

# BIRTH CONTROL 101

WHICH BIRTH CONTROL METHOD IS RIGHT  
FOR YOU?



# What is birth control?

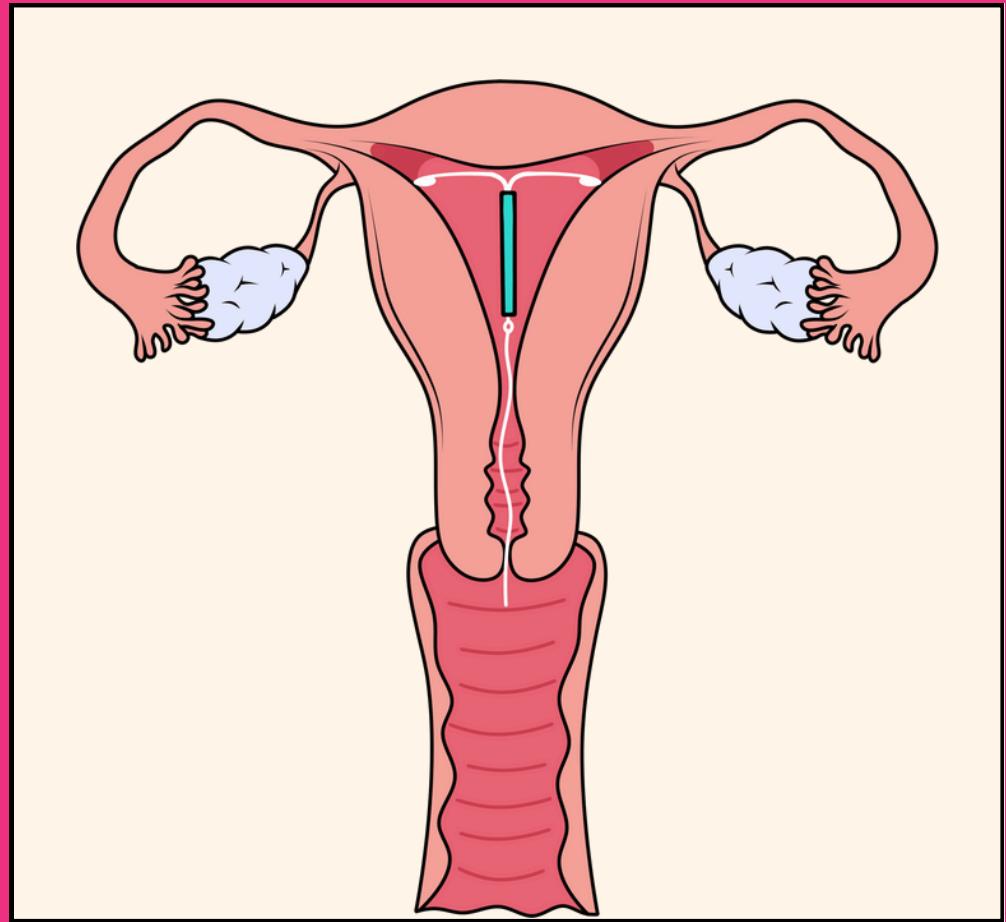
Birth control is a safe and easy way to prevent pregnancy. Almost everybody uses birth control at some point in their life.

As a sexually active individual, you have a wide variety of birth control options. At FPA Women's Health, our amazing team will help you decide the type of birth control that's best for you with regard to your overall health, your pregnancy goals, and your lifestyle.



