

Methods No Rx	What Is It?	How Effective Is It?	Health Concerns	Strong Points	Weak Points
Abstinence	<ul style="list-style-type: none">Both partners decide not to have sex: oral, anal or vaginal.You practice and learn how to deal with situations that might come up.	<ul style="list-style-type: none">100% IF the couple sticks to their decision.	<ul style="list-style-type: none">Safest way to prevent pregnancy.Prevents sexually transmitted infections(STIs).	<ul style="list-style-type: none">Nothing to buy.	<ul style="list-style-type: none">Often hard to stick to decision.Individuals who do not receive birth control information may be at higher risk for unprotected sex.
Natural Family Planning/ Fertility Awareness	<ul style="list-style-type: none">Women identify fertile days of menstrual cycle and record.No intercourse during fertile time.Special classes needed to learn to use method.	<ul style="list-style-type: none">Perfect use: 91% - 98%Average use: 75%	<ul style="list-style-type: none">None.	<ul style="list-style-type: none">Very low cost.Helps women plan or prevent pregnancies and understand menstrual cycle.Can improve couple communication.	<ul style="list-style-type: none">Check for vaginal mucous changes every day.No intercourse on fertile days.No protection from HIV or other STIs.If periods are not regular, may not be as effective.
Male Condom	<ul style="list-style-type: none">Thin sheath covering penis to prevent sperm from entering vagina, also known as “rubbers.”Added protection when spermicide is used.	<ul style="list-style-type: none">Perfect use: 98%Average use: 85%Used with Spermicide: 99%	<ul style="list-style-type: none">Possible allergy to latex or spermicide.Only used once.	<ul style="list-style-type: none">Latex condoms help protect from HIV and STIs.Easy to use, easy to carry.Can buy in drugstores.	<ul style="list-style-type: none">Must be put on before intercourse.Can break or tear if not used correctly.Some men say condoms reduce pleasure.
Female Condom (Reality™)	<ul style="list-style-type: none">Thin sheath with ring at each end.Put into vagina before sex.Prevents sperm from entering.	<ul style="list-style-type: none">Perfect use: 95%Average use: 79%	<ul style="list-style-type: none">No serious risks for most women.Only used once.	<ul style="list-style-type: none">Helps protect from HIV and STIs.Can insert up to 8 hours before intercourse.	<ul style="list-style-type: none">May be difficult to use.Cost about \$3 each, compared to \$1 each for male condoms.
Vaginal Spermicides (foam/film/inserts)	<ul style="list-style-type: none">Has a chemical that kills sperm.Blocks sperm from entering uterus.Inserted deep into the vagina just before intercourse.	<ul style="list-style-type: none">Perfect use: 85%Average use: 71%Used with condom: 99%	<ul style="list-style-type: none">No serious risks for most women.Possible allergy to spermicide.	<ul style="list-style-type: none">Easy to use and carry.Can buy in drugstore.Used only when needed.	<ul style="list-style-type: none">Must be inserted shortly before intercourse.Can be messy.No protection from HIV or STIs unless latex condom is used.
Sponge	<ul style="list-style-type: none">Polyurethane foam sponge inserted into the vagina containing a chemical that kills sperm.Provides protection for up to 24 hours.	<ul style="list-style-type: none">Perfect use: 89%–91%Average use: 84%–87%	<ul style="list-style-type: none">No serious risks for most women.Possible allergy to spermicide.	<ul style="list-style-type: none">Can stay in for 24 hours.Effective for all acts of intercourse within a 24 hour period.Can buy in drugstore.Use only when needed.	<ul style="list-style-type: none">Must wait for six hours after last act of intercourse to remove the sponge.No protection from HIV or STIs unless latex condom is used.
Methods Rx Needed					
Diaphragm/ Cervical Cap	<ul style="list-style-type: none">Rubber cup that fits inside vagina, over cervix.Used with spermicide.Must insert before intercourse.	<ul style="list-style-type: none">Perfect use: 94%Average use: 84%Effectiveness increases if partner uses latex condom.	<ul style="list-style-type: none">Possible allergy to rubber or spermicide.May increase the risk of urinary tract infections.	<ul style="list-style-type: none">Can be inserted up to 6 hours before intercourse.Use only when needed.	<ul style="list-style-type: none">May be difficult to use.Some find it messy.No protection from HIV or STIs unless latex condom is used.
Birth Control Pills	<ul style="list-style-type: none">Pills to prevent pregnancy.Contain hormones that prevent the release of eggs.Must be taken at the same time every day.	<ul style="list-style-type: none">Perfect use: 99.7%Average use: 92%	<ul style="list-style-type: none">Increased risk of blood clots, heart attack and stroke.Smoking increases health risks.	<ul style="list-style-type: none">Regular and lighter menstrual periods.Does not interfere with sexual activity.Less cramping.May improve acne.Reduces risk for some female cancers.	<ul style="list-style-type: none">May cause weight change, nausea, breast tenderness, or spotting between periods.Most symptoms go away within 3 months.No protection from HIV or STIs unless latex condom is used.
