

We believe that all women deserve the opportunity to decide if, when, and under what circumstances to get pregnant and have a child. Following are some methods to prevent unplanned pregnancy that are available during the clinics.

### IUD (INTRAUTERINE DEVICE)

The IUD is a little, t-shaped piece of plastic that gets put in the uterus to thicken cervical mucus so sperm can't enter the uterus to fertilize an egg. In the rare event that some mighty swimmers do get past the cervix, the IUD's active ingredient (either copper or synthetic progesterone) makes it more difficult for them to travel through the uterus and tubes toward an egg. IUDs offer years of protection—between three and twelve, depending on the type. If the woman wants to get pregnant she can have the IUD removed at any time.



### IMPLANT (NEXPLANON)

The implant (Nexplanon is the brand name; previously Implanon) is a tiny rod that's inserted under the skin of the upper arm. It's so small, in fact, most people can't see it once it's inserted. The implant releases progestin, a hormone that keeps the ovaries from releasing eggs and thickens the cervical mucus—which helps block sperm from getting to the egg in the first place. It prevents pregnancy for up to four years.

### THE SHOT (DEPO-PROVERA)

The shot is an injection that prevents pregnancy for three months. The shot contains progestin, a hormone that prevents the ovaries from releasing eggs. It also thickens the cervical mucus, which helps block sperm from getting to the egg in the first place.



### THE PILL

"The Pill" or oral contraception is a pill that needs to be taken once a day and at the same time every day. There are different kinds of pills on the market, and new ones come out all the time. Most work by releasing hormones that keep the ovaries from releasing eggs. The hormones also thicken the cervical mucus, which helps to block sperm from getting to the egg in the first place.

## CONDOM

Condoms are one of the most popular forms of birth control out there. They slip over the penis to prevent pregnancy and lower the risk of STIs by keeping sperm inside the condom and out of the vagina. (There are also internal condoms that go inside the vagina.) Condoms come in hundreds of shapes and sizes.



## FEMALE OR INTERNAL CONDOM

An internal condom is a pouch that is inserted into the vagina. It is a method that gives the woman great control. Internal condoms work the same way that condoms do, except that the woman wears one instead of relying on the man to wear the condom. They keep the man's sperm inside the condom and out of your vagina.

FOR MORE INFO- Sources

<https://powertodecide.org/sexual-health/your-sexual-health/find-your-method>

<https://www.birthcontrol.com/options/iud/>