





Progestin-Only Options

No Estrogen / Safe to use during Breastfeeding

| | Progestin-Only Pills (Mini Pill)  | The Shot  | The Implant  | Progestin IUD  |
|-------------------------------|--|--|---|---|
| Brand names | Camila®, Nor-QD®, and others | Depo-Provera® | Nexplanon® | Mirena®, Skyla®, Liletta®, Kyleena |
| How well does it work? | 91-99% | 94-99% | > 99% | > 99% |
| How to use | You must take the pill at the same time daily | Get a shot every 3 months | A health care provider places it under the skin of the upper arm It must be removed by a health care provider | A health care provider places it in the uterus It is usually removed by a health care provider |
| Pros | You can become pregnant right after stopping the pills. | Each shot works for 12 weeks It usually decreases periods. There's no pill to take daily. | Long lasting (up to 4 years) There's no pill to take daily. It often decreases cramps. You can become pregnant right after it is removed | It works for 3 to 7 years, depending on which IUD you choose. There's no pill to take daily. It may improve period cramps and bleeding. You can become pregnant right after it is removed. |
| Side effects | It often causes spotting, which may last for many months. It may cause depression, hair or skin changes, change in sex drive. | It may cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive. It may cause delay in getting pregnant after you stop the shots. Side effects may last up to 6 months after you stop the shots | Can cause irregular bleeding After 1 year, you may have no period at all | May cause lighter periods, spotting, or no period at all |

Remember, these methods do not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs). Always use condoms to protect yourself!