





Progestin-Only Options

No Estrogen / Safe to use during Breast/Chestfeeding

	The Implant 	Levonorgestrel (Hormonal) IUD 	Progestin-Only Pills (Mini Pill) 	The Shot 
Brand names	Nexplanon®	Mirena®, Skyla®, Liletta®, Kyleena	Camila®, Nor-QD®, and others	Depo-Provera®
How well does it work?	> 99%	> 99%	93%	96%
How to use	A clinician places it under the skin of the upper arm. It must be removed by a clinician.	A clinician places it in the uterus. It is usually removed by a clinician.	Take the pill daily.	Get a shot every 3 months (13 weeks). Give yourself the shot or get it in a medical office.
Impact on Bleeding	Can cause irregular bleeding and spotting. After 1 year, you may have no period at all. Cramps often improve.	May improve cramps. May cause lighter monthly bleeding, spotting, or no period at all.	Can make monthly bleeding more regular and less painful. May cause spotting the first few months.	Often decreases monthly bleeding. May cause spotting or no period.
Things to Know	Long lasting (up to 5 years). You can become pregnant right after it is removed. May cause mood changes. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	May be left in place 3 to 8 years, depending on which IUD you chose. You can become pregnant right after removal. Rarely, the uterus is injured during placement. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	You can become pregnant right after stopping the pills. It may cause 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).	Each shot works for up to 15 weeks. The shot is private for users. Helps prevent cancer of the uterus. It may cause weight gain, depression, hair or skin changes, change in sex drive. Side effects may last up to 6 months after you stop the shots. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).

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