

YOUR BIRTH CONTROL OPTIONS

01.

Surgical Birth Control

Permanent? Yes

Options:

- Vasectomies for people with penises
- Tubal ligation for people with a uterus



02.

Hormonal Birth Control

Permanent? No

Prescription? Yes

Options:

- Implant (Nexplanon)
 - 99% effective
 - Lasts up to 5 years
 - Inserted by a medical professional
- Depo Shot
 - 96% effective
 - Every 3 months
- Birth control pill
 - 93% effective
 - Take daily
- Vaginal ring
 - 93% effective
 - Replace each month
- Patch
 - 93% effective
 - Replace weekly
- IUD (there is also a non-hormonal Copper IUD)
 - 99% effective
 - Lasts from 3-12 years
 - Inserted by a medical professional



03.

Calendar or Withdrawal Methods



Fertility Tracking:

77-98% effective, use everyday by being aware of your most fertile times of the month to avoid vaginal sex

Withdrawal:

78% effective, use every time

Single Use Barrier Methods

04.

Permanent? No. Use every time.

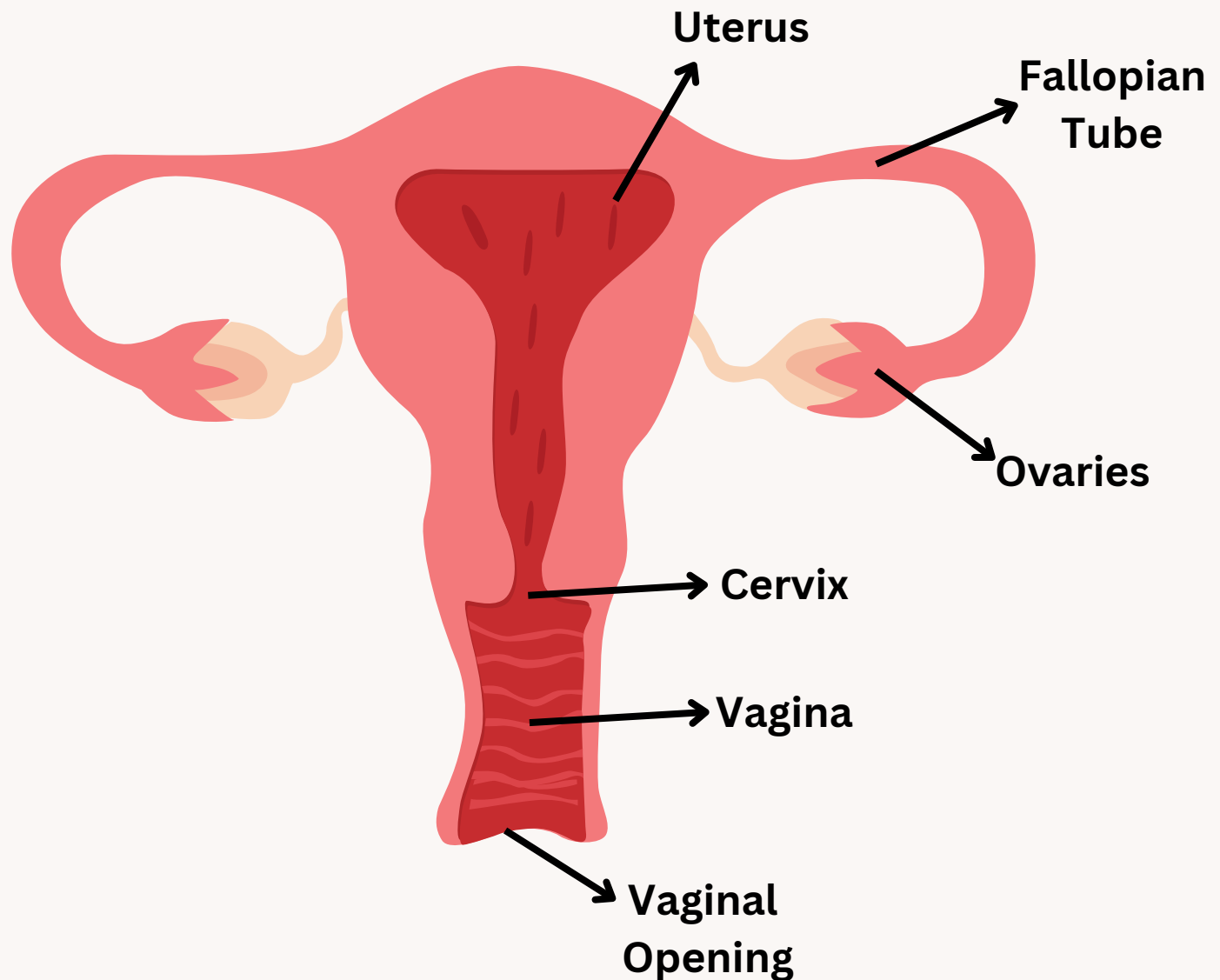
Prescription? No

Options:

