

<i>Birth Control</i>	<i>Directions</i>	<i>Advantages</i>	<i>Possible Disadvantages</i>	<i>Effectiveness (see back*)</i>	<i>Cost</i>
Depo-Provera Shot	Your clinician will give you a shot of hormone in your arm or buttocks every 12 weeks.	<ul style="list-style-type: none"> • Effective for 12 weeks • No medicine to take every day • Helps prevent cancer of the lining of the uterus 	<ul style="list-style-type: none"> • Must receive injection every 12 weeks • Loss of monthly period, change of appetite, weight gain, depression, hair loss, increased hair on the face, nervousness, skin rash or spotty darkening of the skin, change in sex drive • Side effects not reversed until med’s wear off, up to 12 weeks • May cause delay in pregnancy after shots are stopped • Pregnancies, which rarely occur are more likely to be ectopic (in a fallopian tube) 	Up to 99.7%	<p>\$35-\$75 per shot, plus exam fees.</p> <p>Some family planning clinics charge according to income.</p>
Diaphragm or Cervical Cap	You will insert cap or diaphragm deep into the vagina. Not effective against sexually transmitted diseases—use latex or female condoms to reduce risk.	<ul style="list-style-type: none"> • No major health concerns • Can last several days 	<ul style="list-style-type: none"> • Allergies to latex or spermicide (can be messy) • Should not be used during vaginal bleeding or infection • Increased risk of bladder infection (diaphragm only) • Can only be left in place for up to 24 hours (diaphragm only) • Difficult for some women to use (cervical cap only) • Only four sizes - difficult to fit some women (cervical cap only) • Can only be left in place for up to 48 hours (cervical cap only) 	<p>Diaphragm: 84-94%</p> <p>Cervical cap : 71-86% (less effective for women who have a child)</p>	<p>\$15-\$75 per diaphragm or cap, plus exam fees.</p> <p>\$8-\$17 for supplies of spermicide jelly or cream.</p>
The IUD (Intrauterine Device)	Your clinician will put a small plastic device in your uterus. The IUD contains copper or hormones that keep sperm from joining egg or may prevent a fertilized egg from implanting in the uterus.	<ul style="list-style-type: none"> • Nothing to put in place before intercourse • Different types may be left in from 1 to 5 or even 12 years. • No pill to take every day • IUDs with hormones may reduce menstrual cramps • Ability to become pregnant returns quickly when IUD is removed 	<ul style="list-style-type: none"> • Increase in cramps and heavier and longer periods (copper IUDs) • Spotting between periods • Increased chance of tubal infection leading to infertility if inserted when a woman has a STD • Rarely, wall of uterus is punctured during insertion • Rarely, insertion can cause infection • Pregnancies, which rarely occur, are more likely to be ectopic (in a fallopian tube) 	99.2-99.9%	\$175-\$500 per exam, insertion, and follow-up visit
The Patch (Ortho Evra)	You place a thin plastic patch on the skin of the buttock, stomach, upper outer arm or upper torso once a week for 3 out of 4 weeks.	<ul style="list-style-type: none"> • Protects against pregnancy for one month • No pill to take every day • Ability to become pregnant returns quickly when use is stopped 	<ul style="list-style-type: none"> • Skin reaction at site of application • Menstrual cramps • A change in vision or the inability to wear contact lenses • May not be effective for women who weigh more than 198 lbs. 	Up to 99.7%	\$30-\$40 per month supply of patches
The Pill	Your clinician will prescribe the right pill for you. Take one pill at the same time each day. Complete one pill-pack each month.	<ul style="list-style-type: none"> • More regular, shorter periods • Nothing to do right before sex • Less: menstrual flow, cramping, acne 	<ul style="list-style-type: none"> • Must be taken daily at the same time of day • Persistent side effects may be relieved by having your clinician change your prescription 	92-99.7%	\$20-35 per monthly pill-pack at drugstores
The Ring (Nuva Ring)	You will insert a small, flexible ring deep into the vagina. Insert a new ring once for 3 out of 4 weeks. It releases hormones that protect against pregnancy for one month.	<ul style="list-style-type: none"> • Protects against pregnancy for one month • No pill to take every day • Does not require a “fitting” by a clinician • Does not require the use of spermicide • Ability to become pregnant returns quickly when use is stopped 	<ul style="list-style-type: none"> • Increased vaginal discharge • Vaginal irritation and infection • Cannot use oil-based vaginal medicine to treat yeast infection while the ring is in place • Cannot use a diaphragm or cervical cap for a backup method of birth control 	99.7%	\$30–\$35 per month supply of rings

Emergency Contraception

Emergency contraception (EC) is designed to prevent pregnancy after unprotected vaginal intercourse.

