

METHOD	ABSTINENCE	PERIODIC ABSTINENCE (NATURAL FAMILY PLANNING)	MALE CONDOM (RUBBER)	FEMALE CONDOM	SPERMICIDES (FOAM, JELLY, CREAM, FILM, OR SUPPOSITORIES)	DIAPHRAGM WITH SPERMICIDAL JELLY OR CREAM	COMBINED BIRTH CONTROL PILLS	PROGESTIN-ONLY PILLS (MINI PILLS)	VAGINAL RING	PATCH	DMPA	INTRAUTERINE DEVICE (IUD)	EMERGENCY CONTRACEPTION (EC)	STERILIZATION
WHAT IS IT?	Avoiding genital contact that could permit a pregnancy.	Method of finding out the days each month when you are most likely to get pregnant. Sex is avoided at certain times.	A disposable, single-use rubber sheath that fits snugly over the erect penis.	A disposable, single-use polyurethane sheath that is placed into the vagina.	A product that is inserted high into the vagina.	Shallow flexible rubber cup used with a sperm-killing jelly or cream.	Pills with two kinds of hormones: estrogen and progesterin.	Pills with just one type of hormone: progesterin.	Flexible ring that contains hormones.	An adhesive patch that contains hormones.	A shot that contains the hormone: progesterin.	A small piece of flexible plastic or metal that contains copper or a hormone.	A higher dose of birth control pills used for a shorter time.	Vasectomy (males) or Tubal Ligation (females). Tubes carrying sperm or the egg are cut surgically.
HOW DOES IT WORK?	If you don't have genital contact, a pregnancy cannot occur.	Techniques include maintaining a chart of body temperature, checking vaginal secretions, or keeping a calendar of menstrual periods. All can help predict when you are most likely to release an egg.	Prevents sperm from getting inside a woman's vagina.	Prevents sperm from getting inside a woman's vagina.	It kills sperm and blocks the cervix (opening into the uterus). Usually effective up to 1 hour after insertion.	The diaphragm fits inside the top of the vagina. It covers the cervix and blocks the sperm from reaching the womb.	May prevent the egg's release from the woman's ovaries; may make the cervical mucus thicker; and may change the lining of the uterus so the egg can't attach.	May prevent the egg's release from the woman's ovaries; may make the cervical mucus thicker; and may change the lining of the uterus so the egg can't attach.	May prevent the egg's release from the ovaries; may make the cervical mucus thicker; and may change the lining of the uterus so the egg can't attach.	May prevent the egg's release from the woman's ovaries; may make the cervical mucus thicker; and may change the lining of the uterus so the egg can't attach.	May prevent the egg's release from the woman's ovaries; may make cervical mucus thicker, and may change the lining of the uterus so the egg can't attach.	It may decrease the chance of sperm fertilizing the egg. It may also prevent the egg from attaching to the uterus.	May prevent the egg's release from the woman's ovaries; may make cervical mucus thicker; and may change the lining of the uterus so the egg can't attach.	Closing of tubes in the male prevents sperm from reaching the egg. Closing the tubes in the female prevents the egg from reaching the sperm.
HOW RELIABLE OR EFFECTIVE IS IT?	100% effective against preventing pregnancy.	About 91-98% effective, if used correctly. Combining techniques increases effectiveness.	About 97% effective, if used correctly.	About 95% effective, if used correctly.	About 94% effective, if used correctly.	About 94% effective, if used correctly.	About 99% effective, if used correctly.	About 97% effective, if used correctly.	About 99% effective, if used correctly.	About 99% effective, if used correctly. Patch may be slightly less effective for women weighing more than 198 lbs. or 90 kg.	About 99% effective, if used correctly.	About 97-99% effective, if used correctly.	Depending on which pill is used, about 75% effective, if used correctly. If you are already pregnant, it won't work.	Over 99% effective and usually NOT reversible.
HOW DO I USE IT?	Both partners must agree to saying "no" to sex.	Careful records must be maintained of several body functions. Studying these patterns will determine when to avoid sex or when to use a back up method.	The condom should be placed on the erect penis before it comes into contact with the vagina. After ejaculation, the penis should be slowly removed from the vagina by holding onto the rim of the condom.	The female condom should be placed into the vagina before the penis comes in contact with the vagina. After ejaculation, the penis should be slowly removed from the vagina while holding the female condom in place.	Follow product instructions. Do not douche for at least 6 hours after sex.	The diaphragm is inserted before sex. Can be inserted up to 6 hours before sex. Do not douche. If you lose or gain weight or have a baby, the diaphragm may need to be refitted. Diaphragm can be left in place up to 24 hours. Must be prescribed.	Take one pill every day about the same time each day. Must be prescribed.	Take one pill every day at the same time each day. This is very important. If mini-pills are taken late, the chance of getting pregnant is greater. Must be prescribed.	The ring is inserted anywhere into the vagina and left in place for three weeks. It is then removed for a week to allow menstrual bleeding (period). Must be prescribed.	Apply one patch on the lower abdomen, upper back, or back of the upper arm weekly for three weeks, and then remove for a week to allow menstrual bleeding (period). Must be prescribed.	A shot is given every 10-13 weeks. Must be prescribed.	The IUD is inserted into the uterus. To make sure the IUD is in place, check the string at least once a month after your period ends.	Varies. Follow product instructions. Must be prescribed.	After the decision to have no more children has been well thought through, a brief surgical procedure is performed on the man or the woman.
