Tips for Choosing a Birth Control Method

Wondering which birth control method is right for you? Get the facts to help you choose.

There Are 2 Types of Birth Control

1 Non-hormonal birth control

Usually functions as a barrier between sperm and egg or disables the sperm from moving.

Non-Hormonal Birth Control Options

Type	Brand
Cervical Cap	FemCap
Condoms, including internal condoms	Many brands available in latex, lambskin or plastic (polyurethane or polyisopropene); FC2 is the only brand of internal condom
Copper IUD	Paragard
Diaphragm	Caya, Milex
Spermicide	Many brands available in creams, gels, foams, films and suppositories
Sponge	Today
Vaginal Gel	Phexxi

Benefits

- Other than the IUD, doesn't change your body's menstrual cycle
- Provides an option for people who want to avoid side effects from hormonal birth control
- Other than the IUD, offers protection from pregnancy only when you need it
- Works for people with certain health conditions, such as heart disease or a history of breast cancer, who may not be able to take hormones

2 Hormonal birth control

Works by stopping ovulation, thickening the cervical mucus or thinning the lining of the uterus.

Hormonal Birth Control Options

Type	Brand
Birth Control Pill	Many brands available in combination pills, which contain estrogen and progestin or the minipill with progestin only
Hormonal IUD	Mirena, Kyleena, Liletta, Skyla
Implant	Nexplanon
Patch	Twirla, Xulane
Shots	Depo-Provera
Vaginal Ring	NuvaRing, ANNOVERA

Benefits

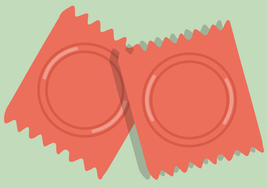
- Continuous protection against pregnancy
- Doesn't require making a decision in the moment
- Doesn't require the knowledge or participation of your partner(s)
- May allow you to control your period
- Can be used to treat some health conditions

Health conditions that may be helped by hormonal birth control:

- Heavy or irregular periods
- Premenstrual syndrome (PMS)
- Endometriosis
- Polycystic ovary syndrome (PCOS)
- Fibroids
- Acne

What about sexually transmitted infections (STIs) and HIV?

Only condoms (made from latex or polyurethane, not lambskin) provide protection from STIs and HIV.



Which birth control is right for your lifestyle?

Here are some questions to consider before talking to your healthcare provider:

- ☑ Do I want an option that's available over the counter or by prescription?
- ☑ Do I want protection constantly or only when I need it?
- ☑ Do I want protection against STIs, including HIV?
- ☑ Do I want birth control that also regulates my period?
- ☑ Do I want birth control that doesn't affect my menstrual cycle or hormone levels?
- ☑ Do I want birth control that can be easily reversed if I want to get pregnant?

Worried about the cost of birth control?

Under the 2010 Affordable Care Act, insurance plans in the Health Insurance Marketplace and many other plans must cover most FDA-approved birth control. Check with your insurance provider to see what options it covers.

For women without insurance, Planned Parenthood or your local public health department can connect you with resources that provide free or inexpensive birth control.

Still not sure which birth control is best for your body?

Talk to your healthcare provider. Together, you can choose a form of birth control that suits your unique needs.

This resource was created with support from Evofem Biosciences.

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