

Which contraceptive method is right for you?

Mirena[®] IUD (Intrauterine Device)

It is inserted into the uterus by a health care provider. It can last up to 5 years. You do not need to use before sex. Periods are generally lighter and less painful. It does not provide protection against STD's.

ParaGard[®] IUD (Intrauterine Device)

It is inserted into the uterus by a health care provider and can last up to 12 years. You do not need to use before sex, it does not provide protection against STD's.

Implanon Arm Implant

Implanon is inserted into your arm by a health care professional, and lasts up to 3 years. Periods are usually lighter and less painful. You do not need to use before intercourse. Implanon does not provide protection against STD's.

Injections

Injections (a shot) such as Depo-Provera, are given by a health care professional every 3 months. Periods are generally lighter and less painful. You do not need to use before sex. Injections do not provide protection against STD's.

Pills (Oral Contraceptives)

The pill must be taken at approximately the same time every day. You do not need to use before sex. Periods may become lighter and less painful. Oral Contraceptives do not provide protection against STD's.

Patch

The OrthoEvra[®] patch is applied to the skin 1 time per week for 3 weeks, then it is removed for 1 week allowing for a period. Periods are generally lighter and less painful. The patch will not provide protection against STD's.

Vaginal Ring

The NuvaRing[®] vaginal ring is inserted into the vagina and lasts for 3 weeks. After that it is removed for 1 week allowing for a period. Periods are generally lighter and less painful. The vaginal ring does not provide protection against STD's.

Condoms

The male condom is applied onto the penis just before sex. It must be used before every sexual encounter to provide protection against pregnancy and STD's.

Emergency Contraception (Plan B)

Plan B is an emergency contraceptive pill that can help prevent pregnancy after unprotected sex or contraceptive failure. It can be taken up to 5 days (120 hours) after unprotected sex. It does not replace the consistent use of contraception. It does not provide protection against STD's.