










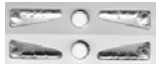


Contraceptives – Which one is right for you?

Method	How well does it work?	Advantages	How to Use	Possible Problems
Male Latex Condom 	85-98%	Available at drug stores, supermarkets, etc. Can be put on as part of sex play Can help relieve early ejaculation Protects against many infections, including HIV	Use a new condom every time you have sex	Latex allergy Loss of feeling Can break or slip off
Female Condom 	79-95%	Available at drug stores, supermarkets, etc. Can be put in as part of sex play Good for people with latex allergy Protects against many infections, including HIV	Use a new condom every time you have sex	May be noisy May be hard to insert May irritate vagina, penis May slip out of place during sex
Spermicide cream, gel, foam, inserts 	71-85%	Easy to buy in drugstores, markets Can be put in as part of sex play Comes in many forms: cream, gel, foam and inserts	Must be used every time you have sex.	Using spermicide nonoxynol-9 may increase risk of HIV infection May irritate vagina, penis Cream, gel, and foam can be messy
Diaphragm 	84-94%	Can last several years Costs very little to use May protect against some infections (NOT HIV)	Must be used every time you have sex Must be used with spermicide; you must use more spermicide for each time you have sex A health care provider will fit you and show you how to use it	Using spermicide nonoxynol-9 may increase risk of HIV infection Allergy to latex or spermicide Should not be used during vaginal bleeding or infection Increased risk of bladder infection

Method	How well does it work?	Advantages	How to Use	Possible Problems
<p>Cervical Cap</p> 	60-91%	<p>Can last several years</p> <p>Costs very little to use</p> <p>May protect against some infections (NOT HIV)</p>	<p>Must be used every time you have sex</p> <p>Must be used with spermicide; you must use more spermicide for each time you have sex</p> <p>A health care provider will fit you and show you how to use it</p>	<p>Using spermicide nonoxynol-9 may increase risk of HIV infection</p> <p>Allergy to latex or spermicide</p> <p>Should not be used during vaginal bleeding or infection</p>
<p>The Pill</p> 	92-99%	<p>Can make periods more regular and less painful</p> <p>Can improve acne</p> <p>Lowers risk of ovarian cancer</p> <p>Ability to become pregnant returns quickly after stopping the pills</p>	Must be taken daily	May cause side effects – but these can be relieved by changing to a different pill
<p>Progestin-Only Birth Control Pills</p> 	95-99%	Ability to become pregnant returns quickly after stopping the pills	Must be taken at the same time daily	May cause spotting
<p>The Patch (Ortho Evra)</p> 	95-99%	<p>Can make periods more regular and less painful</p> <p>No pill to take daily</p> <p>Ability to become pregnant returns quickly after stopping the patch</p>	<p>New patch once a week for three weeks.</p> <p>No patch in week 4.</p>	Can irritate the skin under the patch

Method	How well does it work?	Advantages	How to Use	Possible Problems
<p>The Ring (Nuvaring)</p> 	95-99%	<p>Does not require a “fitting” by a health care provider</p> <p>Does not require spermicide</p> <p>Can make periods more regular and less painful</p> <p>No pill to take daily</p> <p>Ability to become pregnant returns quickly after stopping the patch</p>	<p>A small ring is inserted into the vagina</p> <p>A new ring is inserted each month</p>	Can cause increased vaginal discharge
<p>The Shot (Depo-Provera)</p> 	99%	<p>Each shot works for 12 weeks</p> <p>Helps prevent cancer of the uterus (womb)</p> <p>No pill to take daily</p>	Must get shot every three months	<p>Loss of monthly period, spotting, weight gain, depression, hair changes, skin rash, change in sex drive</p> <p>May cause delay in getting pregnant after shots are stopped</p> <p>Some women may have side effects up to 6 months after stopping the shots</p>
<p>IUD Intrauterine Device: ParaGard, Mirena</p> 	97-99%	<p>Nothing to put in place before sex</p> <p>ParaGard may be left in place for up to 10 years, and Mirena for 5 years</p> <p>No pill to take daily</p> <p>IUDs with hormones (Mirena) may reduce period cramps and bleeding</p> <p>Ability to become pregnant returns quickly when IUD is removed</p>	Must be inserted by a health care provider	<p>ParaGard may cause increase in cramps and heavier and longer periods</p> <p>Mirena may cause lighter or fewer periods</p> <p>Spotting between periods</p> <p>Rarely, uterus can be injured during insertion</p>
<p>Emergency Contraception (Plan B)</p> 	85-99%	Can lower the risk of pregnancy if taken within 5 days of unprotected sex	Take 2 pills together as soon as you can after unprotected sex	<p>Side effects other than nausea are not frequent, but can include vomiting, fatigue, headache, dizziness and breast pain</p> <p>The next period sometimes comes a few days early or a few days late</p>