Depo-Provera™ Injection	<ul style="list-style-type: none">Hormonal shot taken every 3 months to prevent pregnancy.Stops ovaries from releasing egg each month.Thickens cervical mucous so it is hard for sperm to enter.	<ul style="list-style-type: none">Perfect use: more than 99.7%Average use: 97%	<ul style="list-style-type: none">May cause headache, depression or weight changes.Long term use can lower bone density.May delay return to fertility.	<ul style="list-style-type: none">Less risk for some female cancers.Does not interfere with sexual activity.	<ul style="list-style-type: none">May cause periods to be heavy, irregular, light or no period at all.No protection from HIV or STIs unless latex condom is used.
Implanon™	<ul style="list-style-type: none">Single-rod contraceptive implant inserted in the upper arm.Provides long term protection (3 years).	<ul style="list-style-type: none">99.9%	<ul style="list-style-type: none">Irregular bleeding.Decreased menstrual flow.Possibility of no menstrual period.	<ul style="list-style-type: none">May be used while breastfeeding.Rapid return of fertility.	<ul style="list-style-type: none">Insertion may be uncomfortable.Does not provide protection from HIV or STIs, unless latex condom is used.
IUC (Intrauterine Contraception)	<ul style="list-style-type: none">Small plastic device inserted into the uterus that contains copper or a progesterone hormone.Long-term protection.<ul style="list-style-type: none">Mirena–5 years.ParaGard–10 years.	<ul style="list-style-type: none">Mirena<ul style="list-style-type: none">99.9%ParaGard<ul style="list-style-type: none">99.4%	<ul style="list-style-type: none">May increase risk of Pelvic Inflammatory Disease.Mirena<ul style="list-style-type: none">Irregular bleeding.Decreased menstrual flow.Possibility of no menstrual period.ParaGard<ul style="list-style-type: none">Possible allergy to copper.May cause heavier or painful periods.	<ul style="list-style-type: none">Does not interfere with sexual activity.May be used while breastfeeding.May be used when other hormonal methods cannot be used.	<ul style="list-style-type: none">Insertion may be uncomfortable.No protection from HIV or STIs unless latex condom is used.Not recommended for women with more than one sexual partner.
Transdermal Patch (Ortho Evra)	<ul style="list-style-type: none">One-and-three quarter inch square patch applied once a week for 3 weeks.Releases hormones through skin into bloodstream.No Patch is used week 4.	<ul style="list-style-type: none">Perfect use: 99.7%Average use: 98%	<ul style="list-style-type: none">May be less effective in women weighing more than 198 pounds.Increased risk of blood clots, heart attack and stroke.Smoking increases health risks.	<ul style="list-style-type: none">May continue usual activities including bathing, swimming, or use of sauna without risk of detachment from skin.	<ul style="list-style-type: none">Should not be applied to breasts or genital area.Possible skin irritation.No protection from HIV or STIs unless latex condom is used.Expensive.
Contraceptive Vaginal Ring (NuvaRing™)	<ul style="list-style-type: none">Soft, flexible ring inserted into vagina and left in place 3 weeks.NuvaRing is then removed for 1 week.A new ring is inserted the following week.	<ul style="list-style-type: none">Perfect use: 99.7%Average use not yet determined.	<ul style="list-style-type: none">May cause headaches.Smoking increases health risks such as increased risk of blood clots, heart attack and stroke.	<ul style="list-style-type: none">Does not require fitting or placement in a specific position.Only two tasks to remember: insertion and removal.Is left in place during intercourse.	<ul style="list-style-type: none">May cause bleeding when removed.No protection from HIV or STIs unless latex condom is used.Expensive.
Sterilization	<ul style="list-style-type: none">Surgery that prevents a man or a woman from having a baby.Tubes that carry the man’s sperm or tubes that carry a woman’s egg are cut and sealed.Follow-up visit is required to check effectiveness.	<ul style="list-style-type: none">Tubal ligation (women): 99.5%Vasectomy (men): 99.8%	<ul style="list-style-type: none">There is a risk for any surgical procedure.Discuss these risks with a health care provider.	<ul style="list-style-type: none">Permanent.Vasectomies are safer, simpler and less expensive than tubal ligations.Sterilizations do not interfere with sexual activity or desire.	<ul style="list-style-type: none">Should be considered permanent, cannot be easily reversed.No protection from HIV or other STIs unless latex condom is used.
Back-up Contraception					
Emergency Contraception	<ul style="list-style-type: none">Plan B or regular birth control pills taken in special doses.Most effective if taken within 72 hours, but can be taken up to 120 hours after unprotected sex.	<ul style="list-style-type: none">75% to 89%	<ul style="list-style-type: none">May cause nausea, vomiting, dizziness, headache or abdominal pain.Possible changes in menstrual flow.	<ul style="list-style-type: none">Offers a way to reduce unintended pregnancy after rape, unprotected sex or method failure.Safe and effective.Available without a prescription for women 18 years of age and older.	<ul style="list-style-type: none">Not recommended for routine method of birth control.Need to begin an effective method for ongoing protection.
Hatcher et. Al. (2004). Contraceptive Technology. New York, NY: Ardent Media, Inc.					

