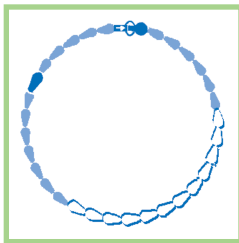


Other Methods

BEHAVIORAL METHODS: Partners must be able to talk to each other and work together for these methods to work best.

Abstinence (for women and men): Abstinence means not having sexual intercourse at any time. For some people, not having sex is the best way to prevent a pregnancy. Practiced correctly, abstinence is very effective at preventing pregnancy, HIV and other STDs.

Natural Family Planning (for women and men): A doctor or nurse teaches you to keep track of the monthly changes in your menstrual cycle, so you can try to predict which days you are most likely to get pregnant. You and your partner can then prevent pregnancy by using a barrier method of birth control or not having sex on the days when you are most likely to get pregnant.

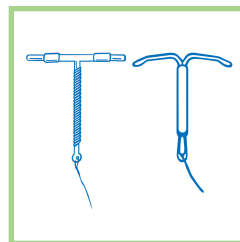


Cycle beads (for women): Cycle beads are a string of colored beads that you can use to keep track of which days you are most likely to get pregnant if you have sex. Every day you move a ring around the beads to count the days of your menstrual cycle. On the days that you are most likely to get pregnant, you and your partner must not have sex, or must use a barrier method to prevent pregnancy.

Other options: Talk to your provider about how and when breastfeeding and withdrawal can lower your chances of getting pregnant. When used correctly, these options can help to prevent pregnancy, but may work best when used with another method.

INTRAUTERINE METHODS: These methods are put inside a woman's uterus to keep the egg and sperm from meeting.

IUD (for women): IUD stands for intrauterine device. An IUD is a small device made of plastic that is put inside a woman's uterus by a doctor or nurse. There are two types of IUDs. One contains copper and the other contains a hormone to prevent pregnancy. An IUD may be left in place for 5-10 years, depending on the type.



PERMANENT METHODS: These methods last for the rest of your life. They are for people who are sure they will *never* want to have children in the future.

Tubal Ligation and Essure® (for women): Tubal ligation ("having your tubes tied") and Essure® are two different medical procedures for blocking the woman's fallopian tubes so that eggs cannot meet sperm. Both procedures must be done by a doctor.

Vasectomy (for men): Vasectomy is an operation done by a doctor. The man's tubes that carry sperm are cut or blocked so that sperm is not released when the man ejaculates (cums) during sex.

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.

