

'The Pill'

- Daily method
- Oral contraceptive
- Contains estrogen & progestin
- Must take at the same time every day in order to be 99% effective
- Decreases cramping, thickens cervical mucus and keeps your period regular

'The Patch'

- Weekly method
must change patch weekly
3 weeks on, 1 week off
- Patch worn anywhere on your body
Releases estrogen & progestin into bloodstream
- 99.7% effective



NuvaRing

- Monthly method
- Flexible oval shaped ring self-inserted into vagina
- Releases low doses of estrogen & progestin
- Wear ring for 3 weeks, take out for one week (to allow for period)
- 99.7% effective



Depo-Provera Injection

- Injection of progestin every 3 months
- 99.7% effective
- Can cause irregular bleeding, weight gain and can affect your bone density later in life

Did you know?...

These methods of contraceptives DO NOT protect you from Sexually Transmitted Infections (STIs)

**HOWEVER...
Condoms (male & female) can protect against STIs and unplanned pregnancies**

Condom

- Latex barrier placed on penis to prevent sperm from entering vagina
- 97% effective
- Protects against spread of STIs

Female Condom

- Latex barrier placed in vagina to prevent ejaculate from entering female
- 95% effective
- Protects against spread of STIs

Intrauterine System (Mirena IUS)

- T-shaped device inserted in uterus
- Levonorgestrel (hormone) is slowly released over time to create a cervical mucus plug
- Can stay in uterus up to 5 years
- 99.9% effective



Intrauterine Contraceptive Device (IUD)

- T-Shaped device wrapped in copper
- Impairs sperms ability to swim
- No hormones released into the body
- Can increase menstrual bleeding and cramping
- 99% effective

The Clinic

- Birth Control
- Pregnancy Testing
- Emergency Contraceptive Pill
- Testing and Treatment for Sexually Transmitted Infections
- Free Condoms
- Free Needle Exchange

50 King St., London 519-663-5446
Kenwick Mall, 51 Front St., Strathroy 519-245-3230

Know Your Choices Sexual health for life

ML MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

The Society of Obstetricians and Gynaecologists of Canada, 2012
www.sexualityandu.ca

Middlesex-London Health Unit
50 King St., London ON N6A 5L7
tel: (519) 663-5317 • fax: (519) 663-9581
health@mlhu.on.ca

Strathroy Office - Kenwick Mall
51 Front St. E., Strathroy ON N7G 1Y5
tel: 519-245-3230 • fax: (519) 245-4772

Birth Control What Are My Options?

