

Your Guide to Birth Control



Long Acting

IUD

- Intrauterine device
- >99% effective
- 3-5 years
- Hormonal method



Copper IUD

- Intrauterine device
- >99% effective
- Up to 10 years
- Spermicidal method



The Implant

- Implanted in the arm
- >99% effective
- Up to 3 years
- Hormonal method



Vasectomy/Tubal Ligation

- Surgery to cut male tubes or the female tubes
- Almost 100% effective
- Permanent



Regular Routine

The Pill

- Taken daily
- 99% effective
- Hormonal method



The Patch

- Placed on the skin
- 99% effective
- Change every 4 weeks
- Hormonal method



Vaginal Ring

- 99% effective
- Change after 3 weeks
- Hormonal method



Injection

- Shot every 12 weeks
- >94% effective
- Not recommended for 2+ years
- Hormonal method



Single Use

Condom

- 80% - 98% effective
- 8% protection
- Barrier method



Internal Condom

- 79% effective
- 21% protection
- Barrier method



Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



Emergency Contraceptive

- 80% effective (if taken within 24 hours)
- Must be taken within 3 days
- Hormonal method



Need help choosing? Find a health center near you.

The Birth Control

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The Birth Control:

Reviewing **The Birth Control**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**The Birth Control**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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