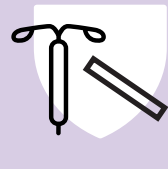


birth control



We are dedicated to providing information on all methods of birth control and how they can help in preventing sexually transmitted infections.

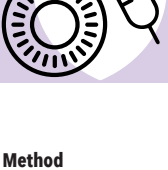
common birth control contraceptives



Long-Acting Reversible Contraceptives

These forms of birth control require a visit to a medical professional and last anywhere from 3 to 12 years, depending on the type. They are extremely low maintenance, very effective and there is no need to remember anything day-to-day.

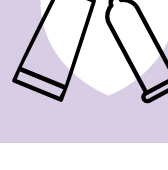
Method	Details	Effectiveness Typical / Perfect	Sexually Transmitted Infection Protection	Advantages	Possible Side Effects
Implant Nexplanon	Nexplanon is a 1.5-inch flexible rod inserted into the upper arm by a clinician. It contains a hormone to prevent the release of an egg for 5 years.	99%+	NO	<ul style="list-style-type: none"> Don't have to take something every day Nothing to place in before sex Lasts for 5 years Fewer and lighter periods Can be used while breastfeeding Safe for those who can't take estrogen 	<ul style="list-style-type: none"> Irregular bleeding or no bleeding at all Discoloring or scarring of skin over the implant Change in sex drive Headache, nausea or breast tenderness
IUD Paragard	Paragard is a T-shaped plastic device wrapped in copper which is inserted into the uterus by a clinician. Copper creates an environment that sperm cannot survive in. It lasts up to 12 years.	99%+	NO	<ul style="list-style-type: none"> Don't have to take something every day Nothing to place in before sex Lasts for 12 years Fewer and lighter periods Can be used while breastfeeding Contains no hormones 	<ul style="list-style-type: none"> Spotting between periods Increased period flow, cramps and backaches IUD can slip out or penetrate the wall of the uterus
IUD Mirena Liletta Skyla Kyleena	Mirena/Liletta/Skyla deliver small amounts of hormone into the uterus. They are inserted into the uterus by a clinician and last for up to 7 years, but can be removed by a clinician at any time.	99%+	NO	<ul style="list-style-type: none"> Don't have to take something every day Nothing to place in before sex Lasts for up to 7 years Reduced cramps, lighter or no periods Can be used while breastfeeding Safe for those who can't take estrogen 	<ul style="list-style-type: none"> Spotting between periods Cramps and backaches IUD can slip out or penetrate the wall of the uterus



Hormonal Contraceptives

These are considered one or two hormones that prevent ovulation or the release of an egg and prevent pregnancy. They are taken into to be equally effective at preventing pregnancy and typically cause shorter, lighter periods.

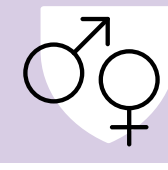
Method	Details	Effectiveness Typical / Perfect	Sexually Transmitted Infection Protection	Advantages	Possible Side Effects
The Pill	The pill is taken by mouth at the same time every day. There are usually 3 weeks of active pills with hormones and one week of pills without hormones.	91% Typical 99% Perfect	NO	<ul style="list-style-type: none"> Nothing to place in before sex Regular, possibly lighter, periods Can clear up acne Can reduce cramps and symptoms of Premenstrual Syndrome (PMS) 	<ul style="list-style-type: none"> Irregular spotting Nausea and/or breast tenderness Change in sex drive Missing a pill increases the chance of getting pregnant
The Ring NuvaRing	A flexible ring containing hormones that is inserted in the vagina for 3 weeks and then removed for one week each month.	91% Typical 99% Perfect	NO	<ul style="list-style-type: none"> Nothing to place in before sex Regular, possibly lighter, periods Can clear up acne Can reduce cramps and symptoms of Premenstrual Syndrome (PMS) 	<ul style="list-style-type: none"> Increased vaginal discharge Allergic reaction Nausea and/or breast tenderness Change in sex drive
The Patch	A small adhesive square that can be worn on the shoulder, belly or buttocks. The patch is replaced weekly for three weeks and then no patch is worn for one week.	91% Typical 99% Perfect	NO	<ul style="list-style-type: none"> Nothing to place in before sex Regular, possibly lighter, periods Can clear up acne Can reduce cramps and symptoms of Premenstrual Syndrome (PMS) 	<ul style="list-style-type: none"> Skin irritation under patch Breast tenderness and nausea Bleeding between periods Change in sex drive
The Shot Depo-Provera	A shot of progesterone administered in a clinic once every 3 months.	93% Typical 99% Perfect	NO	<ul style="list-style-type: none"> Don't have to take something every day Nothing to place in before sex Lasts for 3 months Fewer and lighter periods Can be used while breastfeeding Safe for those who can't take estrogen 	<ul style="list-style-type: none"> Irregular bleeding Weight gain Depression Headache, nausea or breast tenderness Change in sex drive



Non-Hormonal Contraceptives

These methods include those that provide a barrier between the sperm and the egg. Barrier methods are generally not as effective as hormonal methods, but when used correctly and consistently their effectiveness can approach that of the pill. Some protect against sexually transmitted infections (STIs).