Emergency contraception pills

- 2 doses of hormonal pills taken 12 hours apart.
- They can reduce the risk of pregnancy up to 120 hours after unprotected sex
- They work best when the 1st dose is taken within 72 hours - during this time they can reduce the risk of pregnancy from 75-89%
- Nausea, vomiting and cramping are common side effects

Emergency IUD Insertion

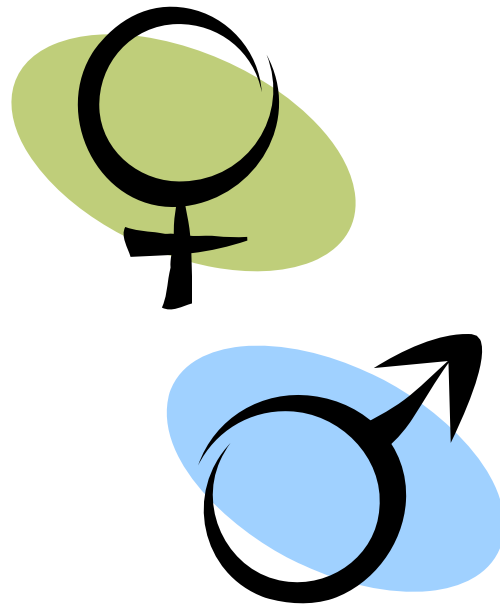
- Within 5 days of unprotected sex
- 99.9% effective

Don't use emergency contraception if you are pregnant or allergic to medication.

***Effectiveness Rates**

The low end of the effectiveness range is for **typical use**, failure rates for people whose use is not consistent or always correct. The high end of the effectiveness range is for **perfect use**, failure rates for people whose use is consistent and always correct.

Birth Control Options for Women



**Washtenaw County
Public Health**
555 Towner
Ypsilanti, MI
(734) 544-6700

<http://publichealth.ewashtenaw.org>

Abstinence (Continuous)

You will not have any sexual intercourse.

100% Effective

- Prevents STD's

Advantages:

- No medical or hormonal side effects

Possible Disadvantages:

- Many people find it difficult to abstain from sex play for long periods of time
- Many people fail to use protection when abstinence ends

Withdrawal

The man will pull his penis out of the vagina before he "cums" to keep the sperm from joining the egg. Pregnancy is possible if sperm or pre-ejaculate have spilled on the vulva or entered the vagina.

Advantages:

- Can be used when no other method is available

Possible Disadvantages:

- Requires great self-control, experience and trust
- Not for men who ejaculate (cum) prematurely
- Not for men who don't know when to pull out
- Not effective against STD's

Condoms and Female Condoms

The Condom is 85-98% Effective

The Female Condom is 79-95% Effective

Spermicide is 71-85% Effective

Latex condoms and the female condom are effective against many sexually transmitted diseases—including HIV.

Advantages:

- Can be put on or inserted as part of sex play
- Easy to buy in drugstores, supermarkets, etc.
- The condom can help relieve premature ejaculation
- An erection is not necessary to keep female condom in place
- Female condoms can be used by people who are allergic to latex
- External ring of female condom may stimulate clitoris

Possible Disadvantages:

Condom:

- Latex allergies
- Loss of sensation
- Breakage

Female condoms:

- May be noisy
- May be difficult to insert
- May irritate vagina, penis
- May slip into vagina during sex

Spermicide:

- May irritate sex organs
- Can be messy

Cost: \$0.50 and up per condom
\$2.50 per female condom
\$8 per applicator kits of spermicide