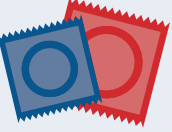
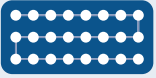








# Contraceptive Choices

Method	How to use	Impact on bleeding	Thing to know	How well does it work?*
 <p><b>External Condom</b></p>	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex</li> <li>Use a polyurethane condom if allergic to latex</li> </ul>	None	<ul style="list-style-type: none"> <li>Can buy at many stores</li> <li>Can put on as part of sex play/foreplay</li> <li>Can help prevent early ejaculation</li> <li>Can be used for oral, vaginal, and anal sex</li> <li>Protects against HIV and other STIs</li> <li>Can decrease penile sensation</li> <li>Can cause loss of erection</li> <li>Can break or slip off</li> <li>Does not need a prescription</li> </ul>	87%
 <p><b>Emergency Contraception Pills</b> Progestin EC (Plan B® One-Step and others) and ulipristal acetate (ella®)</p>	<ul style="list-style-type: none"> <li>Works best the sooner you take it after unprotected sex</li> <li>You can take EC up to 5 days after unprotected sex</li> <li>If pack contains 2 pills, take both at once</li> </ul>	<ul style="list-style-type: none"> <li>Your next monthly bleeding may come early or late</li> <li>May cause spotting</li> </ul>	<ul style="list-style-type: none"> <li>Available at pharmacies, health centers, or health care providers: call ahead to see if they have it</li> <li>People of any age can get progestin EC without a prescription</li> <li>May cause stomach upset or nausea</li> <li>Progestin EC does not interact with testosterone, but we don't know whether Ulipristal acetate EC does or not</li> <li>Ulipristal acetate EC requires a prescription</li> <li>May cost a lot</li> <li>Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26.</li> <li>Ulipristal acetate EC works better than progestin EC 3-5 days after sex</li> </ul>	58 - 94%
 <p><b>Copper IUD</b> ParaGard®</p>	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>May cause cramps and heavy monthly bleeding</li> <li>May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue)</li> </ul>	<ul style="list-style-type: none"> <li>May be left in place for up to 12 years</li> <li>You can become pregnant right after removal</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Rarely, uterus is injured during placement</li> </ul>	> 99%
 <p><b>Progestin IUD</b> Liletta®, Mirena®, Skyla® and others</p>	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician</li> <li>Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>May improve cramps</li> <li>May cause lighter monthly bleeding, spotting, or no monthly bleeding at all</li> </ul>	<ul style="list-style-type: none"> <li>May be left in place 3 to 7 years, depending on which IUD you choose</li> <li>You can become pregnant right after removal</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Rarely, uterus is injured during placement</li> </ul>	> 99%
 <p><b>The Pill</b></p>	<ul style="list-style-type: none"> <li>Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>Often causes spotting, which may last for many months</li> </ul>	<ul style="list-style-type: none"> <li>Can improve PMS symptoms</li> <li>Can improve acne</li> <li>Helps prevent cancer of the ovaries</li> <li>This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> <li>You can become pregnant right after stopping the pills</li> <li>May cause nausea, weight gain, headaches, change in sex drive - some of these can be</li> </ul>	93%
 <p><b>The Shot</b> Depo-Provera®</p>	<ul style="list-style-type: none"> <li>Get a shot every 3 months (13 weeks)</li> <li>Give yourself the shot or get it in a medical office</li> </ul>	<ul style="list-style-type: none"> <li>Often decreases monthly bleeding</li> <li>May cause spotting or no monthly bleeding</li> </ul>	<ul style="list-style-type: none"> <li>Each shot works for up to 15 weeks</li> <li>Private for user</li> <li>Helps prevent cancer of the uterus</li> <li>May cause weight gain, depression, hair or skin changes, change in sex drive</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>Side effects may last up to 6 months after you stop the shots</li> </ul>	96%

\*Typical Use

# Contraceptive Choices *(continued)*

Method	How to use	Impact on bleeding	Thing to know	How well does it work?*
 <p><b>The Implant</b> Nexplanon®</p>	<ul style="list-style-type: none"> <li>• A clinician places it under the skin of the upper arm</li> <li>• It must be removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>• Can cause irregular bleeding and spotting</li> <li>• After 1 year, you may have no monthly bleeding at all</li> <li>• Cramps often improve</li> </ul>	<ul style="list-style-type: none"> <li>• Long lasting (up to 5 years)</li> <li>• You can become pregnant right after it is removed</li> <li>• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>• May cause mood changes</li> </ul>	> 99%
 <p><b>The Ring</b> ANNOVERA® Nuvaring®</p>	<ul style="list-style-type: none"> <li>• Insert a small ring into the vagina</li> <li>• Monthly Ring: Change ring each month</li> <li>• Yearly Ring: Change ring each year</li> </ul>	<ul style="list-style-type: none"> <li>• Can make monthly bleeding more regular and less painful</li> <li>• May cause spotting the first few months</li> <li>• Can increase vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>• There are two types: a monthly ring and a yearly ring.</li> <li>• One size fits all</li> <li>• Private</li> <li>• You can become pregnant right after stopping the ring</li> <li>• This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> </ul>	93%