Method	Details	Effectiveness Typical / Perfect	Sexually Transmitted Infection Protection	Advantages	Possible Side Effects
Outside Condom	Outside condoms cover the penis or a sex toy. They do not require a visit to the doctor and are easy to find in many retail stores.	79% Typical 98% Perfect	YES	<ul style="list-style-type: none"> Protects from STIs Easy to get and inexpensive Can help reduce premature ejaculation Latex and non-latex versions Available in different sizes 	<ul style="list-style-type: none"> Reduces sensitivity during sex Some individuals are allergic to latex Can break or slip off during use
Inside Condom	Inside condoms can be inserted into the vagina up to 8 hours before sex. In addition to vaginal sex, they can be used during anal sex as a great option for STI prevention.	79% Typical 95% Perfect	YES	<ul style="list-style-type: none"> Protects from STIs Easy to get and inexpensive Both water- and silicone-based lubricants are safe to use with it 	<ul style="list-style-type: none"> Makes noises during sex Can cause irritation or reduce sensitivity Can be pushed into the vagina Can be difficult to insert
Diaphragm	A dome shaped cup coated with spermicide. When inserted into the vagina, the dome covers the cervix to prevent sperm from joining with the egg.	88% Typical 94% Perfect	NO	<ul style="list-style-type: none"> Can be placed hours in advance Is not felt by either partner Can be used while breastfeeding 	<ul style="list-style-type: none"> Vaginal irritation Allergic reaction Can be difficult to insert correctly and remove Increased risk of bladder infection
Contraceptive Sponge	A small sponge that contains spermicide. It is inserted into the vagina and fits over the cervix to prevent sperm from joining with the egg. It is effective for up to 24 hours.	74% Typical 81% Perfect	NO	<ul style="list-style-type: none"> Available where condoms are sold Easy insertion Is not felt by either partner Can be used while breastfeeding 	<ul style="list-style-type: none"> Vaginal irritation Allergic reaction
Spermicides	Spermicides come in creams, gels, films or foam and kill sperm. Spermicides are placed in the vagina to keep sperm from reaching the cervix.	71% Typical 82% Perfect	NO	<ul style="list-style-type: none"> Easy to get Easy insertion No prescription needed Can be used while breastfeeding 	<ul style="list-style-type: none"> Can be messy Can irritate both the vagina and penis Allergic reaction



Permanent Contraception

Sterilization is a method that involves a surgical procedure that closes off tubes in the body to prevent the sperm and egg from reaching each other.

Method	Details	Effectiveness Typical / Perfect	Sexually Transmitted Infection Protection	Advantages	Possible Side Effects
Vasectomy	A surgical procedure in which the tubes that transport sperm are cut to prevent sperm from leaving the body and causing a pregnancy.	99%+	NO	<ul style="list-style-type: none"> Provides permanent protection No hormonal change No lasting side effects No change in sex drive 	<ul style="list-style-type: none"> Temporary bruising and discomfort Surgical complications Rarely tubes reopen, which can lead to pregnancy
Tubal Ligation	A surgical procedure in which the fallopian tubes are surgically cut or blocked to prevent the egg and sperm from meeting and causing a pregnancy.	99%+	NO	<ul style="list-style-type: none"> Provides permanent protection No hormonal change No lasting side effects No change in sex drive 	<ul style="list-style-type: none"> Temporary bruising and discomfort Surgical complications Rarely tubes reopen, which can lead to pregnancy



Emergency Contraceptives

If a condom breaks, a pill is missed or unprotected sex occurs, these can be taken within 5 days to prevent pregnancy. It is more than 75% effective at preventing unplanned pregnancy if taken within 72 hours (3 days) and still somewhat effective if taken within 120 hours (5 days). The sooner you take it, the better.

