



# 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 12 years. Can be removed at any time, but cannot be maintained for more than 12 years.

**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 4<sup>th</sup> week

**Diaphragm:** Use as instructed every time you have vaginal sex

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

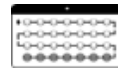
**Condoms provide protection against some STIs.**

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

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



Injections



Pills



Patch



Ring



Diaphragm

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



Male Condoms



Female Condoms



Sponge



Withdrawal



Cervical Cap



Spermicides



Fertility Awareness-Based Methods

Less effective

# Your birth control plan didn't go as planned?

# You Have Options



## Emergency Contraception (EC) Options

### IUD (Intrauterine Device) (ParaGuard®, Liletta®, and Mirena® IUD)



- + 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 12 years
- + Talk to your healthcare provider about using ParaGuard®, Liletta® or Mirena® as emergency contraception.
- Inserted vaginally

### ella\*®



- + Oral emergency contraceptive
- + 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
- Less effective than IUD option

*\*Some pharmacies may not have ella® available*

### Plan B One-Step®



- + Oral emergency contraceptive
- + 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
- + **FREE at military pharmacies**
- Less effective than an IUD option and ella®

**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

Call your MTF for an appointment or visit the Contraceptive Walk-In Clinic (only available on some bases) for same-day, no-appointment-needed services.



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. Call TRICARE to find contraception near you:

- North: 1-877-TRICARE
- South: 1-800-444-5445
- West: 1-877-988-9378
- OCONUS: Country-Specific Toll- Free Numbers