

Pregnancy Prevention Methods

hormonal

Hormonal pregnancy prevention methods work by 1) preventing ovulation and 2) decreasing uterine lining and nutrients. Hormonal methods can have different side effects and may cause: decreased menstrual blood flow, cramps, and/or acne; changes in mood, weight, and/or sex drive; depression; nausea; dizziness; sore breasts and reduce the risk of ovarian and endometrial cancers, osteoporosis, ovarian cysts, and pelvic inflammatory disease. The risks are rare and may include blood clots, heart attack, and stroke. Someone should only use one hormonal method at a time.



the pill

- 92-99% effective
- taken daily
- (1 pack per month)
- requires a prescription



the patch

- up to 99.7% effective
- applied to skin
- (1 patch per week)
- requires a prescription



the ring

- up to 99.7% effective
- inserted into vaginal canal
- (1 ring per month)
- requires a prescription



the shot

- 99.7% effective
- 1 injection every 3 months
- administered or inserted by a care provider



the implant

- 99.6% effective
- inserted into upper arm & can last 5 yrs
- administered or inserted by a care provider



the hormonal IUD

- 99.9% effective
- inserted into uterus & can last 3-7 yrs
- administered or inserted by a care provider

emergency contraception pill (Plan B, "morning after pill")



- 75-89% effective
- there are different brands that use different ingredients
- depending on brand, must be taken within 72 hours or 120 hours of sexual activity
- some always require a prescription and others only require a prescription for people under 17 years old

Visit chataboutit.org to learn more and find pregnancy prevention methods and chicagowearscondoms.com to find free condoms near you!

barrier

Barrier pregnancy prevention methods work by putting a layer between bodies, which physically stops sperm cells from meeting egg cells. Barriers are the only pregnancy prevention methods that also protect against STI/STD transmission. Someone should only use one condom at a time, and condoms should be throw away after using once.



before using a condom:

- wash hands
- check expiration date (better to use expired condom than no condom)
- check for an air bubble



the external condom

- 85-99% effective
- put onto a penis or sex toy
- penis must be erect before using



the internal condom

- 79-95% effective
- inserted into a vagina or anus
- can be inserted up to 8 hours before sexual activity