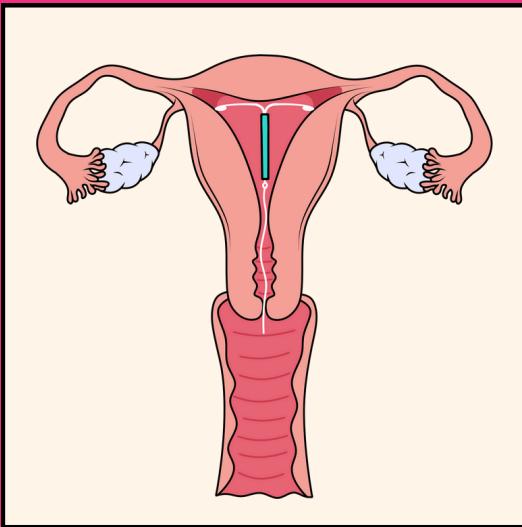
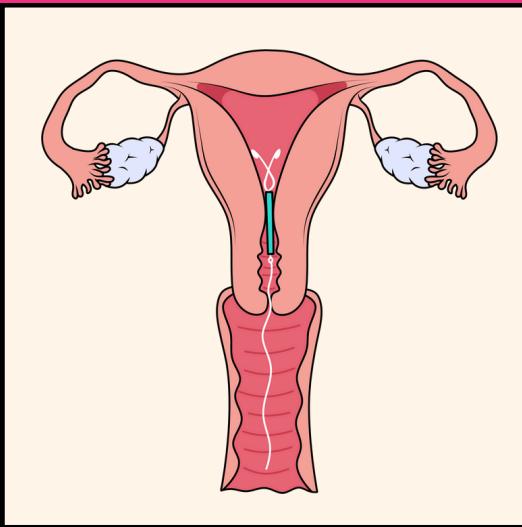
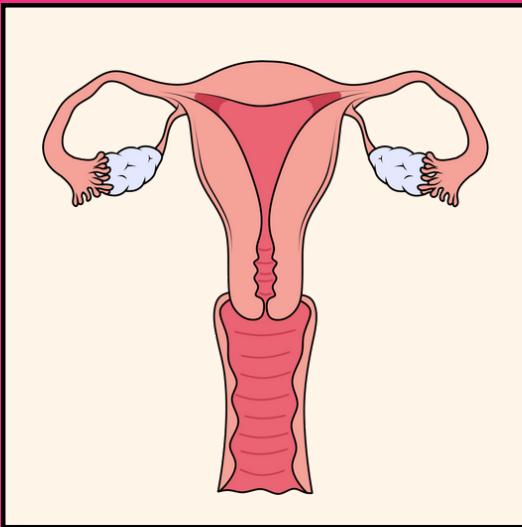
# Intrauterine Device (IUD)

- An IUD is a small, T-shaped device that is inserted into the uterus.
- An IUD prevents pregnancy by making it difficult for sperm to reach an egg to fertilize it.
- Mirena® and Kyleena® use hormones to prevent pregnancy
  - The hormones thicken cervical mucus to block sperm from reaching the egg.
- Paragard® uses copper to prevent pregnancy
  - The copper stops sperm from fertilizing an egg and alters the ability of a fertilized egg to successfully implant in the uterine lining.
  - Can be used as emergency contraception when inserted within **5 days** of unprotected sex.
- IUDs also offer other benefits including:
  - Lighter periods or none at all
  - Easy insertion and removal
  - Birth control for years at a time
  - Lower risk of certain cancers



IUDs provides pregnancy protection for up to 5-10 years!

