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?	Fewer than 1 in 100 people get pregnant.	Fewer than 1 in 100 people get pregnant.	7 in 100 people get pregnant.	4 in 100 people get pregnant.
How to get it	• A clinician places a thin plastic rod under the skin of the upper arm. • It must be removed by a clinician. You can ask your clinician to remove it at any time.	• This small T-shaped device is placed in the uterus by a clinician. • It is usually removed by a clinician. You can ask your clinician to remove it at any time. Some people prefer to remove it themselves.	• Opill and a generic called norgestrel are the only options available without a prescription. You can get it at pharmacies, convenience stores, and online. • You can get other brands with a prescription from a clinician.	• Get a shot every 3 months (13 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 one pill at the same time each day. • After you finish a pack of pills, start a new pack the next day.	Repeat the shot every 3 months (13 weeks).
Impact on Bleeding	• May cause frequent spotting that is hard to predict. • Monthly bleeding may be longer, shorter, or stop. • Cramps may improve.	• May cause lighter monthly bleeding, spotting, or no monthly bleeding. • Cramps may improve.	• Can make monthly bleeding lighter and shorter. • May cause spotting. • Cramps may improve.	• May cause spotting, no bleeding at all, or longer bleeding. May take up to a year and a half for your period to return to normal after stopping the shots. • Cramps may improve.
Things to Know	• Works for 5 years. • You can ask your clinician to remove it at any time. • Most implants cannot be seen, but you can feel it if you touch the skin over it. • May cause mood changes, weight gain, headache, acne, and/or skin changes in the upper arm. • After it is removed, you can get pregnant right away.	• Works for 3 to 8 years, depending on the IUD you get. • You will not feel the IUD in you. • Some can be used as emergency contraception. • May cause bloating, nausea, headaches, or breast/chest soreness. • Insertion can be painful. Ask your clinician about ways to make it more comfortable.	• May cause nausea, and/or breast/chest soreness. • You can get pregnant right after stopping the pills.	• Each shot works for up to 15 weeks. • Can improve PMS symptoms. • May cause weight gain, bloating, headaches, and/or mood changes. • Bones may become slightly thinner while taking the shot. This goes back to normal once you stop the shots. • May take months to get pregnant after you stop the shots.