

# Hormonal Birth Control

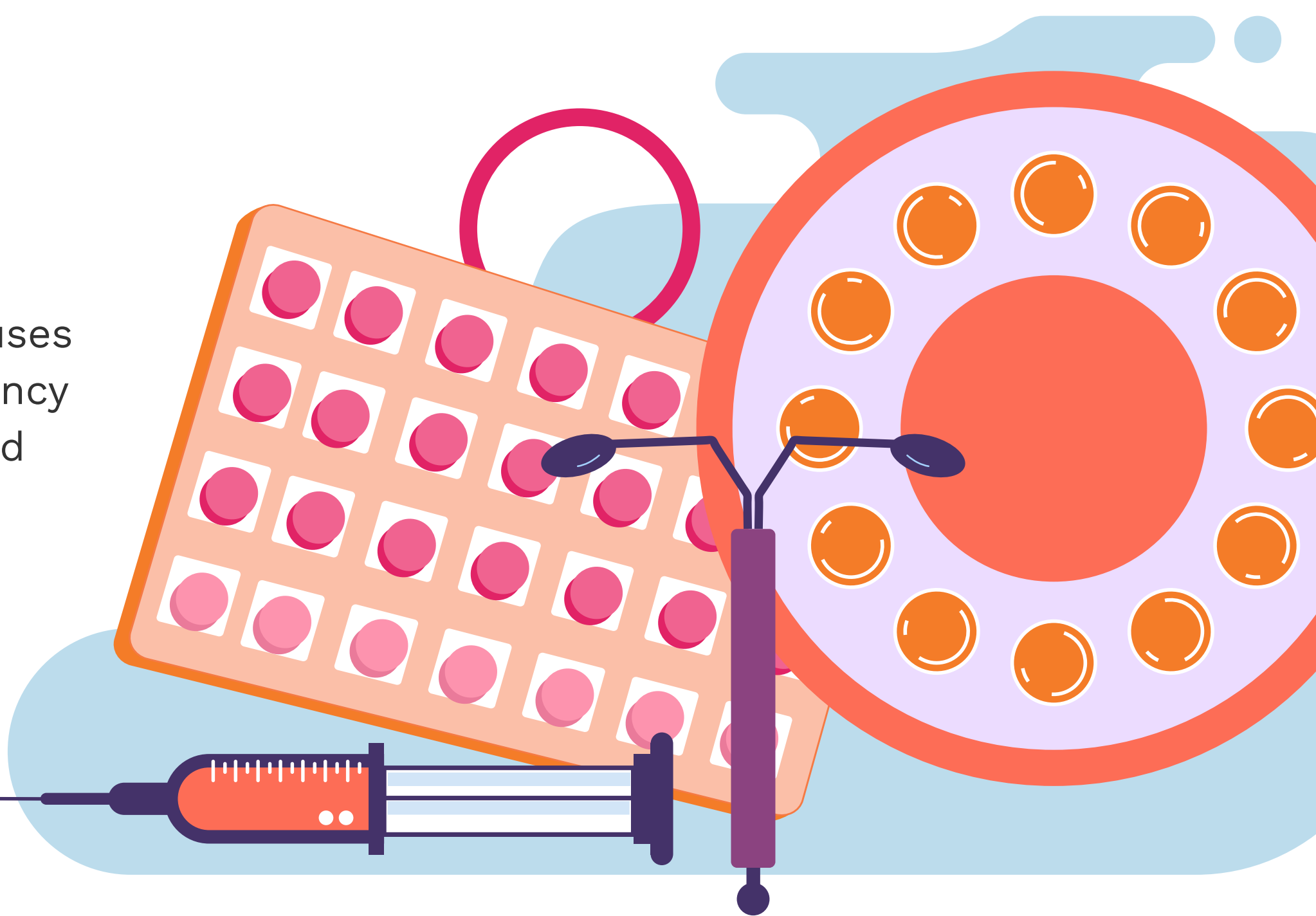
Learn how hormonal contraceptives work

## What are hormonal contraceptives?

A type of birth control that uses hormones to prevent pregnancy and help manage periods and certain medical conditions

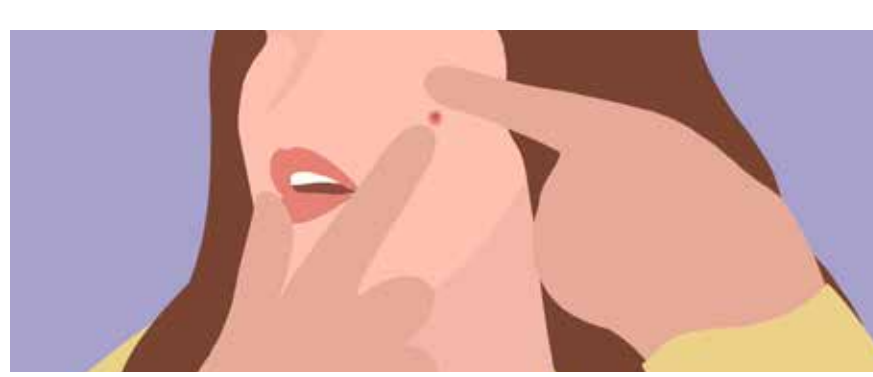
They are:

- ✓ Safe for most women
- ✓ 99% effective at preventing pregnancy



## Birth control is for more than just preventing pregnancy

Many women use hormonal birth control to manage **health issues**, not just to prevent pregnancy