- Condom
 - 87% effective
- Internal condom
 - 79% effective
 - Inserted into the vagina
- Diaphragm
 - 83% effective
- Spermicide and gel
 - 79% or 86% effective
- Cervical cap
 - 71% or 86% effective



VAGINAL ANATOMY



Uterus: Where the fetus grows and implants during pregnancy

Fallopian Tube: Where the egg travels from the ovaries to the uterus, and where the sperm travels to fertilize the egg

Ovaries: Produces an egg to be fertilized and released each month. It also produces hormones like estrogen, progesterone and testosterone that affect your period, pregnancy, and menopause.

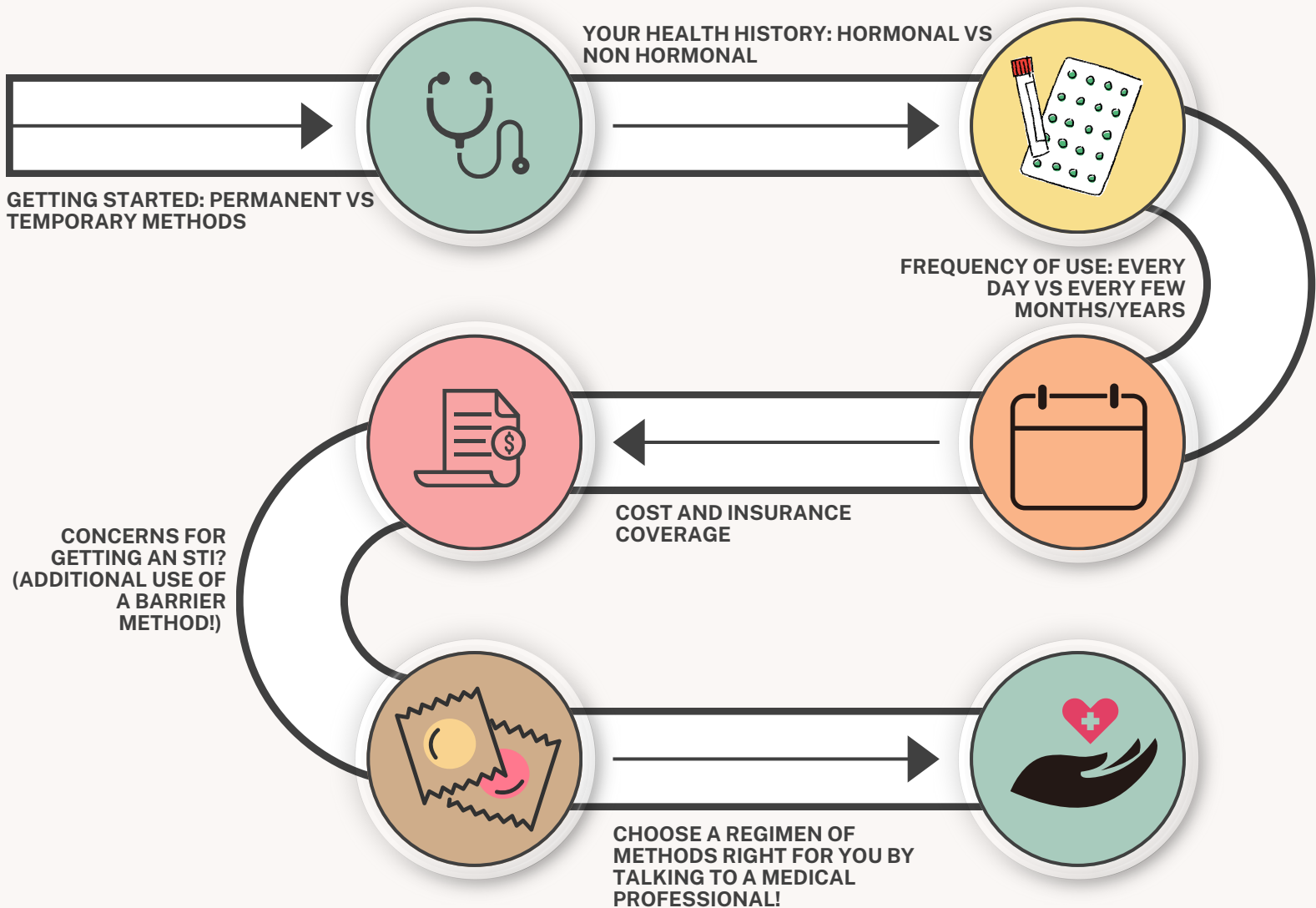
Cervix: This lets sperm in and menstrual blood out! This is what stretches during childbirth.

