

POST PARTUM BIRTH CONTROL OPTIONS

Hormonal Contraceptives

Ortho Evra Patch	99% Effective	The only patch available	Apply patch once a week for 3 weeks. During week 4, no patch is worn	Requires Prescription	Does not protect against STD's	
Oral contraceptive pill	99% Effective	Variety of pills available	You need to take the pill at approximately the same time each day	Requires Prescription	Does not protect against STD's	
Contraceptive Injections	99% Effective	Depo Provera currently only one available	Injection needed every three months.	A health care professional must administer the injection	Does not protect against STD's	
Progesterone releasing IUD	99% Effective	Mirena	Inserted by Healthcare provider and effective for 5 years		Does not protect against STD's	
Vaginal Ring	99% Effective	Nuva Ring	Each month, vaginal ring is inserted into the vagina and left in place three weeks. During week 4, you remove ring and do not insert another for one week.	Requires Prescription	Does not protect against STD's	

Non-Hormonal Contraception

Male Condom	97% Effective	Variety of sizes, styles colors and textures available	A new one must be used every time you have sex. Must be applied to an erect penis	No prescription required	Does protect against STD's	
IUD	99% Effective	One Copper IUD available	Once inserted into the uterus, may be left in place up to 10 years	Health care provider must insert	Does not protect against STD's	
Spermicides	94% Effective	Available in foams, creams, and vaginal suppositories	Must be used every time you have sex	No prescription required	Does not protect against STD's	
Diaphragm	94% Effective	Variety of sized available	Must be used every time you have sex, and fresh spermicide must be applied each time	Prescription required	Do not protect from all STD's, however, there is a reduction in the risk of some STD's.	
Permanent sterilization	Greater than 99% Effective	For women, tubal ligation. For men, vasectomy.	Procedures are permanent and irreversible	These are surgical procedures performed by health care professional	Does not protect against STD's	