



As you plan for your future...

Consider Your Birth Control Options

More effective



Less than 1 pregnancy per 100 women in one year
(99%+ effectiveness)



Implant (NEXPLANON)



Intrauterine Device (IUD)



Vasectomy



Female Sterilization

How to use your method

After procedure, minimal maintenance needed in this category

Vasectomy and female sterilization: Use another method for first 3 months. Acts as permanent contraception.

Implant and IUDs: Effective for up to 10 years. Can be removed at any time, but cannot be maintained for more than 10 years.

6-12 pregnancies per 100 women in one year
(90-92% effectiveness)



Injections



Pills



Patch



Ring



Diaphragm

Injections: Get repeat injections every 3 months

Pills: Take a pill at the same time each day

Patch or ring: Keep in place for 3 weeks, remove on 4th week

Diaphragm: Use as instructed every time you have vaginal sex

18 or more pregnancies per 100 women in one year
(80-85% effectiveness)



Male Condoms



Female Condoms



Sponge



Withdrawal

Condoms, sponge, withdrawal, cervical caps, spermicides: Use as instructed every time you have vaginal sex.

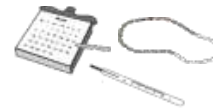
Condoms provide protection against some STIs.



Cervical Cap



Spermicides



Fertility Awareness-Based Methods

Fertility-awareness based methods: Abstain or use condoms on fertile days (11-16 days into menstrual cycle)

Less effective

Your birth control plan didn't go as planned?

You Have Options



Emergency Contraception (EC) Options

Copper IUD

(Intrauterine Device)



- Inserted vaginally
- + Most effective form of emergency contraception
- + May insert up to five days after unprotected intercourse
- + Provides safe and reliable birth control for as long as you want up to 10 years

Ella*®



- + Oral emergency contraceptive
- Less effective than Copper IUD
- + May take up to 5 days after unprotected intercourse
- + Must wait 5 days after taking Ella® to resume hormonal methods of birth control
- Requires a prescription

**Some pharmacies may not have Ella® available*

Plan B One-Step®



- + Oral emergency contraceptive
- Less effective than Copper IUD and Ella®
- + May take up to 5 days after unprotected intercourse, but sooner is better
- + Can begin using any form of birth control immediately after taking it
- + Available without prescription at military pharmacies and commercial drugstores

Following the use of any emergency contraception, abstaining (not having sex) or using condoms is recommended until your next menstrual period when a long-term birth control plan can be established.

Additional Services

Visit the Contraceptive Walk-In Clinic or call your MTF for an appointment

(xxx) xxx-xxxx



You are able to access:

- Contraceptive counseling
- ECs, birth control pills, injectables, patches, rings, diaphragms, sponges, spermicide, subdermal implant
- IUD insertion
- Sterilization

All services and prescriptions are free if accessed on base or where TRICARE is accepted