

KNOW THE BIRTH CONTROL OPTIONS

Everybody is different and not all birth control options may be the right fit for your needs or lifestyle. Learn how each method works and how often you need it. Talk to your primary care specialist or OB-GYN to figure out which option is best for you.

BIRTH CONTROL METHOD	HORMONAL OR NON-HORMONAL	HOW OFTEN	HOW IT WORKS
Pill	Hormonal	Taken daily	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Patch (like Xulane)	Hormonal	Changed weekly	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Ring (like NuvaRing)	Hormonal	Stays in for three weeks, then taken out for one week	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Depo-Provera shot	Hormonal	Every three months	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Hormonal IUD	Hormonal	Lasts three to five years	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Nexplanon implant	Hormonal	Lasts up to five years	Releases hormones that prevent ovulation and help block sperm from reaching egg.
Copper IUD	Non-hormonal	Lasts three to ten years	Releases copper ions into uterus to alter uterine conditions and acts as a natural spermicide.
Condoms	Non-hormonal	Use every time you engage in sex	Provides barrier against sperm and STIs.
Emergency contraception (like Plan B)	Hormonal	Use within 72 hours of unprotected sex or birth control failure	Uses hormones to temporarily stop or delay ovulation so there is no egg available for sperm to fertilize.



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