Effectiveness Rates: The percentage of individuals using a form of birth control who will NOT become pregnant in a year. Using birth control correctly every single time increases effectiveness.
Perfect use: The individual uses the form of birth control without any mistakes or errors.
Typical use: The individual who may not use the birth control exactly as it is intended and makes mistakes.



additional methods of birth control

Abstinence
The decision to not have oral, vaginal or anal sex, is the most effective way to prevent pregnancy and STIs. If a person thinks they might have sex, a backup form of birth control, such as condoms, is necessary.

No Method or "Chance"
How likely is pregnancy when no birth control is used? When no method of birth control is used or when a person stops using birth control in order to become pregnant, about 85% become pregnant within the first year.

Withdrawal
The withdrawal method is also known as the "pull out method" because it involves pulling the penis out during vaginal intercourse before ejaculation occurs. It can be difficult to time correctly and 40% of "pre-cum" does contain sperm. It requires great body awareness, is difficult to perform every time and there is still a chance of pregnancy even if used correctly.

Fertility Awareness
These methods involve identifying the window of fertility during the menstrual cycle. Some require tracking the days of a cycle while others track and record the body's signs of fertility. The advantages are that no medications or prescriptions are needed, it is acceptable to many religions and cultures and there are no side effects. Barriers include keeping daily records, staying abstinent for one week per month and both partners being willing to cooperate. It is less effective for those who have irregular periods.

LAM (Lactational Amenorrhea Method)
This method is a temporary form of birth control that only works for those breastfeeding on demand and exclusively. Breastfeeding can be a natural contraceptive and can be effective up to 6 months after childbirth. This method is not effective once menstruation resumes. Due to the unpredictability of LAM, it is best to use a back up form of birth control.

Sexually transmitted infections (STIs) are infections that are passed from one person to another during sexual behavior. These infections often do not cause any symptoms.

There are many kinds of sexually transmitted infections. They are very common – more than half of us will get one at some time in our lives.

The good news is we can protect ourselves and each other from STIs. Practicing safer sex allows you to reduce your risk of getting sexually transmitted infections. If you've done anything that puts you at risk of infection, getting tested allows you to get treatment.

We are here to help. The caring staff at your local Planned Parenthood health center can talk with you about STIs and help you get any testing or treatment you may need.

When trying to decide on a birth control method, it's best to choose one that best fits your lifestyle. There are a lot of different options, so you can find one that is right for you.

Here are some questions to ask yourself and your healthcare provider when deciding on a type of birth control:

- How effective is this method? What are the possible side effects?
- Will it prevent sexually transmitted infections?
- How easy is it to use? How can I get this type of birth control?
- How mistake-proof is this method?
- What are the health benefits when using this type of birth control?
- How will this birth control affect my periods? Can I use this method to skip periods?
- Is it discrete? How quickly can I use this method?

protect yourself from STIs

Many forms of birth control do not offer protection against sexually transmitted infections.

Talk to your partner(s) about sex before you have it
How will you protect each other from STIs? You can't tell if people have STIs by looking or knowing their relationship history. Ask if your partner(s) has ever had an STI that they know about. And if you have an STI, you'll need to tell your partner(s) before you have sex.

Get tested
Get tested for sexually transmitted infections, and encourage your partner(s) to do the same **before** you have sex.

Get treated
If you or a partner(s) have an STI, you both need to be treated and then wait to have sex for seven days.

Use inside or outside condoms or dental dams
A **new** condom should be used **every single time** you have any kind of sexual activity. Plastic (polyurethane) condoms can be used for people who are allergic to latex.

- Condoms can be used for oral, vaginal or anal sex.
- Condoms should be stored in a cool dry place.
- Condoms should only be used with water-based or silicone lubricants. Anything with oil in it will weaken the condom and could make it break during sex.

Choose to say no to sex
Abstinence – not having sex – is the best protection against STIs. To use abstinence effectively, you should not have oral, vaginal or anal sex.

center locations

Cincinnati Surgical Center
513.287.6488
2314 Auburn Avenue | Cincinnati, Ohio 45219

Dayton Health Center
937.226.0780
224 N. Wilkinson Street | Dayton, Ohio 45402

Hamilton Health Center
513.856.8332
11 Ludlow Street | Hamilton, Ohio 45011

Mt. Auburn Health Center
513.287.6484
2314 Auburn Avenue | Cincinnati, Ohio 45219

Springfield Health Center
937.325.7349
1061 North Bechtel Avenue | Springfield, Ohio 45504

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Call 1.800.230.PLAN or visit ppsw.org to learn more or to find the Planned Parenthood Health Center nearest you.