









Your Body. Your Birth Control.

Use this chart to review all available methods to prevent pregnancy and understand which one best meets your priorities & preferences.

Method Options	 IUD (Non-hormonal)	 IUD (Hormonal)	 Implant	 Shot	 Vaginal Ring	 Patch	 Pill	 Condom
Typical Use Effectiveness	99% effective	99% effective	99% effective	94% effective	91% effective	91% effective	91% effective	82% effective
How Do You Get Started	Inserted by your provider	Inserted by your provider	Inserted by your provider	Shot given by your provider	Prescription from provider	Prescription from provider	Prescription from provider	Buy over the counter
What Do You Need to Do	No action required Lasts up to 10 years	No action required Lasts up to 3 to 5 years	No action required Lasts up to 3 years	Get shot from provider every 3 months	You insert ring into vagina and replace every month	You place patch on body and replace every week	You take pill every day	You use condom for each sex act
Possible Bleeding Changes	Heavier periods that may or may not return to normal after 3-6 months	Irregular, lighter, or no period at all	Infrequent, irregular, prolonged, or no period	Irregular or no period	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	None
Possible Side Effects	Cramping that usually improves after 3-6 months, spotting	Spotting	Spotting or irregular periods, usually in the first 6-12 months	Weight changes	Nausea or breast tenderness	Nausea or breast tenderness, application site reaction	Nausea or breast tenderness	Allergic reaction to latex
If Stopped When Can You Get Pregnant	Immediately, schedule removal with provider	Immediately, schedule removal with provider	Immediately, schedule removal with provider	May have 6-12 month delay. No action required	Immediately, must remove ring from body	Immediately, must remove patch from body	Immediately, stop taking pills	Immediately, no action required
Considerations For People with HIV (PWH)	No interactions with HIV medications	No interactions with HIV medications	Some HIV medicines may interact. Ask your provider to check your medications	Some HIV medicines may interact. Ask your provider to check your medications	Some HIV medicines may interact. Ask your provider to check your medications	Some HIV medicines may interact. Ask your provider to check your medications	Some HIV medicines may interact. Ask your provider to check your medications	No interaction with HIV medications. Ask about additional contraception for greater protection against pregnancy

Only the condom protects against STIs and HIV. Talk with your provider about the best method for you.

Contraceptive Method Considerations & Benefits of Use

Benefits of Use



IUD (Non-Hormonal)

This method can be kept private and works as emergency contraception.



Ring

This method allows you to control when you get your period and may make periods shorter and lighter.



IUD (Hormonal)

This method can be kept private and may help relieve heavy, painful periods.



Patch

May make periods shorter and lighter.



Implant

This method can be kept private and may help relieve heavy, painful periods.



Pill

This method allows you to control when you get your period and may protect against heavy periods, cramping and acne.



Shot

This method can be kept private and improves some of the symptoms of periods, like cramping.



Condom

This method protects against STIs if used every time and is easily accessible.

USE OF EMERGENCY CONTRACEPTION

Keeping up with your birth control can be challenging at times. If you forget your birth control or have an emergency, there may still be time to prevent pregnancy. Emergency contraception is a safe and effective way to prevent a pregnancy after having unprotected sex. If you feel that you need added protection against pregnancy, talk to your local pharmacist or healthcare provider about emergency contraception.

FOLLOW-UP CARE

If you experience any problems with your birth control method or have follow up questions, contact your healthcare provider.

MEDICAL ELIGIBILITY

While birth control is safe, not every method is right for every woman. Your provider will review your medical history, discuss benefits and risks of individual contraceptive methods, and help you choose the method that is safest for you.

NEED MORE INFORMATION?

If you want to learn more about these methods or additional methods of pregnancy prevention, use this tool as a starting point in discussing with your healthcare provider your individual needs and desires.

For additional resources please see:

- **Center for Disease Control and Prevention** https://www.cdc.gov/reproductivehealth/contraception/contraception_guidance.htm
- **Bedsider** www.bedsider.org
- **Planned Parenthood** <http://www.plannedparenthood.org/learn/birth-control>

PREVENTION OF HIV TRANSMISSION TO PARTNERS

The following methods can be used to reduce the risk of HIV transmission to sexual partners.

- Taking your HIV medications as prescribed and maintaining a consistently undetectable viral load greatly decreases the risk of HIV transmission to sexual partners.
- Sexual partners who are HIV-negative can ask their provider about PrEP, a once daily pill that will help prevent them from getting HIV.
- Condoms provide barrier protection from HIV and other STIs

This tool uses information from CAI's Contraceptive Action Plan "Your Body. Your Birth Control" birth control options grid. For more information and similar resources, please visit www.contraceptiveactionplan.org. Developed by caiglobal.org and adapted by Rutgers School of Nursing.