WHAT ARE MY BIRTH CONTROL OPTIONS?

- **FERTILITY AWARENESS**
  - Monitor every day
  - 75% effective

- **THE IMPLANT**
  - Place every 3 years
    (5 years off-label)
  - 99% or more effective

- **HORMONAL IUDs**
  - Place every 3-8 years
  - 99% or more effective

- **NON-HORMONAL IUD**
  - Place every 10 years
    (12 years off-label)
  - 99% or more effective

- **THE PATCH**
  - Change every week
  - 93% effective

- **THE PILL**
  - Use everyday
  - 93% effective

- **PROGESTIN-ONLY PILL**
  - Use everyday at the same time
  - 93% effective

- **THE SHOT**
  - Get every 3 months
  - 96% effective

- **SPERMICIDE AND GEL**
  - Use every time you have sex
  - 79%, 86% effective

- **CONDOMS**
  - Use every time you have sex
  - 87%, 79% effective

- **TUBAL LIGATION, VASECTOMY**
  - Get once, lasts for life
  - 99% or more effective

Visit upstream.org/birthcontrol to learn more!