# What to expect when getting an IUD



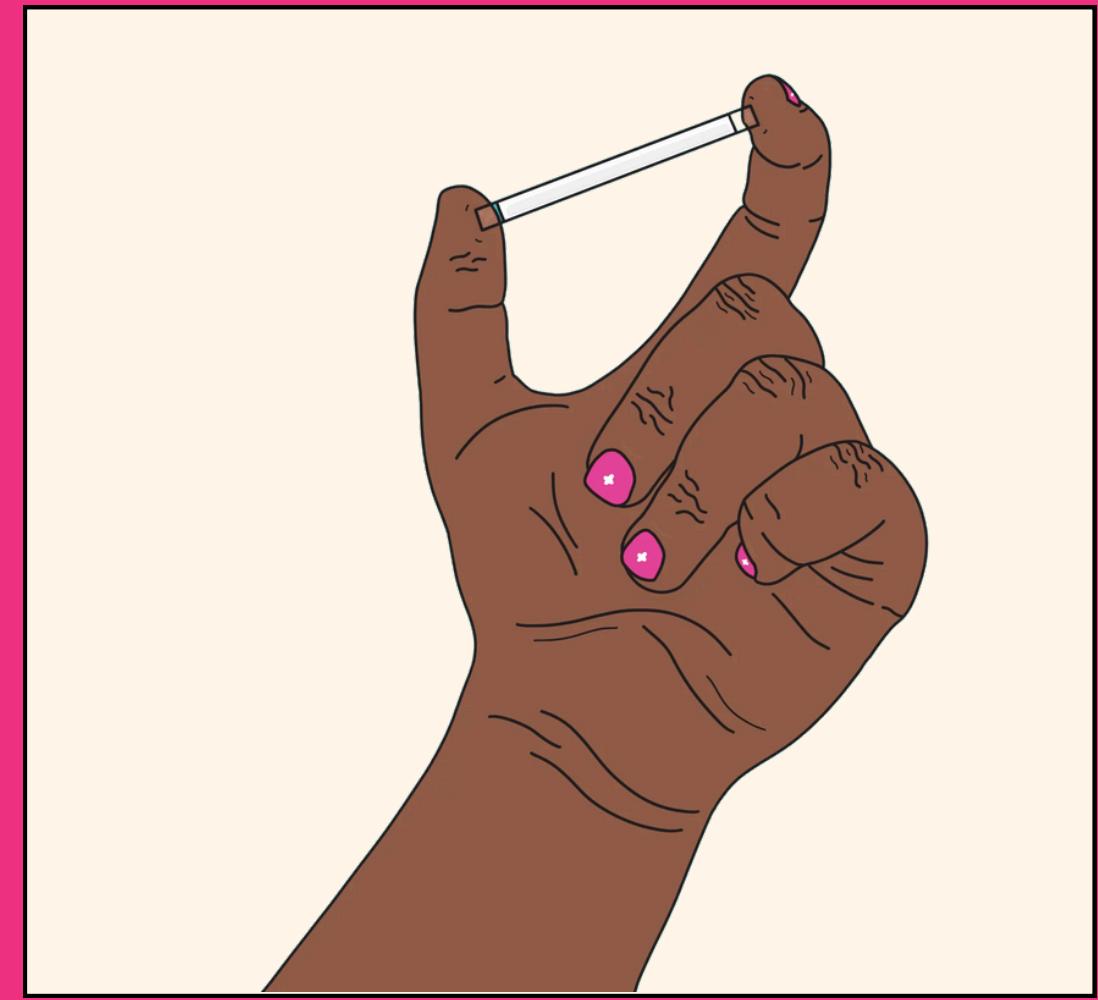
The insertion process is simple and only takes less than two minutes!

- **Before IUD Insertion:** It is recommended to take Ibuprofen approximately 30 minutes before an IUD insertion to alleviate discomfort.
- **Step 1:** The process starts with a mindful pelvic exam to determine the position and size of the uterus.
- **Step 2:** Our **trauma-informed clinicians** will ask if it is okay to insert the speculum. By asking permission, we transfer the control of the experience to the patient and allow them to dictate their own comfort level.
- **Step 3:** Once the speculum is inserted, the cervix is visualized and gently cleansed with a soap called "betadine". The top edge of the cervix is grasped with an "atraumatic" instrument (imagine a flat tweezer).
- **Step 4:** A small instrument (the diameter of a pen tip) is passed through the cervix to measure the inside of the uterus.
- **Step 5:** Lastly, the IUD insertion device is placed through the cervix and **the IUD is deployed**. Expect a second sharp cramp for 5-10 seconds.

