change in sex drive | 93%                   |
| Only Pills**    |                                                                            |                                                                                     |                                                                                                                                                                                                             |                       |
| **The Ring**    | • Insert a small ring into the vagina  
• Change ring each month       | • Can make monthly bleeding more regular and less painful  
• May cause spotting the first few months  
• Can increase vaginal discharge | • One size fits all  
• Private  
• You can become pregnant right after stopping the ring  
• This method contains estrogen - it is unclear if estrogen interacts with testosterone                                                                 | 93%                   |
| Nuvaring®       |                                                                            |                                                                                     |                                                                                                                                                                                                             |                       |
| **The Shot**    | • Get a shot every 3 months  
• Give yourself the shot or get it in a medical office | • Often decreases monthly bleeding  
• May cause spotting or no period | • Each shot works for 12 weeks  
• Private for user  
• Helps prevent cancer of the uterus  
• May cause weight gain, depression, hair or skin changes, change in sex drive  
• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)  
• Side effects may last up to 6 months after you stop the shots | 96%                   |
<p>| Depo-Provera®   |                                                                            |                                                                                     |                                                                                                                                                                                                             |                       |</p>
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<td>Spermicide</td>
<td>• Insert spermicide each time you have sex</td>
<td>None</td>
<td>• Can buy at many stores</td>
<td>79%</td>
</tr>
<tr>
<td></td>
<td>• Spermicide cream, gel, sponge, foam, inserts, film</td>
<td></td>
<td>• Can be put in as part of sex play/foreplay</td>
<td></td>
</tr>
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<td></td>
<td>• Comes in many forms: cream, gel, sponge, foam, inserts, film</td>
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<td></td>
<td>• May raise the risk of getting HIV</td>
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<td></td>
<td>• May irritate vagina, penis</td>
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</tr>
<tr>
<td></td>
<td>• Cream, gel, and foam can be messy</td>
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<td></td>
<td>• Does not require a prescription</td>
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<td>Sterilization:</td>
<td>• These methods block or cut the Fallopian tubes</td>
<td>None</td>
<td>• These methods are permanent and highly effective</td>
<td>&gt; 98%</td>
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<tr>
<td>Tubal Methods</td>
<td>• A clinician reaches the tubes through two small cuts in your belly or</td>
<td></td>
<td>• Reversal is difficult</td>
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<tr>
<td></td>
<td>through your vagina</td>
<td></td>
<td>• The risks include infection, bleeding, pain, and reactions to anesthesia</td>
<td></td>
</tr>
<tr>
<td>Sterilization:</td>
<td>• A clinician blocks or cuts the tubes that carry sperm from your testicles</td>
<td>None</td>
<td></td>
<td>&gt; 99%</td>
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<tr>
<td>Vasectomy</td>
<td></td>
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<tr>
<td>Withdrawal</td>
<td>• Pull penis out of vagina before ejaculations (that is, before coming)</td>
<td>None</td>
<td>• Costs nothing</td>
<td>80%</td>
</tr>
<tr>
<td>Pull-out</td>
<td></td>
<td></td>
<td>• Less pleasure for some</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• Does not work if penis is not pulled out in time</td>
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<td></td>
<td></td>
<td></td>
<td>• Must interrupt sex</td>
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