







# How well does birth control work?

Medicaid provides free birth control. All costs listed are full-price with no insurance coverage.

<p>Really, really well</p> <p>★★★★★</p> <p>WORKS, HASSLE-FREE, FOR UP TO...</p>	<p><b>THE IMPLANT</b> \$450-\$800</p>  <p>3 YEARS</p>	<p><b>IUD HORMONAL</b> \$500-\$927</p>  <p>3-5 YEARS</p>	<p><b>IUD NON-HORMONAL</b> \$500-\$932</p>  <p>10-12 YEARS</p>	<p><b>STERILIZATION</b> \$500-\$5,000</p>  <p>FOREVER</p>	<p><b>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</b></p>  <p>LESS THAN <b>1 IN 100</b> WOMEN</p>
	<p><b>THE PILL</b> \$10-\$50/MONTH</p>  <p>EVERY. SINGLE. DAY.</p>	<p><b>THE PATCH</b> \$30-\$85/MONTH</p>  <p>EVERY WEEK</p>	<p><b>THE RING</b> \$30-\$75/MONTH</p>  <p>EVERY MONTH</p>	<p><b>THE SHOT</b> \$50-\$120</p>  <p>EVERY THREE MONTHS</p>	<p><b>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</b></p>  <p><b>6-9</b> IN <b>100</b> WOMEN, DEPENDING ON METHOD</p>
<p>Not as well</p> <p>★</p> <p>FOR EACH OF THESE METHODS, YOU OR YOUR PARTNER MUST USE IT EVERY SINGLE TIME YOU HAVE SEX.</p>	<p><b>WITHDRAWAL</b></p> 	<p><b>FERTILITY AWARENESS</b></p> 	<p><b>DIAPHRAGM</b> \$90/DIAPHRAGM</p> 	<p><b>CONDOM</b> \$.15-\$7.80/CONDOM</p> 	<p><b>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</b></p>  <p><b>12-24</b> IN <b>100</b> WOMEN, DEPENDING ON METHOD</p>

# Talk to your doctor about birth control options

Only complete and consistent abstinence from vaginal, anal and/or oral sex is 100% effective in preventing pregnancy and protecting against STDs. **There are many effective birth control options.**

## IF YOU'RE HAVING SEX

USE BOTH (condoms and birth control) EVERY TIME to help prevent pregnancy, HIV & STDs.

YOUR OPTIONS	WHERE TO GET IT	SIDE EFFECTS & THINGS TO KNOW	EFFECTIVENESS
<b>IUD</b> * Mirena (Hormone) * Skyla (Hormone) * Liletta (Hormone) * Paragard (Copper)	A doctor's office or clinic	* Spotting between periods, increased period flow, cramps & backaches. * The IUD can prevent pregnancy for 3-5 years (hormonal) or 10-12 years (copper), and the implant for up to 3 years. * The implant is a tiny rod containing a hormone that a doctor or nurse practitioner puts under your skin. * Does not protect against HIV and STDs. * IUD/Implants are considered LARCs (Long Acting Reversible Contraception) and in rare circumstances LARCs can stop implantation of a fertilized egg.	<b>99%+</b> EFFECTIVE
<b>Implant</b> * Implanon * Nexplanon			
<b>Male Sterilization</b>	A doctor's office	* You must use other birth control until the sperm are used up. It usually takes about three months. A simple test- semen analysis-shows when there are no more sperm in the semen. Does not protect against HIV & STDs.	
<b>Female Sterilization</b>	Outpatient clinic/hospital	* Tubes could reconnect, uterus could be damaged. Does not protect against HIV & STDs. * A one-time surgical procedure where the doctor closes or blocks the tubes that carry the egg(s) to the uterus.	
<b>Shot</b>		* Irregular bleeding 6-12 months, change in appetite, weight gain, acne, decrease in bone density. * Does not protect against HIV & STDs. * Each shot works for 3 months, must visit healthcare provider every 3 months for new shot.	<b>91-94%</b> EFFECTIVE
<b>Ring</b>	A doctor's office or clinic	* May experience bleeding in between periods, breast tenderness, nausea and vomiting. * The ring and the patch are used for 3 weeks and removed for 1 week.	
<b>Patch</b>		* The pill must be taken at the same time every day. * All three contain hormones.	
<b>The Pill</b>		* Does not protect against HIV & STDs.	
Risk of Blood Clot increases significantly while smoking.			
These contraceptive methods change the endometrium lining which reduce the likelihood of implantation if fertilization does occur.			
<b>Spermicide</b>	Buy at a drugstore	* Usually a gel, foam, cream or suppository you put into your vagina using your fingers or an applicator AT LEAST ten minute prior to sex. * Only effective for one hour. Does not protect against HIV & STDs.	<b>71-88%</b> EFFECTIVE
<b>Fertility Awareness</b>	Download a fertility awareness app on your electronic device or purchase a thermometer & calendar from the store	* Takes planning, record-keeping, and self-control * To prevent pregnancy, abstain from vaginal intercourse on your fertile days. Or use withdrawal, a condom, a sponge, a diaphragm, or a cap on those days. If your cycle (period) is not regular, this method is not a recommended form of birth control. * Does not protect against HIV & STDs	
<b>Withdrawal</b>		* Difficult to perform every single time. Does not protect against HIV & STDs.	
<b>Diaphragm</b>	A doctor's office or clinic or buy at drugstore	* May experience vaginal irritation, urinary tract infections, allergies to silicone. Does not protect against HIV & STDs. * You can insert several hours before sex, but it must be left in place for 6 hours after you have sex.	
<b>Condom</b>		* Some people may be sensitive to certain lubricants. * A thin sheath worn over the penis or inside of the vagina	