**A minute or two of discomfort is worth 5-10 years of no maintenance birth control!**

# Contraceptive Implant

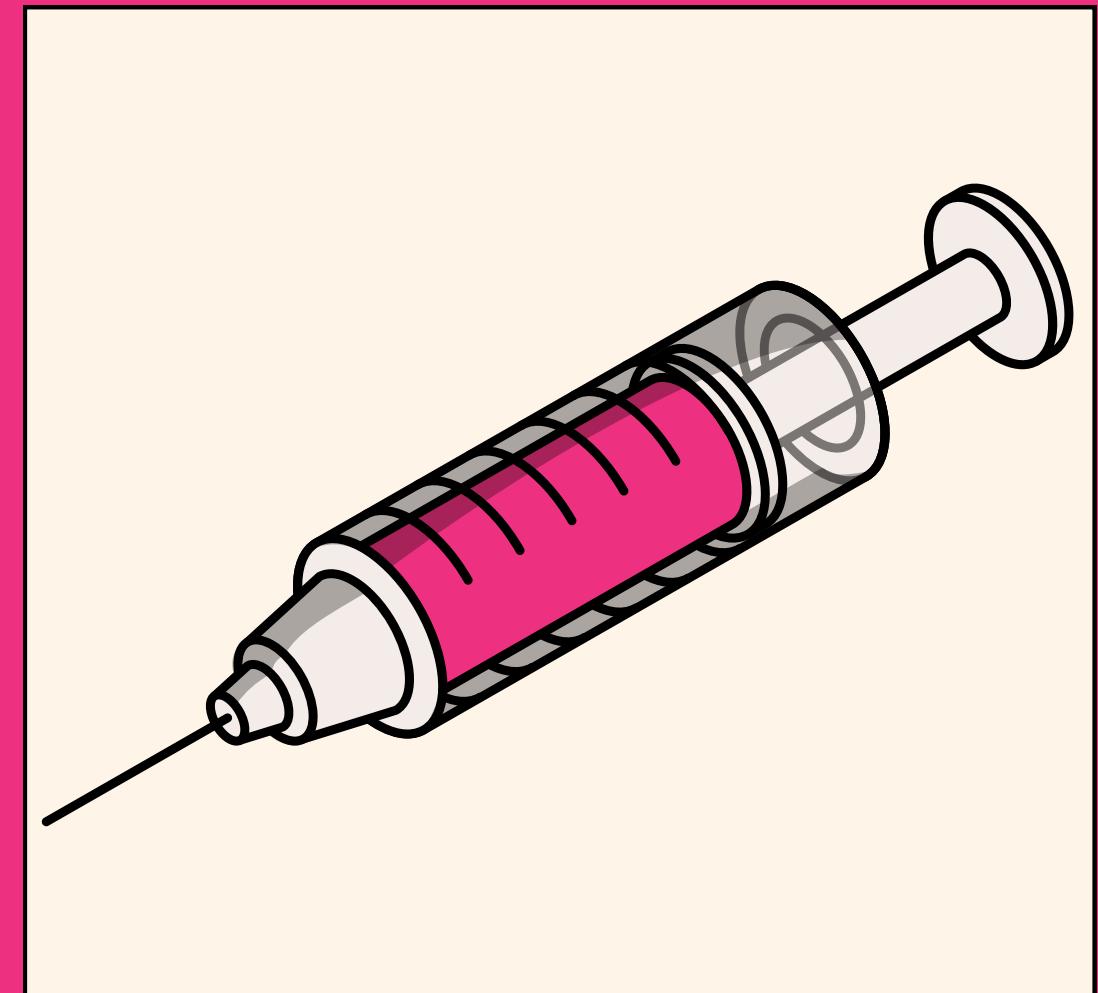
- The Contraceptive Implant, aka “**Nexplanon**”, is an implant inserted beneath the skin.
- The implant is soft, flexible and small (2 mm in diameter, 4cm in length), and is inserted in the patient’s upper arm (a local anesthetic is provided at the site of the implantation to prevent any discomfort).
  - Nexplanon prevents pregnancy by slowly releasing progestin etonogestrel
- Implants are over 99% effective in preventing pregnancy and it is a form of contraception that you don’t have to think about every day, month, or even year.
- Nexplanon can result in irregular vaginal bleeding, mild infection at the insertion site, or difficulty removing the device if it is placed too deeply.
  - You may request that your provider take out your implant at any time prior to the removal date



Nexplanon provides pregnancy protection for up to 3 years.

