



BIRTH CONTROL -

choosing a method that works for you.



There are many different types of birth control methods available today. All of these birth control methods can help prevent pregnancy. In addition, condoms will help protect you from HIV/AIDS and other sexually transmitted infections (STIs). This chart provides some basic information on which birth control methods are currently available. You may want to discuss these with your healthcare provider at **Deschutes County Health Services (322-7499)** to determine which birth control methods are right for you.

REMEMBER! "PERFECT USE," means the method is used correctly each & every time.

Type of Birth Control / Contraception	How to Use	Effectiveness (Average Use to Perfect Use)	Prescription Needed?	Protection Against STIs?
Birth Control Pills 	Take one pill every day as directed. Can be used continuously. Talk to your health care provider at Deschutes County Health Services for more info (322-7499).	91 - 99.7%	Yes	No
Vaginal Ring (NuvaRing) 	Insert into the vagina monthly and leave in place for three weeks. Can be used continuously. Talk to your health care provider at Deschutes County Health Services for more info (322-7499).	92 - 99.7%	Yes	No
The Contraceptive Patch (OrthoEvra) 	Apply to skin and change once a week. Talk to your health care provider at Deschutes County Health Services for more info (322-7499).	92 - 99.7%	Yes	No
The Shot (Depo-Provera) 	Injection given by your healthcare provider every 11-13 weeks at Deschutes County Health Services (322-7499).	97 - 99.7%	Yes	No
Implant (Nexplanon) 	A soft flexible rod, (the size of a matchstick) that is inserted (by a healthcare provider) under the skin of a woman's inner arm and can be left in place for up to 3 years. Call Deschutes County Health Services for more info at 322-7499.	99.8 - 99.9%	Yes	No
IUS/IUD (Skyla/Mirena/Paragard) 	Inserted by a healthcare provider into the uterus and can remain 3, 5 or up to 10 years depending on which one is selected. Call Deschutes County Health Services for more info at 322-7499.	99.2 - 99.9%	Yes	No
Condom (Male & Female) 	Must be worn each & every time BEFORE vaginal penetration occurs. Female condoms are also available; a woman inserts it into her vagina before vaginal penetration. Free at Deschutes County Health Services, 322-7499.	79 - 98%	No	Yes, some
Spermicide 	Must be inserted at least 15 minutes before vaginal sex and left in place after sex. Vaginal sex must be finished within 60 minutes of application. Comes in films, foams, creams, jellies and suppositories.	79 - 82%	No	No
Withdrawal "Pulling Out" 	Man withdraws "pulls out" his penis completely from the vagina before ejaculation.	73 - 96%	No	No
Sterilization (male or female) 	Surgical procedures where a woman's fallopian tubes are cut (tubal ligation) or a man's vas deferens are cut (vasectomy) to prevent sperm from entering the semen.	99.5 - 99.9%	No	No
Emergency Contraceptive Pill (Plan B) 	Take pill within 72 hours after unprotected sex or contraceptive failure. More effective the sooner it's taken. Can be taken up to five days after unprotected sex. Call Deschutes County Health Services for more info at 322-7499.	89% (within 24 hours)	No: Plan B One-Step Yes: Other EC	No

Condoms: Things to Know

Size– Condoms come in a variety of sizes and are less likely to break or slip off if they fit the penis correctly.

Materials– Condoms can be made from Latex, Polyurethane, or lamb skin. Lamb skin condoms do not provide protection against STIs but do help to prevent pregnancy.

Lubricants– Water based lubricants are the **ONLY** lubricant that should be used with condoms. Oil based lubricants (baby oil, certain massage oils) cause the condom to break down and could cause breakage. The package will tell you if it's safe to use with condoms.

Taste– Flavored condoms should be used for oral sex. The sugar flavoring could cause vaginal or anal irritation.

Common Errors When Using a Condom

1. **Putting a condom on just before ejaculation.** Pre-cum can contain sperm that could cause a pregnancy or STI. Condoms should be put on before engaging in sexual contact.
2. **Not leaving room at the tip of the condom.** When putting on a condom, pinch the tip to allow room for ejaculate, so that the condom does not burst or break.
3. **Leaving condoms in a wallet or in the car.** Keep condoms in their packs in a cool, dry place. Avoid exposing condoms to direct sunlight or storage for prolonged periods at temperatures above 100°. **Always** check the expiration date & make sure there is an air bubble!
4. **Flipping a condom over if at first the wrong side was used.** Pre-cum could be transferred to the outside of the condom, exposing a partner to fluids that could cause a pregnancy or pass on an STI.



