Choosing the right birth control can be tricky. You have many options to meet your pregnancy prevention goals.

Looking to maintain a regular cycle?

Looking for no or lighter bleeding?

PROGESTERONE-ONLY OPTIONS
• Contraceptive injection (injection every three months)
• Contraceptive implant (rod placed into arm, effective for three years)
• Hormonal IUD (T-shaped device placed into uterus, effective for three or five years)

PROS
• No or light bleeding
• Less frequent administration
CONS
• Chance of unpredictable bleeding

PROGESTERONE/PROGESTERONE COMBINATION OPTIONS
• Oral contraceptive pill (use daily)
• Contraceptive patch (use weekly)
• Vaginal ring (use monthly)

PROS
• Predictable bleeding
CONS
• Must be taken daily, weekly or monthly
• Forgetting a dose puts you at increased risk for pregnancy

Looking for highly effective pregnancy prevention?

LONG-ACTING REVERSIBLE CONTRACEPTION (LARC)
• Contraceptive implant (up to 3 years)
• Hormonal IUD (up to 3–5 years)
• Copper IUD (up to 10 years)

PROS
• As effective as permanent options
• Reversible; therefore, you still can have children in the future

PERMANENT BIRTH CONTROL MAY BE BEST FOR YOU
• Tubal ligation (female sterilization) operating room and requires abdominal incisions
• Vasectomy (male sterilization) outpatient office procedure

We prefer Just the two of us

Consult with your health care provider about your medical history and how it might affect your choice of birth control.