





Progestin-Only Options

No Estrogen / Safe to use during Breast/Chestfeeding



	The Implant 	Levonorgestrel (Hormonal) IUD 	Progestin-Only Pills 	The Shot 
Brand names	Nexplanon®	Mirena®, Skyla®, Liletta®, Kyleena	Camila®, Opill®, Nor-QD®, Slynd® and others	Depo-Provera®
How well does it work? (Typical Use)	> 99%	> 99%	93%	96%
How to get it	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.	A clinician sends a prescription to the pharmacy. Opill® is the only brand available over the counter in stores or online.	Get a shot every 3 months (11-15 weeks). Give yourself the shot at home or get it in a medical office.
How to use	Once it's in place, you don't need to do anything.	Once it's in place, you don't need to do anything.	Take the pill daily.	Repeat the shot every 3 months (11-15 weeks).
Impact on Bleeding	Can cause irregular bleeding and spotting. After 1 year, you may have no period at all. May improve cramps	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. You may still have irregular bleeding up to a year after your last injection
Things to Know	The Implant is long-lasting (up to 5 years). You can become pregnant right after it is removed. It may lower the risk of uterine lining cancer and ovarian cancer. Changes to your period may last up to 6 months after you remove the implant.	May be left in place 3 to 8 years, depending on which IUD you choose. You can become pregnant right after removal. It may lower the risk of uterine lining cancer and ovarian cancer. Rarely, the uterus is injured during placement.	You can become pregnant right after stopping the pills. It may lower the risk of uterine lining cancer and ovarian cancer. It may cause hair or skin changes, and changes in sex drive.	Each shot works for 3 months (11-15 weeks). The shot is private for users. Helps prevent cancer of the uterus. It may cause weight gain, hair or skin changes, and changes in sex drive. It may lower the risk of uterine lining cancer and ovarian cancer. Changes to your period may last a couple of months after you stop the shots.