



Family Planning

Contraceptive Methods

South Carolina Department of Health and Environmental Control www.scdhec.gov/familyplanning





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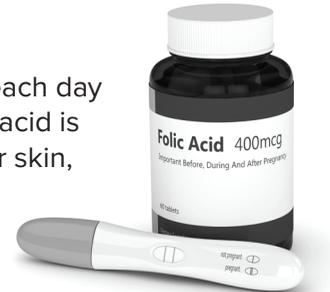
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Preconception Health

Preconception health is a woman's health before she becomes pregnant. It means knowing how health conditions and risk factors could affect a woman or her unborn baby if she becomes pregnant. For example, some foods, habits, and medicines can harm your baby — even before he or she is conceived. Some health problems, such as diabetes, also can affect pregnancy.

Folic Acid

All women of reproductive age should get 400 mcg of folic acid each day to get enough folic acid to help prevent some birth defects. Folic acid is a B vitamin. Our bodies use it to make new cells. Think about your skin, hair, and nails. Folic acid is very important because it can help prevent some major birth defects of the baby's brain and spine.



Human Trafficking

Human trafficking is the trade of humans for the purpose of forced labor, sexual slavery, or commercial sexual exploitation for the trafficker or others. Human trafficking is a crime against the person because of the violation of the victim's rights through coercion and because of their commercial exploitation. Human trafficking does not necessarily involve the movement of the person from one place to another. Call the National Human Trafficking Hotline at 888-373-7888 or Text (SMS): 233733 (Text "HELP" or "INFO").

Sexual Assault

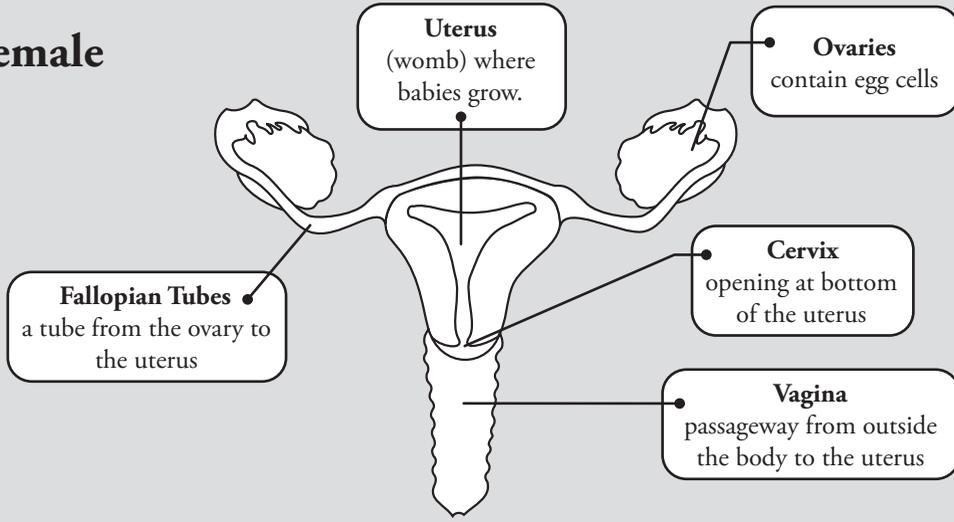
Sexual Assault is any unwanted sexual activity carried out by force, manipulation or coercion. If you are raped or sexually assaulted, it is NEVER your fault even if you were drunk or using drugs. Call the National Sexual Assault Hotline at 800-656-HOPE (4673).

