

Combined Hormonal Contraception Factsheet

Contains Estrogen and Progestin



Pill



Patch



Ring



Brand Names	Many brands!	Twirla®, Xulane®	ANNOVERA®, NuvaRing®
What's the chance of getting pregnant while using it?	7% (Typical Use) 7 in 100 people using these methods for a year get pregnant.		
How to get it	You can get the pill, patch, or ring at pharmacies with a prescription. Some pharmacies can mail it to you. You should share your health problems with your clinician as some issues can raise the risks of using the pill, patch, and ring.		
How to use	Take the pill daily	The patch is like a sticker you wear on your skin for a week. Apply a new patch once a week for 3 weeks. Do not wear a patch during week 4.	Insert a ring into the vagina. Leave the ring in the vagina for 21 days (3 weeks), then remove it for 7 days. Monthly Ring (NuvaRing): Change ring each month. The ring can be left in for 3-5 weeks. Yearly Ring (ANNOVERA): During the ring-free week, store the ring in a case. Put it back in the vagina after 7 days. Get a new ring after one year.
Skipping Periods	With the pill, you can skip a period from time to time or skip all periods. This is safe. To do this, don't take the placebo pills (the pills with no hormones). Instead, go straight from the last active pill in one pack to the first active pill in the next pack.	With the patch, you can skip a period. There is some concern that skipping periods regularly with the patch may raise your risk for blood clots. Skip the patch-free week and put a new patch during the 4th week. You can also change the patch every 9 days rather than weekly.	With the monthly ring, you can skip a period or skip all periods. This is safe. To do this, keep the monthly ring in your vagina at all times and change it to a new ring every 3-5 weeks. You can skip a period from time to time on the yearly ring by leaving it in. But, there isn't as much research on the safety of this as with the pill and monthly ring.
Impact on Bleeding	Can make monthly bleeding more regular, lighter, shorter, and less painful. May cause spotting in the first few months.		
Things to Know	You can become pregnant right after stopping it. It can improve premenstrual syndrome symptoms and acne. It helps to prevent cancer of the uterus and ovaries. All these methods have estrogen. Some people may prefer to avoid estrogen, these methods are safe to use. Do not use these options during the first 3-6 weeks after childbirth. Safer options include progestin-only (like the IUD, implant, progestin-only pills, and the injection) and barrier methods (like condoms).		
	Some side effects can get better by changing to a different brand.	The patch may irritate skin under it. You can wear the patch anywhere on the upper part of your outer arm, belly, buttocks, or back.	There are two types: a monthly ring and a yearly ring. One size ring fits all. Private for users. Can cause vaginal discharge and irritation for some people.