














Your Birth Control Choices

Method	How to Use	Impact on Bleeding	Things to Know	How well does it work?*
External Condom 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use a polyurethane condom if allergic to latex 	None	<ul style="list-style-type: 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 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use extra lubrication as needed 	None	<ul style="list-style-type: 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 Milex® 	<ul style="list-style-type: none"> Put in vagina each time you have sex Use with spermicide every time 	None	<ul style="list-style-type: 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®) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Your next monthly bleeding may come early or late May cause spotting 	<ul style="list-style-type: none"> 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%

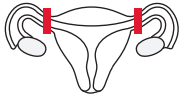
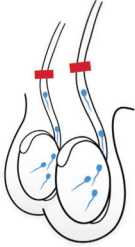


*Typical Use

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Fertility Awareness Natural Family Planning 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Does not work well if your monthly bleeding is irregular 	<ul style="list-style-type: none"> 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® 	<ul style="list-style-type: none"> A clinician places it under the skin of the upper arm It must be removed by a clinician 	<ul style="list-style-type: none"> Can cause irregular bleeding and spotting After 1 year, you may have no monthly bleeding at all Cramps often improve 	<ul style="list-style-type: none"> 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® 	<ul style="list-style-type: none"> Must be placed in uterus by a clinician Usually removed by a clinician 	<ul style="list-style-type: none"> May cause cramps and heavy monthly bleeding May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Must be placed in uterus by a clinician Usually removed by a clinician 	<ul style="list-style-type: none"> May improve cramps May cause lighter monthly bleeding, spotting, or no monthly bleeding at all 	<ul style="list-style-type: none"> 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® 	<ul style="list-style-type: none"> Apply a new patch once a week for three weeks No patch in week 4 	<ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Often causes spotting, which may last for many months 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months 	<ul style="list-style-type: none"> 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® 	<ul style="list-style-type: none"> Insert a small ring into the vagina Monthly Ring: Change ring each month Yearly Ring: Change ring each year 	<ul style="list-style-type: none"> Can make monthly bleeding more regular and less painful May cause spotting the first few months Can increase vaginal discharge 	<ul style="list-style-type: none"> 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® 	<ul style="list-style-type: none"> Get a shot every 3 months (13 weeks) Give yourself the shot or get it in a medical office 	<ul style="list-style-type: none"> Often decreases monthly bleeding May cause spotting or no monthly bleeding 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> • These methods block or cut the Fallopian tubes • A clinician reaches the tubes through your belly 	None	<ul style="list-style-type: none"> • These methods are permanent and highly effective • Reversal is difficult • The risks include infection, bleeding, pain, and reactions to anesthesia 	> 98%
Sterilization: Vasectomy 	<ul style="list-style-type: none"> • A clinician blocks or cuts the tubes that carry sperm from your testicles 	None	<ul style="list-style-type: 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® 	<ul style="list-style-type: none"> • Insert gel each time you have sex 	None	<ul style="list-style-type: 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 	<ul style="list-style-type: none"> • Insert spermicide each time you have sex. 	None	<ul style="list-style-type: 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	<ul style="list-style-type: none"> • Pull penis out of vagina before ejaculations (that is, before coming) 	None	<ul style="list-style-type: 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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