





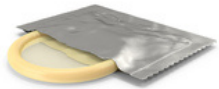


IWS Family Health - Birth Control Options

Method	How well does it work?	How to use	Impact on Bleeding	Things to Know
Emergency Contraception Pills Levonorgestrel [®] Progestin EC Plan B [®] One - Step	58 - 94%	<ul style="list-style-type: none"> Works best the sooner you take it after unprotected sex You can take EC up to 5 days unprotected sex. 	<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 take Progestin EC without a prescription. May cause upset stomach or nausea. Progestin EC does not interact with testosterone.
Progestin- Only Pills Norethindrone [®]	93%	<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 it is removed. It may be 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.
The Pill Aviane [®] Sprintec [®] Tri- Vy-Libra [®] 	93%	<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.
The Shot Depo-Provera [®] 	96%	<ul style="list-style-type: none"> Get 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.
The Patch Xulane [®] 	93%	<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.

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The Ring Nuvaring® 	93%	<ul style="list-style-type: none"> Insert a small ring into the vagina. Monthly Ring: Change ring each month. 	<ul style="list-style-type: none"> Can make periods 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 after stopping the ring. This method contains estrogen - it is unclear if estrogen interacts with testosterone.
The Implant Nexplanon®	>99%	<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 be lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) May cause mood changes.
IUD: Copper Paraguard® 	>99%	<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 heavily 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.
IUD: Hormonal Mirena® 	>99%	<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.
External Condoms 	87%	<ul style="list-style-type: none"> Use a new condom each time you have sex. Use extra lubricant as needed. 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Can buy at many stores or retrieve from our baskets at the exit of medical floor. Can help prevent early ejaculation. Protects against HIV and other STIs. Can decrease penile sensation. Can cause loss of erection. Can break or slip off. Does not need prescription.