Common Birth Control Questions

Will hormonal methods make me gain weight?

Many studies consistently show no significant weight gain with the use of all hormonal methods, except Depo Provera (the shot). The shot is associated with a small amount of weight gain (3-5 lbs). Often times women will think they have gained weight, but when their weight is measured, there is no change. If you want to prevent gaining weight, try eating a healthy diet and exercising.

Do I need a break from a hormonal method?

No. In fact, the idea of needing to give your body a “rest” from the Pill is just a myth. As long as you are healthy and you don't smoke, you can stay on the Pill as long as you and your health care provider decide it's right for you.

Does the Pill/Ring/Implant/Shot protect against STIs (sexually transmitted infections)?

NO hormonal birth control protects against STIs.

Can I get pregnant or cause a pregnancy the first time I have sex?

If a female has started her period, she can get pregnant. Generally, younger girls are more fertile than older women and can get pregnant very easily. Men have sperm in their ejaculate once they hit puberty, thus can cause pregnancy. There are between **180-300 million** sperm every time a man ejaculates. Do you think the odds are good that one of the 300,000,000 sperm may find the 1 egg a woman has ovulated?

Can I get pregnant while I am on my period?

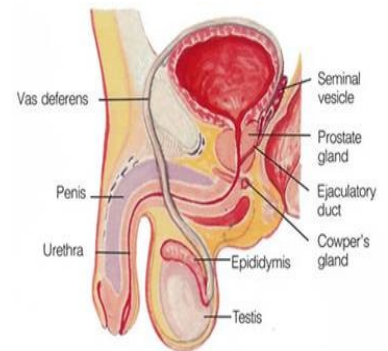
A female can get pregnant on her period if she is not on a hormonal method of birth control. A woman ovulates (releases an egg) 14 days before her period begins and that egg can live **24-48 hours** waiting to become fertilized. A male's sperm can live up to **7 days** in a woman's vagina, uterus & fallopian tubes. Menstrual cycles last 21–45 days. So, if a woman has a 21 day cycle and has sex on the last day of her period, sperm could still be present in her body when she ovulates, making it possible for a pregnancy to occur. If a woman is on hormonal birth control, she can not get pregnant during her period.

How Does Pregnancy Happen?

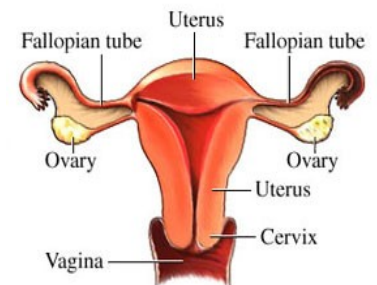
For a baby to be made there needs to be only two things; an **egg** and a **sperm**.

- Men begin making sperm in the testes when they start puberty (about age 13) and they continue to make sperm for their entire lives. Sperm and other fluids from the Seminal Vesicles and Cowper's Gland mix together to make **ejaculation**.
- Women are born with all the eggs they will ever have (about 400,000 at the beginning of puberty). An egg is released from an ovary about once a month between one period and the next, this is called **ovulation**. Once the egg is released it will live for **24-48 hours** and will travel through the fallopian tubes and into the uterus.
- If a male ejaculates into a female without a barrier method (like a condom) then the sperm will enter the vagina and travel through the cervix, into the uterus, and the fallopian tubes. **Sperm can live in the female's body for up to 7 days!**
- Women's menstrual cycles vary from 21-45 days. Some women have regular cycles after about 2 years of menstruating and many women's cycles vary their entire lives. A woman can ovulate (release an egg) on a different day in her cycle each month, especially if her periods vary in number of days. That means there is **no safe time** to have unprotected sex if someone does not want get pregnant or cause a pregnancy!
- If sperm are in the female's uterus or fallopian tubes while the egg is alive (**24-48 hours** after ovulation) then there is a possibility for the sperm to fertilize the egg.
- If **fertilization** occurs, then the fertilized egg will implant into the wall of the uterus and a begin to develop into a baby.
- If fertilization does not occur, then the egg will break down and the wall of the uterus will shed and the female will **menstruate** (have a period).

Male Reproductive System



Female Reproductive System



For More Information:



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541-322-7499



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