Birth Control Methods

**Condom – 86 – 97% effective**

Cheap 75 cents each

 How does it work? Catches the \_\_\_\_\_\_, aka blocks \_\_\_\_\_\_\_\_\_, prevents most STI’s

Six Steps to Proper Use 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Birth Control Pill (The Pill) – 92 -99.9% effective**

~ $20/month, prescribed by doctor, need a pap smear

 \_\_\_ STI protection

Can have \_\_\_\_\_effects such as – blood clots, nausea, mood changes and may interact with some drugs like antibiotics

How does it work? Prevents the monthly release of an egg, changing the lining of the uterus making implantation difficult and thickens the cervical mucus which hampers the movement of sperm.

How is it used? Taken \_\_\_\_\_\_\_\_, and must be take \_\_\_\_\_\_\_day at the \_\_\_\_\_ time

**Transdermal Contraceptive Patch (The Patch) – 99.2-99.3% effective**

How does it work? Same as The Pill

How is it used? Patch applied \_\_\_\_\_ a week on

the same day for \_\_\_\_\_\_ weeks in a row. During the fourth week, your period is expected to begin.

**Vaginal Contraceptive Ring (Nuvo Ring) – 99% effective**

****Flexible, nearly transparent ring which releases hormones; convenient and discrete and doesn’t require daily attention

How does it work? Same as The Patch, and The Pill

How is it used? Ring is inserted into vagina where it remains for 3 weeks, followed by a 1 week ring-free interval.

Similar side effects as The Pill

**Depo-Provera Injection – 99.7% effective**

Prescription needed, no STI \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How does it work? Similar to The \_\_\_\_\_\_

How is it used? \_\_\_\_\_\_\_\_\_\_\_ is given every 10-13 weeks by a health professional

Convenient, suitable for smokers

Side effects – some women experience disruption of menstrual patterns (i.e. irregular or no \_\_\_\_\_\_\_\_\_\_), headache, acne, n\_\_\_\_\_\_\_\_\_\_\_\_\_\_, breast tenderness, or \_\_\_\_\_\_\_\_ gain; delayed return of fertility; may lose significant bone mineral density

**Female Condoms – 80-94%**

How does it work? Catches the semen

How is it used? Placed in \_\_\_\_\_\_\_\_ preventing \_\_\_\_\_\_\_ between the penis and vagina

Decreased risk of STI’s, can be used by women who smoke, no daily routine

**Spermicides – 74-94% effective**

Ideal to be used in combination with a \_\_\_\_\_\_\_\_\_\_\_\_

How does it work? It’s a chemical that \_\_\_\_\_\_\_\_ the sperm. Available as a film, jelly, suppository, cream, tablet, and foam.

How is it used? Placed in the \_\_\_\_\_\_\_\_\_\_ prior to genital contact

About $10/use, no STI protection

**Contraceptive Sponge – 60-80% effective**

A intravaginal one size fits all barrier method which contains s\_\_\_\_\_\_\_\_\_\_

How does it work? Sponge absorbs and traps sperm. Spermicide kills sperms for a period of 12 hours.

How is it used? Inserted into the vagina before i\_\_\_\_\_\_\_\_\_\_\_\_\_; must be left in for at least \_\_\_ hours after.

Small risk or TSS (toxic shock syndrome) if left in too long

**Diaphragm and Spermicide – 80-94% effective**



 Latex dome with flexible rim which fits into the vagina to cover the c\_\_\_\_\_\_\_\_\_

 How does it work? It’s a physical barrier between sperm and cervix; adding spermicide increases effectiveness

How does it work? Must be fitted properly by a health professional, and then can be used by woman up to \_\_\_ hours before intercourse

Offers \_\_\_\_\_\_\_ STI protection, can be awkward to use

**Intrauterine Device (IUD) – 98.5% effective**

Small plastic “T” shaped device wrapped with copper wire

How does it work? Ovulation not affected; it changes the uterine lining, thus p\_\_\_\_\_\_\_\_\_\_\_ fertilization and/or i\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How is it used? Inserted by a health professional; different brands last from between 30 months to 5 years (60 months)

Don’t have to remember birth control; no STI protection

**Sterilization – 99.5% effective**

**Tubal Ligation Vasectomy**

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No STI protection

Cost is covered by OHIP

$2000 female, $500 male

 Mostly irreversible

 **Surgery**

In females, woman is put to sleep, 6 week recovery In males, local freezing only, 24 hour recovery

F\_\_\_\_\_\_\_\_\_\_ tubes are blocked to prevent sperm Blocks the tubes which prevents sperms from and egg from uniting entering the semen

**Emergency Contraceptive Pill (Morning After Pill)** – Not to be used as a method of birth control



Only for emergencies

Can be used within \_\_\_\_\_ hours of unprotected intercourse, or contraceptive failure

It can significantly decrease the chance of pregnancy, by either preventing ovulation or changing the lining of the uterus so implantation is impossible.

A prescription can be obtained at Family Physicians, Urgent Health Care Clinics, city Sexual Health programs, and over the counter at some pharmacies.

Side effects include:

Nausea, vomiting, headaches, breast tenderness, dizziness, fluid retention and irregular bleeding

Danger signs include:

* **A**bdominal pains (severe)
* **C**hest pain or shortness of breath
* **H**eadaches (severe)
* **E**ye problems, such as blurred vision
* **S**evere leg or arm pain or numbness

**Go directly to clinic, or the emergency room at your local hospital**