

Choose birth control and condoms. If you're having sex, use **BOTH EVERY TIME** to help prevent pregnancy, HIV & STDs.

Only complete and consistent abstinence from vaginal, anal and/or oral sex is 100% effective in preventing pregnancy and protecting against STDs.

There are many effective birth control methods. Choose the one that's right for you.

YOUR OPTIONS	HOW OFTEN YOU USE IT	WHERE TO GET IT	EFFECTIVENESS
IUD	Can be left in place for up to 3–10 years, reversible	A doctor's office or clinic	99+% Effective
Implant	Can be left in place for up to 3 years, reversible		
Male Sterilization	A one-time surgical procedure	A doctor's office	
Female Sterilization	A one-time surgical procedure	Outpatient clinic/hospital	

Shot	New shot every 3 months	A doctor's office or clinic	91-94% Effective
Ring	Leave ring in for 3 weeks, remove for week 4		
Patch	New patch once a week for 3 weeks, no patch for week 4		
The Pill	One pill at same time, every day		

Diaphragm Cervical Cap Male Condom Female Condom	Every time you have sex	A doctor's office or clinic or buy at drugstore	71-88% Effective
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Spermicide	Every time you have sex	Buy at drugstore	72% Effective
Fertility-Awareness Based Methods	When a woman is most fertile – most likely to become pregnant	Download the fertility awareness based app to your electronic device or purchase a thermometer and calendar from the store.	

(See back for more details on each method)

Emergency Contraception

If your birth control failed or no birth control was used, get emergency contraception (see back for more info).



For more information, call 1-800-545-1098 or visit www.adph.org/familyplanning, or scan here.

	YOUR OPTIONS	WHAT IT IS	THINGS TO KNOW
Most Effective 99+%	IUD	A small (about an inch long) device that a doctor or nurse practitioner puts into your uterus (usually can't be felt by your partner)	<ul style="list-style-type: none"> The IUD can prevent pregnancy for 3-5 years (hormonal) or 10 years (copper), and the implant for up to 3 years. Can be easily removed by a doctor or nurse practitioner if you want to get pregnant.
	Implant	Tiny rod (about the size of a matchstick) containing a hormone that a doctor or nurse practitioner puts under your skin	<ul style="list-style-type: none"> You must use other birth control until the sperm are used up. It usually takes about three months. A simple test - semen analysis - shows when there are no more sperm in your semen. Medicaid will not pay for a sterilization until age 21.
	Male Sterilization	A one time surgical procedure where the doctor closes or blocks the tubes that carry sperm	<ul style="list-style-type: none"> Medicaid will not pay for a sterilization until age 21. You may feel tired and have slight pain in your abdomen for 1 to 3 days after the procedure.
	Female Sterilization	A one time surgical procedure where the doctor closes or blocks the tubes that carry the egg(s) to the uterus.	
Very Effective 91-94%	Shot	An injection containing a hormone that is given by your health care provider	<ul style="list-style-type: none"> Each shot lasts for 3 months, so visit your health care provider every 3 months for a new shot
	Ring	A soft, flexible piece of plastic containing hormones that you put into your vagina for 3 weeks and then take out for the 4th week (usually can't be felt by partner)	<ul style="list-style-type: none"> You'll need to visit a doctor or nurse practitioner for a prescription Put in a new ring every 3 weeks, remove it for 1 week
	Patch	A thin, beige, plastic patch containing hormones that you stick onto your skin	<ul style="list-style-type: none"> You'll need to visit a doctor or nurse practitioner for a prescription Apply a new patch once a week for 3 weeks, then go 1 week without it
	The Pill	A hormonal pill you take every day at the same time	<ul style="list-style-type: none"> You'll need to visit a doctor or nurse practitioner for a prescription Take it when you do something else you do everyday, like brush your teeth in the morning
Effective 71-88%	Diaphragm Cervical Cap	Silicone cups you put into your vagina every time you have sex (usually can't be felt by your partner)	<ul style="list-style-type: none"> You can put it in several hours before you have sex but you must leave it in place for 6 hours after you have sex You'll need to visit a doctor or nurse practitioner to get the correct size and learn how to use and store it
	Male Condom	A thin rubber sheath worn on a man's penis during sex as a contraceptive or as protection against infections and diseases.	<ul style="list-style-type: none"> Using condoms reduces the risk of unplanned pregnancy and sexually transmitted infections and diseases (STIs or STDs) if used for vaginal, anal and oral intercourse. You can purchase at stores without a prescription.
	Female Condom	The female condom is a thin sheath or pouch worn by a woman during sex. It entirely lines the vagina and helps to prevent pregnancy and sexually transmitted diseases (STDs) including HIV.	
Least Effective 72%	Spermicide	Usually a gel, foam, cream or suppository you put into your vagina using your fingers or an applicator	<ul style="list-style-type: none"> You need to wait 10 minutes after you put it in before you have sex, and it only stays effective for about an hour You can purchase spermicides at stores without a prescription
	Fertility-Awareness Based Methods	Fertility awareness-based methods (FAMs) are ways to track ovulation - the release of an egg - in order to prevent pregnancy. Some people call FAMs "natural family planning."	<ul style="list-style-type: none"> To prevent pregnancy, abstain from vaginal intercourse on your fertile days. Or use withdrawal, a condom, a sponge, a diaphragm, or a cap on those days. If your cycle (period) is not regular, this method is not a recommended form of birth control.
Emergency Contraception (often called Plan B)		A pill you can take up to 5 days (120 hours) AFTER you have unprotected sex, forgot to use birth control, or a condom broke, leaked or slipped off.	<ul style="list-style-type: none"> The sooner you take it, the better it works. If taken within 72 hours after unprotected sex, emergency contraception is about 89% effective at preventing pregnancy. So it's smart to get some now and always have it with you. Emergency contraception helps prevent pregnancy. It is not an abortion pill. If you're already pregnant, it will not work.

Use BOTH birth control + condoms every time you have sex. Only condoms help protect against HIV and STDs.

*The percentages indicate the number out of every 100 women who experienced an unintended pregnancy with the first year of typical use of each contraceptive method.