











# Need Contraception?

Available at University Health Services

	WHAT IT IS	PROS	CONS	FREQUENCY		EFFECTIVENESS	STI PREVENTION
	<b>Contraceptive Implant</b> A thin, flexible plastic rod inserted under the skin of the upper arm. Releases the hormone progestin.	<ul style="list-style-type: none"> <li>Maintenance-free and private, feels like a matchstick under your skin but cannot be seen</li> <li>May reduce cramps and lighten or stop menstruation</li> <li>Easily reversible whenever you want to get pregnant</li> <li>Cost-effective over time</li> </ul>	<ul style="list-style-type: none"> <li>May cause irregular bleeding</li> <li>High upfront cost if not covered by insurance</li> </ul>	Replace every 3 years	<b>Most Effective</b> Greater than 99% effective	Greater than 99%	NO
	<b>Hormonal Intrauterine Device (IUD)</b> A small, T-shaped device inserted into the uterus. Releases the hormone progestin.	<ul style="list-style-type: none"> <li>Maintenance-free and private, can't be felt by you or your partner</li> <li>May reduce cramps and lighten or stop menstruation</li> <li>Easily reversible if you want to get pregnant</li> <li>Cost effective over time</li> </ul>	<ul style="list-style-type: none"> <li>May cause irregular bleeding</li> <li>High upfront cost if not covered by insurance</li> </ul>	Replace every 3-8 years depending on brand		Greater than 99%	NO
	<b>Hormone-Free Intrauterine Device (IUD)</b> A small, T-shaped device inserted into the uterus. Made of plastic and wound with copper.	<ul style="list-style-type: none"> <li>Maintenance-free and private, can't be felt by you or your partner</li> <li>Easily reversible if you want to get pregnant</li> <li>Cost effective over time</li> </ul>	<ul style="list-style-type: none"> <li>May cause heavier periods with more cramping</li> <li>High upfront cost if not covered by insurance</li> </ul>	Replace every 10 years		Greater than 99%	NO
	<b>Contraceptive Injection (The Shot)</b> A progestin injection given every 3 months.	<ul style="list-style-type: none"> <li>Low-maintenance and private</li> <li>May lighten or stop periods</li> </ul>	<ul style="list-style-type: none"> <li>May cause irregular bleeding</li> <li>May take up to a year for fertility to return after injections are ended</li> </ul>	Injection every 3 months	<b>Least Effective for Pregnancy Prevention</b>	94-99%	NO
	<b>Hormonal Oral Contraception (The Pill)</b> A pill containing the hormones estrogen and/or progestin, taken every day at the same time to ensure effectiveness.	<ul style="list-style-type: none"> <li>You'll have regular periods</li> <li>Decreases bleeding and cramps</li> <li>Less acne</li> </ul>	<ul style="list-style-type: none"> <li>Must be taken at the same time every day</li> <li>May cause a change in sex drive</li> </ul>	Take at the same time every day		91-99%	NO
	<b>Vaginal Ring (The Ring)</b> Small, flexible plastic ring inserted into the vagina every month. Releases the hormones estrogen and progestin.	<ul style="list-style-type: none"> <li>Convenient and discreet</li> <li>Only inserted once a month</li> </ul>	<ul style="list-style-type: none"> <li>You must be comfortable touching your vagina</li> <li>May cause a change in sex drive</li> </ul>	Replace every month		91-99%	NO
	<b>Diaphragm</b> Shallow, dome-shaped cup made of silicone and inserted into the vagina. Covers the cervix and keeps sperm out of the uterus.	<ul style="list-style-type: none"> <li>Can be inserted just before or hours in advance of sex</li> <li>Doesn't affect your hormones</li> </ul>	<ul style="list-style-type: none"> <li>You must be comfortable touching your vagina</li> <li>Must be used with spermicide</li> <li>Must be left in for at least 6 hours after sex</li> <li>May be difficult to insert</li> </ul>	Use every time you have sex		88-94%	NO
	<b>External Condom</b> A thin piece of latex or other material rolled onto the penis to create a barrier between partners.	<ul style="list-style-type: none"> <li>Can be used for oral, vaginal and anal sex</li> <li>3 free/day in the Longhorn Wellness Center (SSB 1.106)</li> </ul>	<ul style="list-style-type: none"> <li>Need to use a new one during every sexual act</li> </ul>	Use every time you have sex		82-98%	YES
	<b>Internal Condom</b> A small nitrile pouch placed into the vagina or anus to create a barrier between partners.	<ul style="list-style-type: none"> <li>Can be used for vaginal and anal sex</li> <li>Can be inserted a few hours or just before sex</li> <li>Offers a latex free-option</li> <li>1 free/day in the Longhorn Wellness Center (SSB 1.106)</li> </ul>	<ul style="list-style-type: none"> <li>Need to use a new one during every sexual act</li> <li>You must be comfortable touching your vagina</li> <li>May take practice to get used to</li> </ul>	Use every time you have sex	79-95%	YES	
	<b>Withdrawal (The Pull Out Method)</b> Removing the penis from the vagina before ejaculation.	<ul style="list-style-type: none"> <li>Free</li> <li>No side effects or hormones</li> </ul>	<ul style="list-style-type: none"> <li>Difficult to perform perfectly every time</li> <li>Even with perfect use, sperm from previous ejaculations can live in the urethra for up to 24 hours and fertilize an egg</li> </ul>	Use every time you have sex	78-96%	NO	