












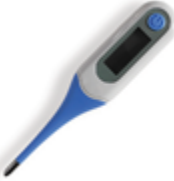



Contraceptive Options

Method	How to Use	Things to Know	Effect on Period	Effectiveness ¹
<p>The Implant <i>Nexplanon</i>[®]</p> 	<ul style="list-style-type: none"> • A clinician places it under the skin of the upper arm • It must be removed by a clinician • Set it and forget it 	<ul style="list-style-type: none"> • Long lasting (up to 5 years) • Private for user • 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 • Progestin-Only • Cramps and PMS symptoms often improve 	<ul style="list-style-type: none"> • Can cause irregular bleeding and spotting • You may have no monthly bleeding at all 	More than 99%
<p>Progestin IUD <i>Mirena</i>[®], <i>Kyleena</i>[®], <i>Liletta</i>[®], & <i>Skyla</i>[®]</p> 	<ul style="list-style-type: none"> • Must be placed in uterus by a clinician • Usually removed by a clinician • Set it and forget it 	<ul style="list-style-type: none"> • May be left in place 3 to 7 years, depending on which IUD you choose • Private for user • 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 • May improve cramps and PMS symptoms • Can treat endometriosis symptoms 	<ul style="list-style-type: none"> • Usually causes lighter monthly bleeding, or no monthly bleeding at all • May cause spotting 	More than 99%
<p>Copper IUD <i>Paragard</i>[®]</p> 	<ul style="list-style-type: none"> • Must be placed in uterus by a clinician • Usually removed by a clinician • Set it and forget it 	<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) • Private • Rarely, uterus is injured during placement • Hormone free 	<ul style="list-style-type: none"> • May cause cramps and heavy monthly bleeding • May cause spotting between monthly bleeding (if on testosterone, this may not be an issue) 	More than 99%
<p>Copper IUD as Emergency Contraception (EC)</p>	<ul style="list-style-type: none"> • Must be placed in uterus by a clinician within 5 days of unprotected sex 			More than 99%

<p>The Shot <i>Depo-Provera®</i></p> 	<ul style="list-style-type: none"> • Get a shot every 3 months • Give yourself the shot or get it in a medical office 	<ul style="list-style-type: none"> • Each shot works for 12 weeks • Private • It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS) • May cause weight gain, depression, hair or skin changes • Side effects may last up to 6 months after you stop the shots • Progestin-Only 	<ul style="list-style-type: none"> • Often decreases monthly bleeding • May cause spotting or no monthly bleeding 	<p>96-99%</p>
<p>The Ring <i>Nuvaring® & Annovera®</i></p> 	<ul style="list-style-type: none"> • Insert a small, flexible ring into the vagina for 3 weeks and remove for one week 	<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 	<ul style="list-style-type: none"> • Can make monthly bleeding more regular • May cause spotting the first few months • User can choose to skip period with the Nuvaring® 	<p>93-99%</p>
<p>The Patch <i>Xulane® & Twirla®</i></p> 	<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"> • 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 • Patch only comes in one color • If using Twirla, avoid water exposure over 30 minutes 	<ul style="list-style-type: none"> • Can make monthly bleeding more regular and less painful • May cause spotting the first few months 	<p>93-99%</p>
<p>The Pill (Combination Pills)</p> 	<ul style="list-style-type: none"> • Take the pill daily 	<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 - may be relieved by changing to a new brand 	<ul style="list-style-type: none"> • Often causes spotting, which may last for many months • User can choose to skip period 	<p>93-99%</p>

<p>Progestin-Only Pills</p> 	<ul style="list-style-type: none"> • Take the pill at the same time daily 	<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 - may be relieved by changing to a new brand 	<ul style="list-style-type: none"> • Can make monthly bleeding more regular and less painful • May cause spotting the first few months 	<p>93-99%</p>
<p>External Condoms</p> 	<ul style="list-style-type: none"> • Use a new condom each time you have sex • Use a polyurethane condom if allergic to latex 	<ul style="list-style-type: none"> • Protects against HIV and other STIs • Can be used for oral, vaginal, and anal sex • Can buy at many stores • Can help prevent early ejaculation • Can decrease penile sensation • Can cause loss of erection • Can break or slip off • Does not need a prescription 	<p>None</p>	<p>87-98%</p>
<p>Withdrawal <i>Pull-out Method</i></p> 	<ul style="list-style-type: none"> • Pull penis out of vagina before ejaculation (that is, before coming) 	<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 • Person with penis must urinate prior to sexual interaction 	<p>None</p>	<p>80-96%</p>
<p>Internal (Female) Condoms <i>FC2®</i></p> 	<ul style="list-style-type: none"> • Use a new condom each time you have sex • Use extra lubrication as needed 	<ul style="list-style-type: none"> • Protects against HIV and other STIs • Can be used for anal and vaginal sex • Good for people with latex allergy • 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 healthcare provider 	<p>None</p>	<p>79-95%</p>

<p>Emergency Contraception (EC) Pills <i>Ella®</i>, <i>Plan B®</i> & many others</p> 	<ul style="list-style-type: none"> • Works best the sooner you take it • You can take EC up to 5 days after unprotected sex • If pack contains 2 pills, take both at once • Ella works better than progestin EC 3-5 days after sex 	<ul style="list-style-type: none"> • Available at pharmacies, health centers, or health care providers • People of any age can get progestin EC (such as Plan B®) without a prescription • Ulipristal acetate EC (Ella®) requires a prescription • May cause stomach upset or nausea • Progestin EC does not interact with testosterone, it is unknown if Ella® does or not • May cost a lot • Ella works better than progestin EC if your body mass index (BMI) is over 26. • EC pill is not the same as an abortion pill 	<ul style="list-style-type: none"> • Your next monthly bleeding may come early or late • May cause spotting 	<p>Up to 95%</p>
<p>Vaginal Acidifying Gel <i>Phexxi®</i></p> 	<ul style="list-style-type: none"> • Insert gel prior to each time you have sex • Must be inserted within one hour of sexual activity 	<ul style="list-style-type: none"> • Does not have any hormones • Requires a prescription • May cost a lot • May irritate vagina or penis • Should not be used with urinary tract infection 	<p>None</p>	<p>86-93%²</p>
<p>Fertility Awareness <i>Natural Family Planning</i></p> 	<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 alternate method on fertile days 	<ul style="list-style-type: none"> • Costs little • Can help with avoiding or trying to become pregnant • Use a different contraceptive method on fertile days or avoid sex • This method requires a lot of effort • Does not require a prescription 	<ul style="list-style-type: none"> • Does not work well if your monthly bleeding is irregular 	<p>66-99%</p>
<p>Abstinence</p> 	<ul style="list-style-type: none"> • Avoid sex 	<ul style="list-style-type: none"> • Engaging in sex is often unplanned and users can be unprepared • Have a backup method prepared, just in case • Abstaining from sex can happen at any point in one's life, even after previous sexual activity 	<p>None</p>	<p>Unknown-100%</p>

1 Guttmacher, Contraceptive Effectiveness in the United States, 2020
<https://www.guttmacher.org/fact-sheet/contraceptive-effectiveness-united-states>

2 Phexxi®, <https://www.phexxi.com/phexxi/efficacy>