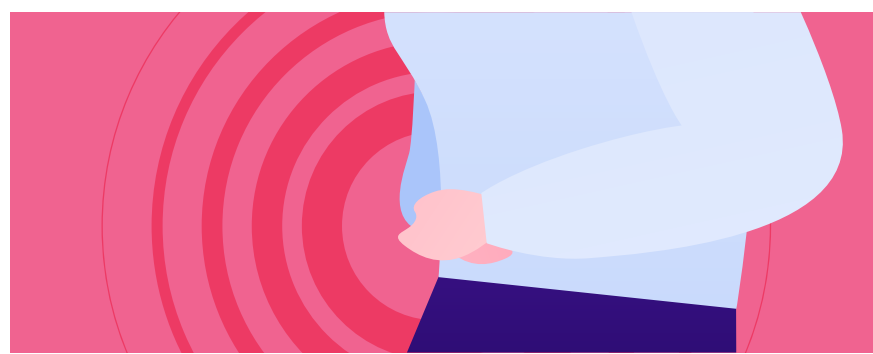
Acne



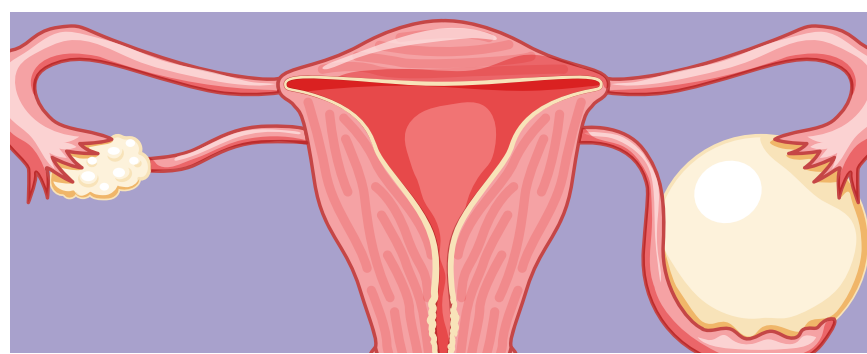
Migraine



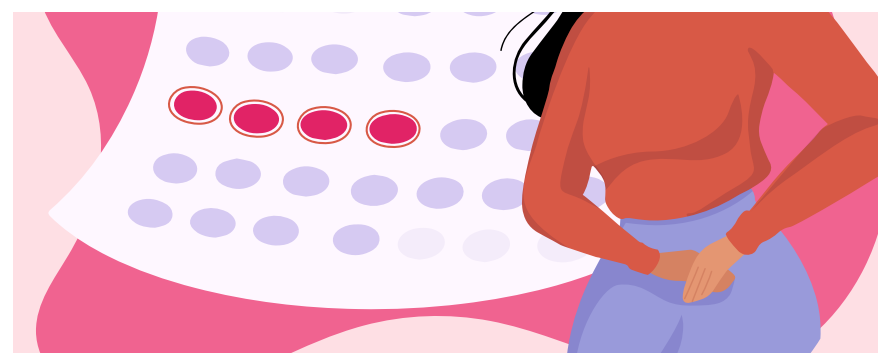
Polycystic ovary syndrome (PCOS)



Endometriosis



Ovarian cysts



Extreme period pain

## What types of hormonal contraceptives are there?



The pill, a form of contraception you take by mouth



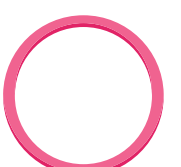
Progestin injection, a shot once every 12 weeks



Progestin implantable rod, inserted under the skin, can remain for up to 3 years



Estrogen and progestin skin patches, applied weekly for 3 weeks, followed by a week off



Estrogen and progestin vaginal ring, used for 3 weeks, followed by a week off



Intrauterine device (IUD) with progestin, inserted into the uterus where it can stay for up to 5 years

## How should you take oral contraceptives?

Every day for three weeks, with a week off. Some women can take the pill with no break, if approved by their healthcare provider.



### Important:

Take your pill at the same time every day because they have a short half-life!

**Half-life** = how long a drug stays in your body



## What if you're late taking your pill?



If you're 3 hours or later taking **combination pills** (estrogen and progestin), you should use a back-up method until your next period.



If you're 3 hours or later taking **progestin-only pills (mini pill)**, you need back-up for at least 2 days.

## Know when you'll have your period...

Hormone pills and vaginal rings can help **regulate your period** so it's not a surprise every month. And they can make the bleeding less severe.

## ...or skip it!

**Hormonal IUDs and implants** can stop periods altogether for some women, and make them lighter for others.

## Planning a big getaway?

### You can delay your period.

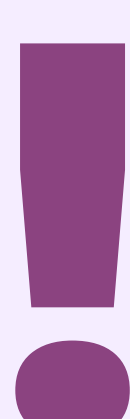
If your period is scheduled to start when you get to your destination, speak with your doctor about your contraceptive schedule and delaying your period.



## Breakthrough bleeding

**Breakthrough bleeding** or spotting can happen with hormonal contraceptives. It's most common with low-dose pills and the implant. Stopping your period increases breakthrough bleeding risk.

Bleeding with hormonal IUDs usually improves after the first few months.



### Remember

Hormonal contraceptives do not protect you from **sexually transmitted infections**, like syphilis, HIV and chlamydia.