

# Talk with Your Doctor about Your Birth Control Options

*Together, you can decide what's right for you*

## ***What are the benefits of learning about birth control options?***

Learning about birth control options can help you decide what kind of birth control method is best for you. You can work out a plan to prevent pregnancy.

## ***Are there different types of birth control options?***

There are many different types of birth control options for you to choose from. Ask your doctor about how they work. The most common types are discussed below. Find out as much as you can about each method so you can decide what is best for you.

### **Barrier methods (block sperm from getting in the womb to prevent pregnancy)**

- Condom – a thin sleeve that fits over the penis to catch sperm.
- Female condom – a thin sleeve that fits inside your vagina to catch sperm.
- Spermicide – a gel, cream, film, or foam put in your vagina before sex to kill the sperm.



- Sponge – placed inside your vagina before sex with a gel, foam or cream to catch and kill the sperm.
- Diaphragm or cervical cap – a small rubber cup that you place in your vagina before sex.

### **Hormonal methods (help stop the release of eggs in the ovaries to prevent pregnancy)**

- The Pill – taken every day to stop any eggs from being released.
- The Patch – worn weekly to stop any eggs from being released.

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- The Ring – a soft, plastic ring that you put in your vagina each month to stop any eggs from being released.
- Shot – given every 12 weeks to stop any eggs from being released.

#### **Long-term methods**

- Implant – placed under the skin of a woman's arm to stop any eggs from being released.
- Intrauterine device (IUD) – a small piece of plastic put in your womb to prevent pregnancy.

#### **Emergency method**

- Emergency contraception (Morning After Pill) – taken up to 5 days after sex to help prevent pregnancy.

#### ***What questions do I ask my doctor?***

Ask your doctor to explain the different birth control choices available to you. Find out how effective they are, if there are any health risks or side effects from using them, and how much they cost. Learn the right way to use your preferred birth control method to prevent pregnancy.

For more information, call the Health Education Information Line at **1-800-804-6074** (TTY: 711).

**[www.CalVivaHealth.org](http://www.CalVivaHealth.org)**