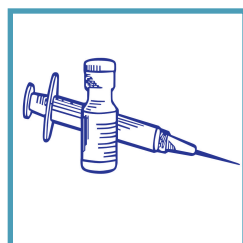
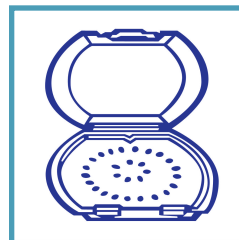


Hormonal Methods

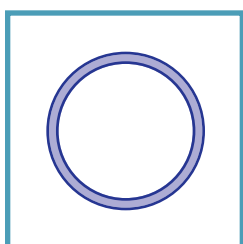
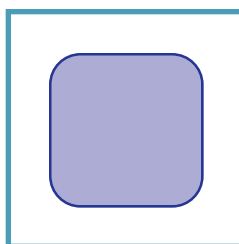
These methods use hormones to stop eggs from being released or make it harder for sperm to reach an egg.

Birth Control Pills (for women): Birth control pills contain hormones that prevent pregnancy. You must take a pill every day. When you get to the end of your pack of pills, your period will start. Soon after, you must start a new pack of pills. You cannot get birth control pills without a prescription from a nurse or doctor.



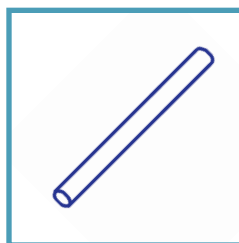
The Shot or “Depo” (for women): A doctor or nurse gives you a shot (injection) of a hormone to prevent pregnancy for 3 months. You must get a shot every three months for this method to keep working.

The Patch (for women): The patch contains hormones that prevent pregnancy. You stick a patch to your skin and change it once a week for 3 weeks. The 4th week you do not use a patch and your period will start. At the end of the 4th week you put on a new patch, and start the process over again. You cannot get the patch without a prescription from a nurse or doctor.



Vaginal Ring (for women): This clear, flexible ring contains hormones that prevent pregnancy. You put it into your vagina and leave it in for 3 weeks. On the 4th week you take out the ring and your period will start. At the end of the 4th week you put in a new ring, and start the process over again. You cannot get a vaginal ring without a prescription from a nurse or doctor.

The Implant (for women): The implant is a small, thin plastic device that contains a hormone that can prevent pregnancy for up to 3 years. A doctor or nurse puts the implant under the skin of a woman’s upper arm. The implant must be taken out of your arm by a doctor or nurse when you are ready to stop using it.



To prevent HIV and other STDs, use a condom
Latex or plastic condoms are the only kinds of birth control that are also highly effective in preventing HIV and other sexually transmitted diseases (STDs). If you use other types of birth control but also want protection against HIV and other STDs, use a condom in addition to the birth control method you are using.

Birth control after having a baby
If you have just had a baby or are breastfeeding now, you may still need to use birth control to prevent pregnancy. Ask your doctor or nurse about which types of birth control you can use so that you don’t get pregnant again until you want to.

Emergency contraception
Emergency contraception can prevent pregnancy after sex, but only if you use it as soon as possible – within a couple of days. If you had unprotected sex (sex without using birth control), were forced to have sex, or think your birth control method didn’t work, you may be able to use emergency contraception.

