

What You Should Know About

Birth Control Options

Birth control decreases your chances of getting pregnant from having sex. There are many types of birth control. Some of the most common types are described below. New types are being tested all the time. You may be able to try one of these. Your doctor can help you decide which type of birth control is best for you. But, no matter which type you choose, you must use it right each time.

Condom



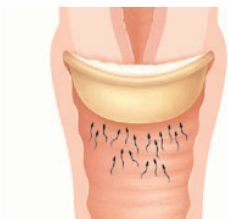
A condom is a thin covering that fits over the penis. A condom catches sperm that come out of the penis during sex.

Spermicide



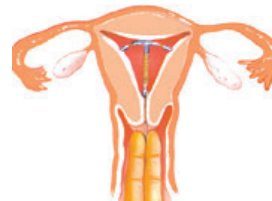
Spermicide is a gel, foam, cream, or tablet. You put it in your vagina before sex to kill sperm.

Diaphragm and Cervical Cap



Diaphragms and cervical caps are round rubber cups that keep sperm out of the uterus. They also hold spermicide in place.

IUD



An IUD is a small device that is placed in your uterus to stop pregnancy.

The Pill



The birth control pill is taken daily. It contains hormones that stop your body from releasing an egg each month.

Other Hormones



Hormones may be given by methods including injection, patch, or vaginal ring. These hormones stop an egg from releasing each month.

REMEMBER:

- Choose a type of birth control that is easy for you to use.
- Read the package to learn to use your birth control the right way.
- Most forms of birth control do not protect you from sexually transmitted diseases.