Vagina: Tube that connects the vulva and the vaginal opening to the cervix. This is where the penis, fingers, toys, tampons, and menstrual cups enter into.

Vaginal Opening: Where babies are born out of as well as where period blood exits your body.

DECISIONS IN YOUR BIRTH CONTROL JOURNEY

Have more questions? Check out *bedsider.org* to compare different birth control methods!



BIRTH CONTROL COVERED BY MEDICAID

\$

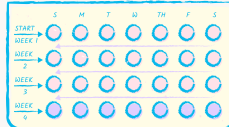
Withdrawal, Fertility Tracking, and Abstinence — \$0



Sponge, Condoms—up to \$20



Pill—up to \$50



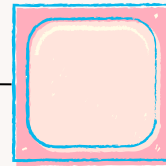
Diaphragm—up to \$75



Cervical Cap—up to \$90



Patch and Shot—up to \$150



Vaginal Ring—up to \$200



Spermicide or Gel—up to \$270



Vasectomy—up to \$1,000

*May not be covered by Medicaid



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Tubal Ligation, IUD, Implant —
up to \$1,300



HORMONAL BIRTH CONTROL

Implant



This is a **low-maintenance** option that releases a hormone called progestin. **Progestin** thickens the mucus around your cervix to prevent sperm from reaching an egg to fertilize it. It can also prevent ovulation, which is the release of an egg to be fertilized. This option **does not prevent against STIs**. This is inserted into the arm by a medical professional using local anesthetic (a quick numbing shot)! You may use the implant if you are **breastfeeding**, but should pick another method if you have had breast cancer!

IUD



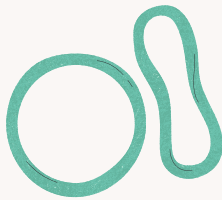
This is a **low maintenance option**, where a device is inserted into the uterus to prevent pregnancy by stopping the sperm from reaching an egg. They thicken the mucus in your cervix to prevent sperm moving and inflammation (swelling) within the uterus preventing implantation of a fertilized egg. This method can be used as emergency contraception! This **does not prevent against STIs**, and should not be used by people who have cervical cancer or think they are pregnant.

Shot



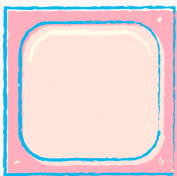
The Depo-Provera shot is given **every 3 months** to prevent ovulation, or the release of an egg, which prevents fertilization and pregnancy! This does **not prevent against STIs**, however, it can be used by those who are **breastfeeding**!

Ring



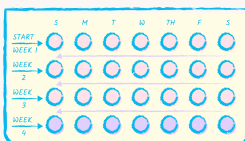
This method allows you to insert a ring inside your vagina that will release hormones to prevent pregnancy. NuvaRing is changed every **4 weeks (3 weeks in, 1 week out)**, and Annovera lasts up to a **year** (13 cycles). The ring stops an egg being released which stops fertilization, and thickens the mucus of the vagina so sperm can't swim to an egg. This **does not prevent STIs**.

Patch



This method works **transdermally** which means through your skin! This patch releases estrogen and progestin to stop the release of an egg, and thickens cervical mucus so sperm can't swim towards an egg. You can place the patch on your belly, butt, or back (or sometimes on the arm). It is changed **weekly**, and does **not prevent against STIs**.

Pill



The pill is taken daily to prevent pregnancy and either uses a combination of progestin and estrogen, or just progestin. The pill should be taken at the same time every day! It does **not prevent against STIs**.