# The Depo Shot

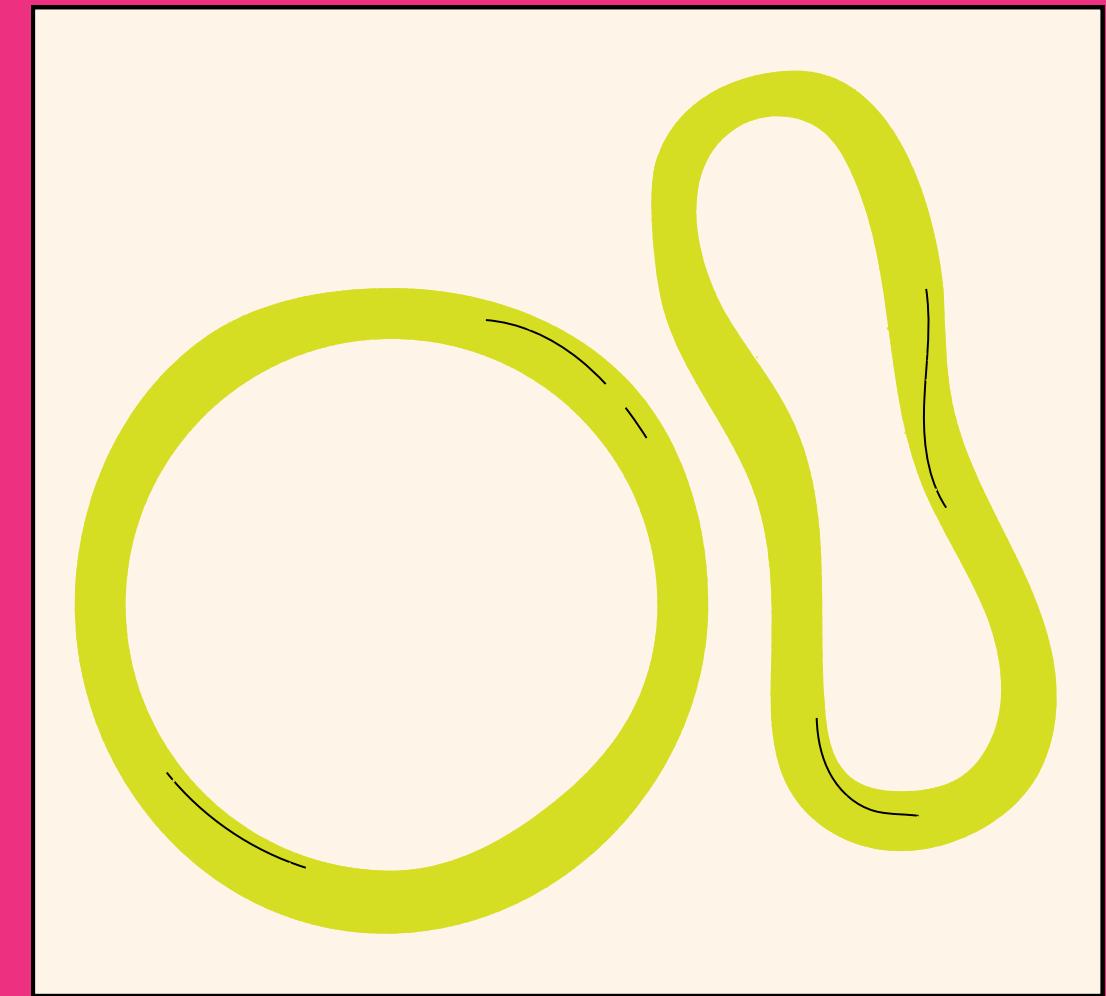
- The Depo shot (DMPA), aka Depo Provera, is a long-acting progesterone contraceptive injection.
  - It is safe for individuals who cannot take estrogen.
  - You simply make an appointment with your provider **every 3 months** to receive your DMPA injection.
- The Depo shot works by stopping ovulation and thickening the cervical mucus, which prevents sperm from reaching the egg.
- Only 0.3% of women get pregnant with the Depo shot
  - That is only 1-3 people out of 100!
- Your menstrual cycle may change
  - Your periods may be heavier, longer, or disappear completely.
  - The chance of amenorrhea (no period at all) will increase, but it is not dangerous.
  - Irregular bleeding and/or spotting can be managed by your provider.