It is not always easy to decide which method is best for you. Sometimes listening to stories other people tell about birth control can be confusing. Make sure you understand that some of these stories are not true and should not influence your choice to use a method.

Myth

Fact

Withdrawal (pulling the penis out before ejaculation) is a good method of birth control.

A woman cannot get pregnant the first time she has intercourse.

If you have intercourse during menstruation (your period), you cannot get pregnant.

If a woman does not have an orgasm, she cannot get pregnant.

Douching after sexual intercourse will prevent pregnancy.

A mother who is breastfeeding cannot get pregnant.

A mother who is breastfeeding can become pregnant.

For more information about these birth control methods and for a listing of Family Planning Clinics in your area, please call your County Health Department or the Oklahoma State Department of Health, Maternal and Child Health Service:

405.271.4476

Phone Book

Look for "County Offices" in your local phone book.

World Wide Web
<http://www.health.state.ok.us/phone/Chdphone.html>

You have taken the most difficult step when you make your appointment. The rest is easy—just follow through! Keep your appointment and find out which Birth Control Method is right for you.

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Birth Control

Methods & Myths

Birth Control Methods

Deciding when or even if you want to be a parent is one of the most important choices you will make.

This brochure will help you make that important decision by introducing different methods of family planning. The information will also help you understand how human reproduction works.

Visit your doctor, family planning clinic, or local health department; they will help you decide which method is best for your lifestyle. The decision to use any method of birth control will always be up to you.

Methods of Birth Control

- Abstinence
- Natural Family Planning/Fertility Awareness
- Condom
- Vaginal Spermicide
- Sponge
- Diaphragm/Cervical Cap
- Birth Control Pills
- Injections
- Implants
- Intrauterine Contraception (IUC)
- Transdermal Patch
- Contraceptive Vaginal Ring
- Sterilization

Human Reproduction

In most women, an egg is released about once a month from one of the two ovaries. It travels down the fallopian tube to the uterus. Once the egg has been released, it is ready to be fertilized.

In men, the testes produce sperm. The sperm are then mixed with a fluid to form semen. The semen is released when a man ejaculates (comes) in sexual climax. There are millions of sperm in each ejaculation.

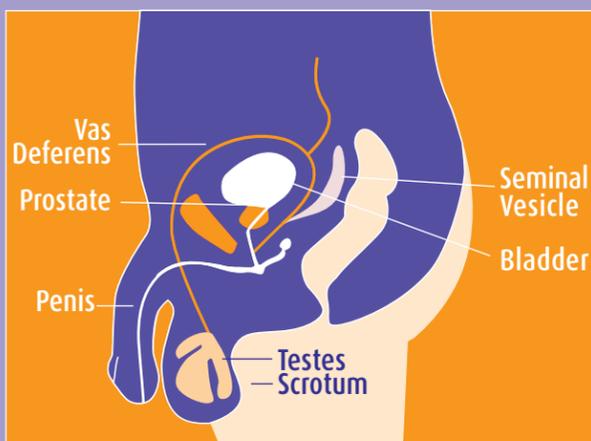
During sexual intercourse, sperm are released in the vagina. Within minutes, sperm move into the uterus and the fallopian tubes. Sperm can remain alive up to five days. If one sperm cell unites with one egg, the egg is fertilized and pregnancy begins.

When an egg is not fertilized, it passes out of the uterus. About 14 days after release of the egg, the lining of the uterus sheds in menstrual flow. A new cycle now begins.

If you do not want to become pregnant, you must do something to keep the sperm away from the egg. That something is **contraception – or birth control.**



Female Reproductive System



Male Reproductive System