

Hormonal Birth Control

The Scoop:



There are many hormonal birth control methods out there (such as the pill, patch, IUD/IUS, Plan B, and others) but they all essentially work the same way. Hormonal methods work by introducing synthetic hormones into a female's body. Once these hormones are introduced they work to prevent ovulation (the release of an egg from the ovaries), increase cervical mucous (stopping sperm), and inhibit implantation (of the egg onto the wall of the uterus).

Read on to find out more about specific methods!



Birth Control Pills

Take one pill every day as directed. Can be used continuously. This method is **91-99.7% effective**.

Rx Required (mostly)

All hormonal birth control methods, except Plan B, require a prescription. Plan B is available to anyone over the counter without a prescription. All the birth control methods listed in the infographic, including Plan B, are available at The Spot for free.

NuvaRing

Insert into vagina and leave in place for 3 weeks. Can be used continuously and is **92-99.7% effective**.



No STD Protection

None of the hormonal methods will do anything to protect against sexually transmitted diseases or infections when used by themselves. That's why it is a good idea to also use a barrier method like the condom!

The Patch

Apply to the skin once a week. This method is **92-99.7% effective**.



The Shot

Injection given by your health care provider every 11-13 weeks. This method is **97-99.7% effective**.



Implant

A small and soft rod that is inserted under the skin on the inner arm by a health care provider. This method lasts up to 3 years and is **99.8-99.9% effective**.



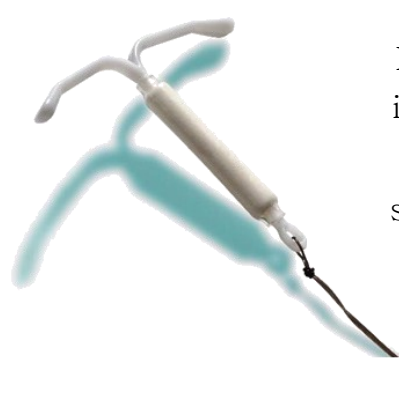
Free and Confidential

All of our services at The Spot are confidential and for many people completely free. We take walk-ins, or you can schedule an appointment, during regular business hours.

Give us a call at (541) 322-7499 or stop by
2577 NE Courtney in Bend or
412 SW 8th in Redmond

IUD/IUS

Inserted by a health care professional into the uterus and can last from 3-10 years depending on which one is selected. This method is **99.2-99.9% effective**.



Emergency Contraception/Plan B

A single pill that can be taken within 72 hours of unprotected sex or contraception failure. More effective the sooner it is taken. If taken within 24-hours this method is **89% effective**.

