

Your Birth Control Choices

Method	How to Use	Impact on Bleeding	Things to Know	How well does it work?*
External Condom 	• Use a new condom each time you have sex • Use a polyurethane condom if allergic to latex	None	• Can buy at many stores • Can put on as part of sex play/foreplay • Can help prevent early ejaculation • Can be used for oral, vaginal, and anal sex • Protects against HIV and other STIs • Can decrease penile sensation • Can cause loss of erection • Can break or slip off • Does not need a prescription	87%
Internal Condom 	• Use a new condom each time you have sex • Use extra lubrication as needed	None	• Can put in as part of sex play/foreplay • Can be used for anal and vaginal sex • May increase vaginal/anal pleasure • Good for people with latex allergy • Protects against HIV and other STIs • Can decrease penile sensation • May be noisy • May be hard to insert • May slip out of place during sex • May require a prescription from your health care provider	79%
Diaphragm Caya® and Miletex® 	• Put in vagina each time you have sex • Use with spermicide every time	None	• Can last several years • Costs very little to use • May protect against some infections, but not HIV • Using spermicide may raise the risk of getting HIV • Should not be used with vaginal bleeding or infection • Raises risk of bladder infection	83%
Emergency Contraception Pills Progestin EC (Plan B® One-Step and others) and ulipristal acetate (ella®) 	• Works best the sooner you take it after unprotected sex • You can take EC up to 5 days after unprotected sex • If pack contains 2 pills, take both at once	• Your next monthly bleeding may come early or late • May cause spotting	• Available at pharmacies, health centers, or health care providers: call ahead to see if they have it • People of any age can get progestin EC without a prescription • May cause stomach upset or nausea • Progestin EC does not interact with testosterone, but we don't know whether Ulipristal acetate EC does or not • Ulipristal acetate EC requires a prescription • May cost a lot • Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26. • Ulipristal acetate EC works better than progestin EC 3-5 days after sex	58 - 94%

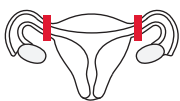
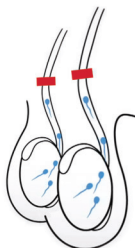
*Typical Use

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Fertility Awareness Natural Family Planning 	- Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your monthly bleeding - It works best if you use more than one of these methods - Avoid sex or use condoms/spermicide on fertile days	Does not work well if your monthly bleeding is irregular	- Costs little - Can help with avoiding or trying to become pregnant - Use a different method on fertile days - This method requires a lot of effort - Does not require a prescription	85%
The Implant Nexplanon® 	- A clinician places it under the skin of the upper arm - It must be removed by a clinician	- Can cause irregular bleeding and spotting - After 1 year, you may have no monthly bleeding at all - Cramps often improve	- Long lasting (up to 5 years) - You can become pregnant right after it is removed - It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) - May cause mood changes	> 99%
IUD: Copper ParaGard® 	- Must be placed in uterus by a clinician - Usually removed by a clinician	- May cause cramps and heavy monthly bleeding - May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue)	- May be left in place for up to 12 years - You can become pregnant right after removal - It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) - Rarely, uterus is injured during placement	> 99%
IUD: Hormonal Liletta®, Mirena®, Skyla® and others 	- Must be placed in uterus by a clinician - Usually removed by a clinician	- May improve cramps - May cause lighter monthly bleeding, spotting, or no monthly bleeding at all	- Uses levonorgestrel, a progestin - 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, ovarian cancer, and polycystic ovary syndrome (PCOS) - Rarely, uterus is injured during placement	> 99%

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The Patch Ortho Evra® 	• Apply a new patch once a week for three weeks • No patch in week 4	• Can make monthly bleeding more regular and less painful • May cause spotting the first few months	• You can become pregnant right after stopping patch • Can irritate skin under the patch • This method contains estrogen - it is unclear if estrogen interacts with testosterone	93%
The Pill 	• Take the pill daily	• Often causes spotting, which may last for many months	• Can improve PMS symptoms • Can improve acne • Helps prevent cancer of the ovaries • This method contains estrogen - it is unclear if estrogen interacts with testosterone • You can become pregnant right after stopping the pills • May cause nausea, weight gain, headaches, change in sex drive - some of these can be relieved by changing to a new brand	93%
Progestin-Only Pills 	• Take the pill daily	• Can make monthly bleeding more regular and less painful • May cause spotting the first few months	• You can become pregnant right after stopping the pills • It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) • May cause depression, hair or skin changes, change in sex drive	93%
The Ring ANNOVERA® Nuvaring® 	• Insert a small ring into the vagina • Monthly Ring: Change ring each month • Yearly Ring: Change ring each year	• Can make monthly bleeding more regular and less painful • May cause spotting the first few months • Can increase vaginal discharge	• There are two types: a monthly ring and a yearly ring. • One size fits all • Private • You can become pregnant right after stopping the ring • This method contains estrogen - it is unclear if estrogen interacts with testosterone	93%
The Shot Depo-Provera® 	• Get a shot every 3 months (13 weeks) • Give yourself the shot or get it in a medical office	• Often decreases monthly bleeding • May cause spotting or no monthly bleeding	• Each shot works for up to 15 weeks • Private for user • Helps prevent cancer of the uterus • May cause weight gain, depression, hair or skin changes, change in sex drive • It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) • Side effects may last up to 6 months after you stop the shots	96%

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Sterilization: Tubal Methods 	- These methods block or cut the Fallopian tubes - A clinician reaches the tubes through your belly	None	- These methods are permanent and highly effective - Reversal is difficult - The risks include infection, bleeding, pain, and reactions to anesthesia	> 98%
Sterilization: Vasectomy 	A clinician blocks or cuts the tubes that carry sperm from your testicles	None	- This method is permanent and highly effective - It is more effective, safer, and cheaper than tubal procedures - Can be done in the clinician's office - No general anesthesia needed - Reversal is difficult - Risks include infection, pain, and bleeding - It takes up to 3 months to work	> 99%
Vaginal Acidifying Gel Phexxi® 	Insert gel each time you have sex	None	- Can be put in as part of sex play/foreplay - Does not have any hormones - Requires a prescription - May irritate vagina, penis - Should not be used with urinary tract infection	86%
Vaginal Spermicide Cream, gel, sponge, foam, inserts, film 	Insert spermicide each time you have sex.	None	- Can buy at many stores - Can be put in as part of sex play/foreplay - Comes in many forms: cream, gel, sponge, foam, inserts, film - May raise the risk of getting HIV - May irritate vagina, penis - Cream, gel, and foam can be messy - Does not require a prescription	79%
Withdrawal Pull-out	Pull penis out of vagina before ejaculations (that is, before coming)	None	- Costs nothing - Less pleasure for some - Does not work if penis is not pulled out in time - Must interrupt sex	80%

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