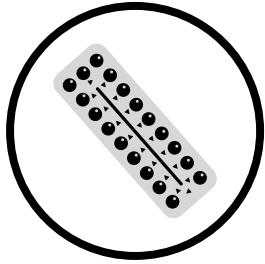


## OPTIONS



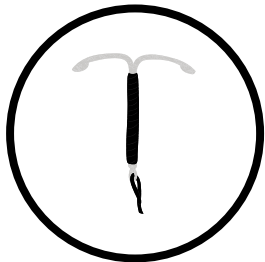
### HORMONAL BIRTH CONTROL

Birth control can be taken as a pill daily, a patch changed once per week, or a ring placed inside for 3 weeks. Effective at preventing pregnancy when taken as directed (and at the same time every day for oral pills).



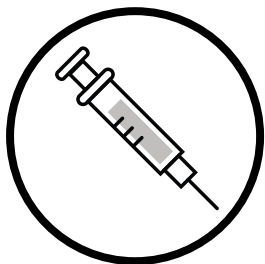
### PROGESTIN ONLY BIRTH CONTROL PILL (SOMETIMES CALLED THE "MINI PILL")

Oral pills that contain 1 hormone (progestin). Lighter or no monthly bleeding. Pills are taken consecutively with no breaks and can be increased by the practitioner to stop bleeding. Effective in preventing pregnancy when taken at the same time every day.



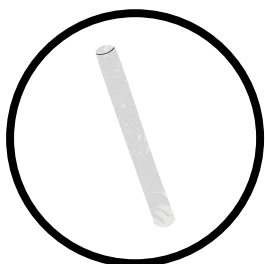
### IUD (INTERUTERINE DEVICE)

A small T shaped device that is inserted into the uterus by a healthcare provider after performing a genital exam. Can stay in place 3-10 years. Two types available: copper and hormonal (progestin). Copper IUDs can make monthly bleeding heavier. Progestin IUDs help monthly bleeding to become lighter and shorter. Effective at preventing pregnancy.



### BIRTH CONTROL SHOT (DEPO-PROVERA)

Long-acting injectable birth control containing progestin. Given every 3 months. Causes lighter or no monthly bleeding. Unpredictable bleeding is common in the first year of use but improves over time. Effective at preventing pregnancy if injected every 11-15 weeks.



### IMPLANT (NEXPLANON)

A small device that is inserted in the upper arm by a trained healthcare provider. It can stay in place for up to 3 years. Can cause unpredictable bleeding in the first year.