

Birth Control Methods

What
You



Need

To
Know



NOT Ready to Get PREGNANT ?

If you are having sex, or thinking about having sex, and you don't want to get pregnant, you need to know about birth control methods. Some birth control methods not only protect you from unplanned pregnancy, but also can help protect you from many sexually transmitted diseases (STDs).



What's right for YOU?

There are many different kinds of birth control methods. Here are some questions to ask yourself when selecting a method that's right for you.

- Am I comfortable using this method?
- Is this method safe for me?
- Do I need a method that protects me from STDs?
- How often do I have sex?
- Have I talked to my partner about what will work best for us?
- How much will this method cost?

Not everyone is doing it.



Abstinence means to not have sex.

It is the only method that is 100% effective in protecting you from pregnancy and sexually transmitted diseases. Abstinence only works if you don't have sex of any kind: meaning no sexual contact with a person's penis, vagina, mouth or anus. This commitment requires discipline and communication with your partner.

GOT QUESTIONS?

The information provided here is basic. Get more information! Talk to a health care provider to choose a method that will be best for you.



Male Condom



Female Condom



Diaphragm



Sponge



BARRIER METHODS

Barrier methods work by blocking sperm from meeting the egg by creating a physical barrier.

Why do people like them?	What are the drawbacks?	Where can I get barrier methods?
<p>There are no hormonal side effects.</p> <p>You can get condoms & sponges without a prescription.</p> <p>Condoms can protect you from many sexually transmitted diseases (STDs).</p>	<p>They may require practice to use.</p> <p>The diaphragm requires a prescription for use.</p> <p>You may have to interrupt sex when using these methods.</p>	<p>Condoms and sponges can be found at many stores.</p> <p>Condoms can be purchased for a discount at Family Planning health centers.</p> <p>Diaphragms must be fitted by a health care provider.</p>



Patch (Ortho Evra®)



Shot (Depo Provera®)



Nuva Ring®

HORMONAL METHODS

Hormonal methods mostly work by stopping the ovaries from releasing an egg.



Pill

Why do people like them?	What are the drawbacks?	Where can I get hormonal methods?
<p>They do not have to be applied during sex.</p> <p>For some people, hormonal methods regulate the menstrual cycle.</p>	<p>When used alone, hormonal methods do not protect against STDs.</p> <p>There can be some health risks and side effects associated with the hormones.</p>	<p>At Family Planning health centers or other medical offices.</p> <p>A prescription is required.</p>

Worrying doesn't prevent pregnancy: **PLAN B** can

PLAN B[®]

Emergency Contraception (Plan B[®]) can prevent a pregnancy after unplanned or unprotected sex. You can take Emergency Contraception up to five days after unprotected sex, but the sooner you take it, the more likely it is to work for you.

1) **Plan B** should be used only in emergencies



2)



It is not a reliable, long-term method and will not protect you from sexually transmitted diseases. You can get Plan B[®] by prescription from your doctor, at a local Family Planning health center or at some pharmacies.

OTHER METHODS

Anyone considering these methods should consult a health care provider.

Natural Family Planning (rhythm method)	Sterilization	IUD
This method requires a woman to keep track of her menstrual cycle and body signs to check for fertility. Many women choose this method because it follows their personal and religious beliefs. Natural family planning takes commitment and discipline.	Sterilization is a permanent surgical procedure for people who do not want to become pregnant in the future. The tubes that carry sperm or eggs are cut or tied to keep them from being released.	An IUD is a small device that is inserted into the uterus. The IUD prevents fertilization and implantation of the egg. Once an IUD has been inserted, it requires very little effort and lasts 5-10 years. There are some health risks with using an IUD.

Did you know?



call toll free
877-326-2345



or go online
mainefamilyplanning.org

That the amount that you are charged for services and supplies at Family Planning health centers is based on your household income? You won't be denied service just because you can't pay.



call toll free

877-326-2345

**To be automatically
connected with
the Family Planning
Health Center
nearest you.**



or go online

mainefamilyplanning.org

**To get more
detailed
information
about STDs.**



Family Planning Association of Maine in partnership with the Maine Center for Disease Control and Prevention/ Teen and Young Adult Health Program and the US Department of Health and Human Services support the Maine Family Planning Outreach Program and funded this publication. March 2006