The Depo shot provides pregnancy protection and lasts 3 months!

# The Birth Control Ring

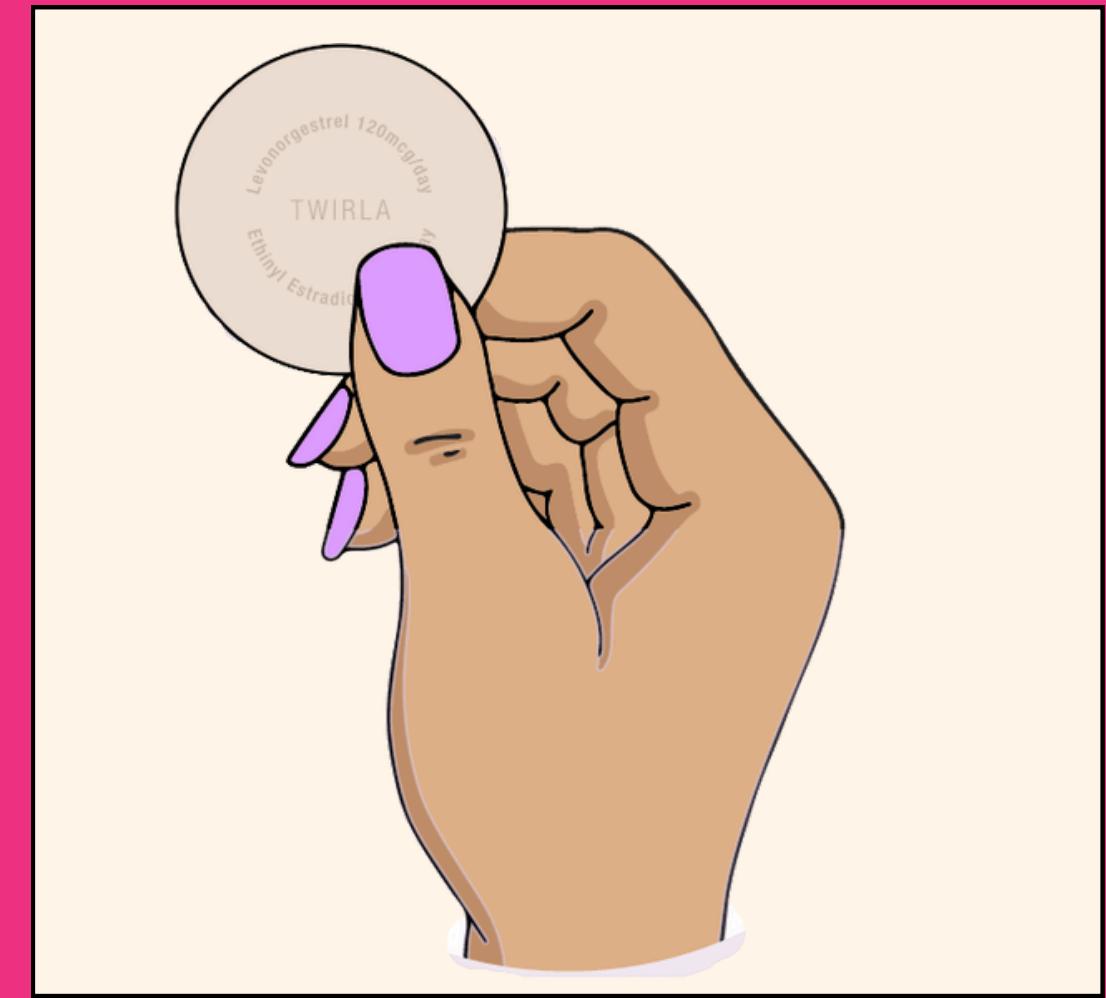
- The Birth Control Ring, aka **vaginal ring** or **NuvaRing**, is a small flexible ring that is placed in the vaginal canal by the patient and left there for 21 days each month.
  - In order for your period to come, it must be removed for 7 days.
- You will insert and remove the NuvaRing yourself each month.
  - A new ring must be inserted in the vagina at the same time, on the same day of the week following your period each month.
  - If you do not insert NuvaRing on time, it is important to use a backup form of birth control that month because you are more likely to get pregnant.
- The ring does NOT need to be removed for sexual intercourse.
  - The ring can be removed for up to **3 hours a day** if you choose to remove it for sex, but it must be replaced **ASAP** for highest effectiveness!
- This method might be right for you if you would like a short-term hormonal birth control method and feel you can remember to insert a new ring at the same time every month.



