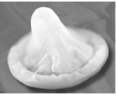





## Most Common Birth Control Methods

Method	Description	Positive Points	Negative Points
<b>Condoms</b> (for a penis)  86% - 97% effective	<ul style="list-style-type: none"> <li>Put on erect penis before any sexual contact, and remove after ejaculation</li> <li>Water-based lubricant can be used</li> <li>Can be used for vaginal, anal, or oral sex, and on a sex toy</li> </ul>	<ul style="list-style-type: none"> <li>Helps protect against STIs, including HIV</li> <li>Available over the counter; no prescription required</li> <li>Easy to use, easy to carry, inexpensive</li> <li>Polyurethane condoms (Avanti) are good for people allergic to latex</li> </ul>	<ul style="list-style-type: none"> <li>Must be put on while penis is erect</li> <li>Good for one use only</li> <li>Can be messy</li> <li>Condoms with spermicide may cause irritation</li> </ul> 
<b>Female Condoms</b> (inserted vaginally)  79%-98% effective  	<ul style="list-style-type: none"> <li>Fits inside the vaginal opening</li> <li>Made of polyurethane with a ring at both ends (one ring fits over the cervix, the other stays outside the vagina)</li> <li>Extra lubricant may be used</li> </ul>	<ul style="list-style-type: none"> <li>Helps protect against STIs, including HIV</li> <li>Available over the counter; no prescription required</li> <li>Offers more protection to the vulva (outside of vagina) against STIs</li> <li>Polyurethane doesn't irritate those with latex allergies</li> <li>May be inserted up to 8 hours before sex</li> </ul>	<ul style="list-style-type: none"> <li>Good for one use only</li> <li>More expensive than penis condoms</li> <li>Some people find that the vaginal condom can be noisy</li> <li>Sometimes it can move around or twist so must be careful that penis goes inside condom</li> </ul>
<b>Hormonal Birth Control:</b> <b>Birth Control Pills, The Patch,</b> <b>Depo-Provera, Nuva-Ring</b>  95%-99% effective  Effective within 4 weeks after use	<ul style="list-style-type: none"> <li>Contains synthetic hormones (progesterone only or with estrogen)</li> <li>Stops ovaries from releasing eggs each month, thins the lining of the uterus and thickens the mucus around the cervix</li> <li>The Pill must be taken at the <b>same</b> time every day</li> <li>The Patch requires a new patch each week and may peel off</li> <li>Depo shots must be every 84 days (12 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>Can be simple and easy to use</li> <li>May decrease period bleeding and cramping</li> <li>Doesn't interfere with sex</li> <li>Regulates periods</li> <li>Can reduce acne</li> </ul> 	<ul style="list-style-type: none"> <li>No protection against STIs or HIV</li> <li>May cause appetite increase, moodiness, or spotting</li> <li>Must be taken according to directions, or may become less effective</li> <li>Must be prescribed by a doctor</li> <li>Heavy smokers over the age of 35 and people with migraines should not use estrogen</li> <li>If the pill interacts with certain medications it can be less effective, also vomiting or diarrhea decrease its effectiveness</li> <li>Depo may cause lower bone density (thin bones People using it should talk to their doctor about how to reduce the risk of low bone density.</li> </ul>
<b>Spermicides:</b> aka: foam, suppositories, film  74% - 94% effective Used with condoms: 99%  Effective immediately	<ul style="list-style-type: none"> <li>Made of chemicals that kill sperm</li> <li>Put into vagina before sex to dissolve</li> </ul> 	<ul style="list-style-type: none"> <li>Available over the counter, without a prescription</li> <li>Easy to use, easy to carry</li> <li>Used only when needed</li> <li>No hormones used</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs, including HIV</li> <li>Not very effective as a single method of birth control</li> <li>Condom needed for greater effectiveness</li> <li>Must be put in shortly before sex</li> <li>Can be messy</li> <li>May irritate vagina or penis</li> <li>Must be comfortable touching their vagina</li> </ul>
<b>Emergency Contraceptive Pill:</b> aka: ECP, morning after pill, Plan B  Up to 80% effective if taken within 3 days of unprotected intercourse (can be taken up to 5 days after, but is less effective)	<ul style="list-style-type: none"> <li>Hormones taken up to 5 days after unprotected sex.</li> <li><b>The sooner they are taken the more effective they are</b></li> <li>Delays ovulation if it has not happened, thickens mucus at the cervix, thins the lining of the uterus</li> </ul>	<ul style="list-style-type: none"> <li>Effective back up method to prevent pregnancy after unprotected sex</li> <li>Can be purchased at a pharmacy without a prescription (talk to the pharmacist)</li> </ul>	<ul style="list-style-type: none"> <li>No protection against STIs or HIV</li> <li>Must be taken within 5 days following unprotected intercourse, the sooner the better</li> <li>Can cause some nausea, headaches, or vomiting</li> <li>May initially cause irregular bleeding and/or heavier periods</li> <li>As with hormonal methods, repeated use may lead to an increased risk for heart attacks, stroke, and blood clots</li> </ul> <p style="text-align: right;">• Adapted from <a href="http://www.sexuality.about.com">www.sexuality.about.com</a></p>



# Hey Birth Control Pill Users!

There are **prescribed** and **over-the-counter** medications that interact with birth control pills, making the pill **less effective**.

This means that you have a **greater** chance of getting pregnant because these medications cause the pill not to work properly.

Medications such as Antibiotics, Antacids, Anticonvulsants such as Dilantin, and even things like Roloids, Tums, Neocitron and herbal remedies such as St. John's Wort... **JUST TO NAME A FEW!!**  
So...there are many more out there!

### Important:

1. Mention to your doctor or pharmacist that you are on the pill when given **any medication**;
2. **Ask** the doctor or pharmacist if the medicine you are about to take will affect the pill;
3. AND if it **does** affect the pill, then make sure you use a **back-up method** of birth control such as condoms during intercourse for the entire month.

**To find out if your medication does interfere with the birth control pill you may call one of the following numbers:**

Shoppers Drug Mart 958-7000 Press (1) then (0) to speak to a pharmacist Open 24 hours	Health Links 788-8200 1-888-315-9257 outside Winnipeg 24 hours a day
U of M Medication Information Line 474-6493 Monday to Thursday 9:30 am to 2:30 pm	*All calls are confidential and no personal information will be requested*

**NOTE:** *Alcohol and Drugs* do not decrease the effectiveness of the pill unless they cause you to forget to take the pill or make you throw it up. However, Alcohol and Drugs will affect your decision making.