












BIRTH CONTROL -

A short guide to exploring your many options

Birth Control	How to Use	Prescription Needed	Protects Against STDs
Cervical cap 	Insert every time before sex. Keep in place for 6 hours after sex.	Yes	No
Contraceptive Sponge 	Insert vaginally. Effective for 24 hours. Keep in place for 6 hours after sex.	No	No
Diaphragm 	Insert every time before sex. Keep in place for 6 hours after sex.	Yes	No
Female condom 	Insert every time before sex. Keep in place for 6 hours after sex.	No	Yes
Hormonal Intrauterine Contraceptive (Mirena) 	Inserted in the uterus by a medical provider and can remain for up to 5 years	Yes	No
Implantable Hormonal Contraceptive (Nexplanon) 	Implanted under the skin of the arm by a medical provider and can remain for up to 3 years	Yes	No
Injection (Depo) 	Get injections every 3 months by a medical provider	Yes	No
Male condom 	Must be worn every time during sex	No	Yes
Nonhormonal Intrauterine Contraceptive (Paragard) 	Inserted in the uterus by a medical provider and can remain for up to 10 years	Yes	No
Oral Contraceptive (the Pill) 	Take 1 pill every day as directed	Yes	No
Patch 	Apply to skin and change weekly	Yes	No
Spermicide 	Apply every time before sex.	No	No
Sterilization (male or female) 	No action required after surgery	No. Performed surgically	No
Vaginal Ring 	Insert monthly and leave in place for 21 days	Yes	No