The Birth Control Ring provides pregnancy protection and lasts for 21 days!

# The Birth Control Patch

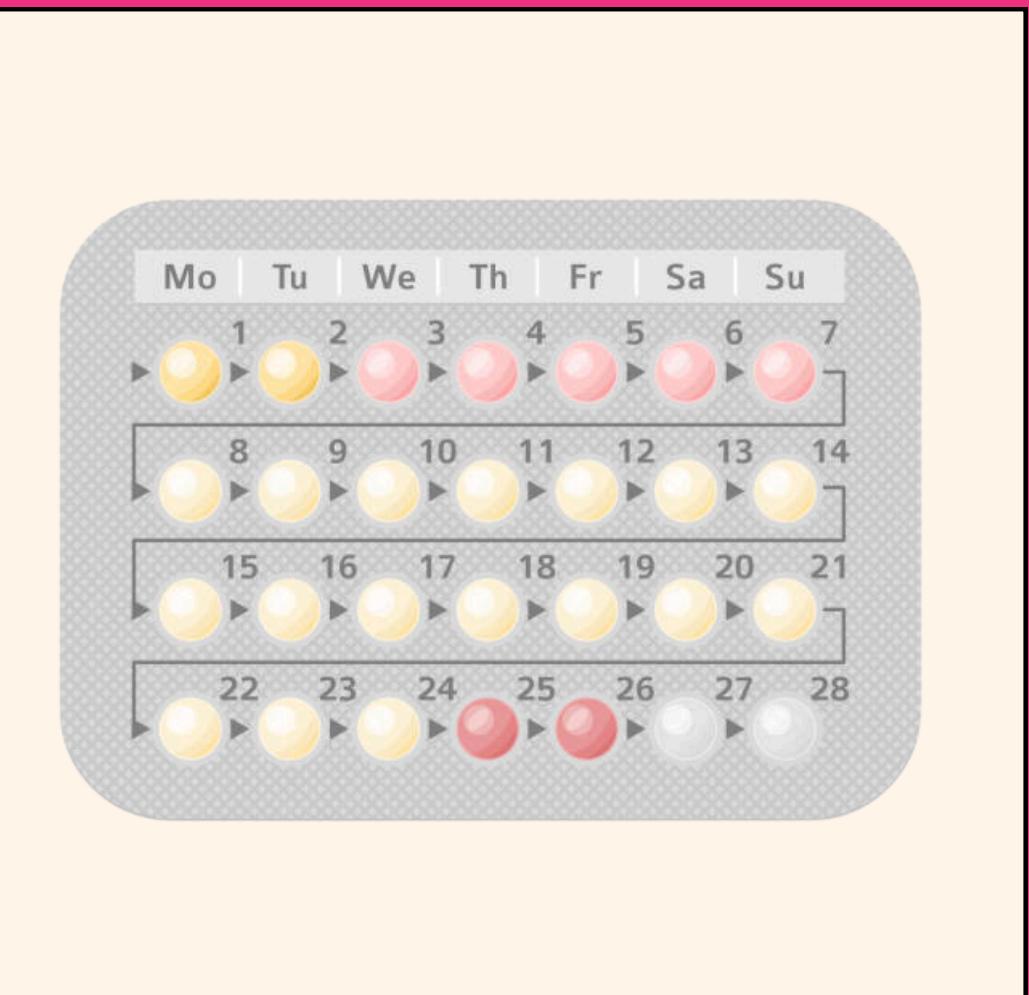
- The Birth Control Patch, aka **The Patch** or **The Contraceptive Patch**, is a combination hormonal patch containing both progestin and estrogen.
- The patch is supplied in cartons of one cycle (3 patches).
  - Each week, for 3 weeks, a new patch is applied.
  - On the 4th week, you do not use a patch to allow your period to come.
- You will apply the patch on your buttock, abdomen, upper outer arm, or upper torso (excluding the breast) at the same time of day and at the same time of the week in order for it to be effective.
  - If you started your last patch on Monday morning, the next patch should also be started the following Monday morning.
  - Where you placed it one week cannot be placed in the same area the next week- the location **MUST** be alternated.
- The patch is more than **92% effective** at preventing pregnancy when used correctly.
  - Inconsistent use of the patch will make it less effective.