ARE THERE PROBLEMS WITH IT?	Sometimes it may be hard to stick to the decision to say "no".	Difficult to use if menstrual cycle is irregular. Sex must be avoided during part of each cycle. It takes time to learn how to use the method.	May interrupt sex. Condoms may break. Must use a new condom each time you have sex.	May interrupt sex. May be difficult to use.	May be inserted into the vagina just before sex. May be inconvenient or messy. Must use each time you have sex.	Some women find it difficult to insert, inconvenient or messy. Some women develop bladder infections. Must be used each time you have sex.	Must remember to take one pill every day at about the same time each day. May not work as well with certain medicines.	Must remember to take pill every day, at the same time. May not work as well with certain medicines.	Some women dislike placing/removing objects into/out of vagina. Spotting may occur.	Must remove and replace patch weekly. Patch may become partially or completely detached. Skin irritation.	Changes in the menstrual cycle may occur. Period may completely stop. Sometimes it takes a longer amount of time to get pregnant after the woman stops using it.	Must be inserted by a health care professional. Check with your health care professional to see if you can use the IUD.	First dose must be taken within 72 hours of unprotected sex. Not a routine method.	Surgical operation has some risk, but serious complications are rare.
WHAT ARE THE SIDE EFFECTS OR COMPLICATIONS?	None.	No complications. Does not protect against STDs or HIV/AIDS.	May cause skin reaction to rubber. Condoms may break. Lambskin condoms do not protect against STDs or HIV/AIDS.	Can get vaginal infections if left in too long.	The spermicide may irritate the vagina or the penis. Try changing brands if this happens. Does not protect against STDs or HIV/AIDS.	Some women find that the jelly or cream irritates the vagina. You can get yeast infections. The diaphragm can get holes in it. May not protect against HIV/AIDS.	Some of the possible side effects are: nausea, weight gain, headaches, missed periods, darkened skin on the face, and depression. Serious and more rare problems are heart attacks and blood clots in the legs, lungs, or brain. Does not protect against STDs or HIV/AIDS.	Some of the possible side effects are: irregular periods, missed periods and spotting. These are more common problems with the mini-pills than with combined birth control pills. Does not protect against STDs or HIV/AIDS.	Some of the possible side effects are: nausea, weight gain, headaches, missed periods, darkened skin on the face, and depression. Serious and more rare problems are heart attacks and blood clots in the legs, lungs, or brain. Does not protect against STDs or HIV/AIDS.	Some of the possible side effects are: nausea, weight gain, headaches, missed periods, darkened skin at patch site, and depression. Serious and more rare problems are heart attacks and blood clots in the legs, lungs, or brain. Does not protect against STDs or HIV/AIDS. During the three weeks a woman wears the patch, it gives her about 60 percent more estrogen than she would get from the combined birth control pills. No one yet knows if this higher dosage increases the health risks that are normally seen with the combined pill.	Menstrual changes, weight gain or hair loss. Does not protect from STDs or HIV/AIDS. May cause a decrease in bone density that may not be reversible. Your primary care provider may want you to get periodic bone scans.	May cause cramps, bleeding or spotting, infections of the uterus or of the tubes. See a health care provider immediately for pain, bleeding, fever, unusual discharge, missed period, or disappearance of string. Does not provide protection from STDs or HIV/AIDS.	May cause nausea, breast tenderness or headaches. Does not protect against STDs or HIV/AIDS.	After the operation, there may be some pain for several days. Rarely, the wrong organ is tied off or the tube grows back together. There is no loss of sexual desire or ability in the vast majority of patients. Does not protect from STDs or HIV/AIDS.
WHAT ARE THE ADVANTAGES?	Can be used anytime. It protects you from pregnancy, STDs and HIV/AIDS. Both partners play a part in preventing a pregnancy.	Teaches women about their menstrual cycle. Both partners play a role in preventing a pregnancy.	Can be purchased at a drug store. Are inexpensive. May decrease transmission of some STDs and HIV/AIDS. Male method.	Can be inserted up to 8 hours before sex. No prescription is needed. Provides some protection from STDs and HIV/AIDS.	Can be purchased at a drugstore or some supermarkets. Are inexpensive.	Effective and safe. May decrease transmission of some STDs.	Convenient and does not interfere with sex. May reduce cramps and risk of ovarian, endometrial, or cervical cancers. Period may be lighter and more regular.	Convenient. Does not interfere with sex and may reduce menstrual cramps.	Monthly periods are more regular. Ideal for women who forget to take pills.	Convenient and does not interfere with sex. May reduce cramps and risk of ovarian, endometrial, or cervical cancers. Period may be lighter and more regular. Nothing to do on a daily basis. Ideal for women who forget to take pills.	Protection from pregnancy for up to 13 weeks. Convenient.	Always there when needed, but usually not felt by either partner. Protection from pregnancy for 10 years with a copper IUD; 5 years with some hormonal IUDs.	Can be taken after unprotected sex.	There is a low rate of complications and some people feel that removing fear of pregnancy improves sexual relations.

