

Intra-Uterine System

Doctor Inserts once every 5 years,
99.7% effective. Only contains
progestin.

Advantages

- Effective & long lasting (up to 5 years)
- Does not contain estrogen
- Does not interfere with intercourse
- Decreased period bleeding and cramping 20-30% of female's periods will stop
- may decrease Endometriosis pain

Possible Disadvantages

- Acne
- Breast tenderness
- Spotting (common in the first 3-6 months)
- May fall out (6% chance)
- Perforate uterus (rare)
- Doctor must insert and remove

Depo Provera Injection

Once every 12 weeks (4x per year)
99.7% effective when used perfectly
97% effective with average use.

Contains only progestin

Possible Side Effects:

- Weight gain
- Headaches, acne, depression
- Decreased bone mineral density
- Irregular bleeding

Condoms

Physical barrier to prevent direct genital contact and exchange of genital fluids, preventing STIs.

- Latex or Non Latex: polyurethane, silicon, lambskin

98% effective when used perfectly
85% effective with average use

Advantages

- Protect against STIs
- Available without prescription and affordable
- No cost at Teen Health with education

Disadvantages

- Might slip off
- Must be stored and handled properly
- Most effective within the first 24-48 hours

The Morning After Pill

1 pill taken up to 120 hours after unprotected sex to prevent pregnancy (the sooner the better) Contains progesterone

Possible Side Effects (rare):

- Nausea and lower abdominal pain
- headache, fatigue, dizziness
- Breast tenderness & spotting

DOES NOT terminate a pregnancy

Teen Health Contraceptive Options

Information referenced from
www.sexualityandu.com

519-253-8481

1361 Ouellette Ave
Windsor, Ontario

www.wechc.org

Oral Contraceptives:

Birth Control Pill

Taking the Birth Control Pill once daily is 99.7% effective when used as directed.

92% effective with average use. Spotting is common within the first 3 months.

Advantages

- Effective and reversible
- Increased regularity of periods and decreased cramping
- Decreased acne and hair growth

Possible Disadvantages

- Headaches and nausea
- Breast tenderness
- Increased risk of blood clots
- Must take as directed

Combination of estrogen AND progesterin or just progesterin (mini pill)

Vaginal Ring

Once a month

Ring inserted monthly by female and left in for three weeks, then no ring for a week (to have a bleed)

99.7% effective when used perfectly 92% effective with average use. Spotting is common within the first 3 months.

Advantages

- Effective and reversible
- Once a month use

Possible Disadvantages

- Headaches and nausea
- Breast tenderness
- Irregular bleeding or spotting
- Vaginal irritation (uncommon)
- Ring may fall out (uncommon)

Combination of estrogen and progesterin

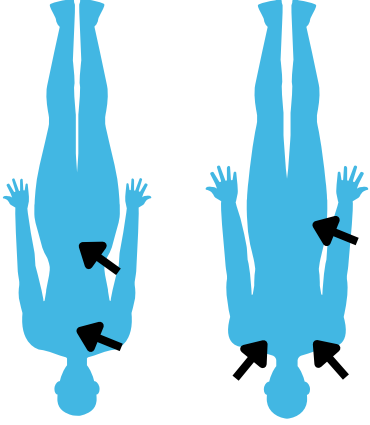
Other Contraceptive Options:

- Female condom
- Spermicidal products
- Female and male sterilization
- Abstinence

Contraceptive Patch

Once a week

Female reapplies the patch weekly for three weeks, then no patch for one week (to have a bleed)



Combination of estrogen and progesterin

99.7% effective when used perfectly 92% effective with average use. Spotting is common within the first 3 months.

Advantages

- Effective and reversible
- Once a week

Possible Disadvantages

- Headaches and nausea
- Breast tenderness
- Irregular bleeding or spotting
- Skin irritation (2%)
- May fall off (rare)