The Birth Control Patch provides pregnancy protection and must be changed weekly!

# The Birth Control Pill

- The Birth Control Pill, aka **oral contraceptives** or **“the pill”**, is one of the most popular types of birth control.
- There are different brands of birth control pills with different doses of hormones.
  - Currently, most birth control pills have low dose of hormones and have few side effects.
  - The pill, and any other hormonal contraceptives, must be prescribed by a clinician.
- Birth control pills are taken orally once a day
  - It is important to take your pill at the same time of the day, every day in order for it to be effective.
  - If you miss a pill or take a pill later than you were supposed to, a backup form of birth control should be used.
- Most packages contain 21 active (hormone) pills for three weeks and one week of “sugar” pills, which allows your period to occur.
- With normal adherence to the schedule of taking the pill at the same time every day, the effectiveness rate is about 92%.
  - If you feel you can remember to take a pill at the same time every day, and are thinking of having kids sometime soon, the pill may be great for you.



The Birth Control Pill provides pregnancy protection and must be taken daily!

# Condoms

- A condom is a sheath-shaped barrier device used during sexual intercourse.
- Condoms are great at preventing pregnancy AND reducing the probability of getting a **sexually transmitted infection (STI)**.
- There are two types of condoms: **Male (external) condoms & Female (internal) condoms.**
  - **Male condoms:** External condoms are put on an erect penis.
  - **Female condoms:** Internal condoms are placed in the vagina.
- You must **ALWAYS** use a new condom every time you have vaginal, oral, or anal sex.
  - If you feel the condom break at any point, you must **IMMEDIATELY** stop, remove the broken condom and put on a new one.
  - Oil-based lubes can break condoms as it weakens the latex.
- Even if you are on birth control, it is important to use condoms because birth control does **NOT** prevent STIs.



Condoms provide pregnancy and STI protection. A new one must be used during every sexual activity.

# Emergency Contraceptive Pill

- The Emergency Contraceptive Pill, aka the “**Morning After Pill**” or “**Plan B®**”, is for individuals who may have had unprotected sex or had their birth control fail during sex within the past 72 hours and are concerned that they may become pregnant.
- The morning after pill is taken orally and reduces your chances of pregnancy.
  - The pill can be prescribed in advance for those who wish to be prepared.
- The morning after pill is meant to be used as emergency contraception, and **NOT** for regular use.
- At FPA, we use Plan B®, which is a progestin only emergency contraception
  - It prevents pregnancy by temporarily stopping the release of an egg from the ovary or by preventing fertilization of an egg.
- The morning after pill will not work if you’re already pregnant.



The Birth Control Pill provides pregnancy protection and must be taken daily!



Ready to start birth control? Schedule  
your appointment with us today!

**Our FPA team will take AMAZING care of you  
and will answer any questions you might  
have.**



# Q&A

Have a question you'd prefer to discuss privately?  
Feel free to reach out to Marie Garcia at  
[megarcia@fpawomenshealth.com](mailto:megarcia@fpawomenshealth.com)  
for a confidential conversation.



# THANK YOU

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