

BIRTH CONTROL—

Choosing a method that's right for you

HORMONAL

NONHORMONAL

Birth Control	How to Use	Prescription Needed	Protects Against STIs
Monthly oral contraceptive (the Pill) 	Take 1 pill every day as directed. A period occurs every 28 days	Yes	No
Extended-regimen oral contraceptive 	Take 1 pill every day for 3 months as directed. A period occurs every 3 months	Yes	No
Patch 	Apply to skin and change weekly. A period occurs every 28 days	Yes	No
Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days. A period occurs every 28 days	Yes	No
Injection 	Get injections every 3 months. A period occurs every 28 days	Injections given in healthcare professional's office or clinic	No
Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 5 years. A period occurs every 28 days	IUC inserted in healthcare professional's office or clinic	No
Spermicide 	Apply every time before sex	No	No
Diaphragm 	Insert every time before sex	Yes	No
Contraceptive sponge 	Insert up to 24 hours before sex. Keep in place for 6 hours after sex	No	No
Cervical cap 	Insert every time before sex	Yes	No
Female condom 	Insert every time before sex	No	Yes
Male condom 	Partner must wear every time during sex	No	Yes (latex only)
Nonhormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years	IUC inserted in healthcare professional's office or clinic	No
Female sterilization ("tubes tied") or male sterilization (vasectomy) 	No action required after surgery	No. Performed surgically	No

EMERGENCY CONTRACEPTION—

A second chance to prevent a pregnancy



Plan B® (levonorgestrel) tablets, 0.75 mg, emergency contraception—
see reverse side for more information