**For more information, contact your local South Carolina
Department of Health and Environmental Control Region:**

Region 1
(864)260-5541

(Anderson and Oconee counties)
(864) 942-3600

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Methods of Birth Control

Family Planning

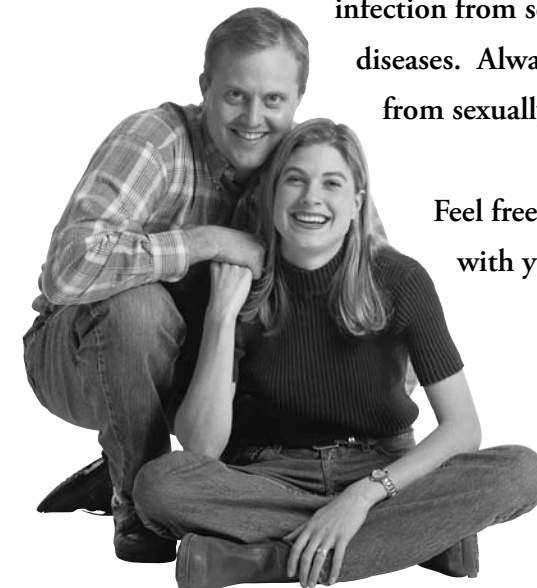
You are unique and you do have options.
Get informed and know what works best for you.

This brochure explains all the common birth control or family planning methods available to you. Remember, there are many effective methods. You can decide what you want to use.

If you want to use a method of birth control, visit your primary care provider or local clinic. A member of the health care team will help you and your partner select a method that is best for both of you. If you must wait for an appointment, over-the-counter birth control methods are available at the drugstore or local health department.

A reminder! Birth control methods are effective in preventing pregnancy. Most methods do not protect against sexually transmitted diseases. A condom, which is a method of birth control, may reduce the risk of infection from some sexually transmitted diseases. Always use condoms to protect you from sexually transmitted diseases.

Feel free to discuss any of these methods with your health care provider.



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