Substance Use

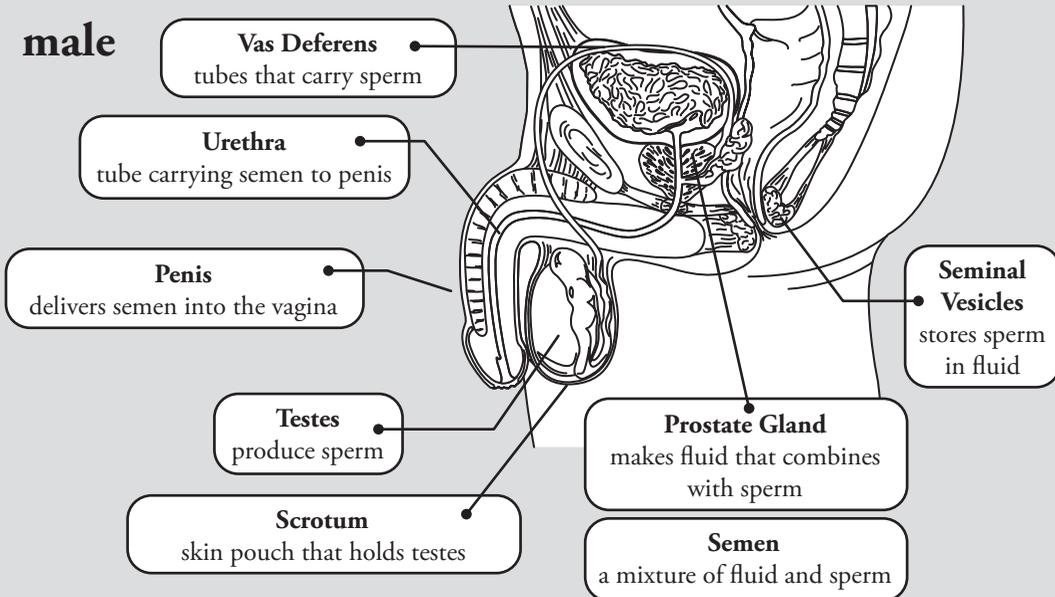
A substance use disorder (SUD), also known as a drug use disorder, is a medical condition in which the use of one or more substances leads to a clinically significant impairment or distress.

Reproductive Anatomy

female



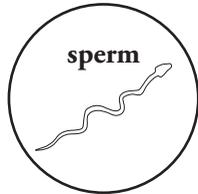
male



How Pregnancy Happens

male

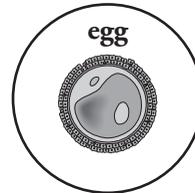
During sex between a man and a woman (intercourse), the penis enlarges and becomes hard (erection) and is inserted into the vagina.



During male climax (ejaculation), millions of sperm are deposited into the vagina.

female

Each month, an egg is released from one of the ovaries (ovulation).



The egg travels through the fallopian tube on its way to the uterus.

If the sperm and the egg meet in the fallopian tube, the egg is fertilized.

The fertilized egg moves through the tube to the uterus (womb) and attaches to the wall.

baby

The fertilized egg grows into a baby.



If the egg is not fertilized, the egg and the uterus lining pass out of the body (menstruation or "period").

Facts:

- A woman is born with all the eggs she will ever have.
- Sperm production begins at puberty and continues throughout a man's life.
- Sperm can live for 72 hours outside of a man's body.
- Any activity that puts sperm near the vagina can result in pregnancy.

Symptoms of Pregnancy

- Missed period
- Nausea and vomiting (morning sickness)
- Breast tenderness
- Feeling tired
- Going to the bathroom (peeing) more often

If you have any of these signs, take a home pregnancy test (available at your drugstore) and/or call your health care provider or clinic.

Methods of Birth Control

What is the **chance** of getting pregnant?

Birth Control Method

| | |
|---|--|
|  <p>Less than 1 in 100</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Abstinence</p> </div> <div style="text-align: center;">  <p>Implant Contraceptives Nexplanon</p> </div> <div style="text-align: center;">  <p>Sterilization for Women</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Sterilization for Men</p> </div> <div style="text-align: center;">  <p>IUD (intrauterine device) Liletta, Mirena, or Paragard®</p> </div> </div> |
|  <p>About 1–6 in 100, depending on the method</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Contraceptive Injection Depo Provera</p> </div> <div style="text-align: center;">  <p>Birth Control Pills (combined oral contraceptives)</p> </div> <div style="text-align: center;">  <p>Vaginal Contraceptive Ring</p> </div> <div style="text-align: center;">  <p>Contraceptive Patch</p> </div> </div> |
|  <p>About 12–28 in 100, depending on the method</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Male Condom</p> </div> <div style="text-align: center;">  <p>Diaphragm with Spermicide</p> </div> <div style="text-align: center;">  <p>Female Condom</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Natural Family Planning (NFP)</p> </div> <div style="text-align: center;">  <p>Withdrawal</p> </div> <div style="text-align: center;">  <p>Spermicide creams, jellies, foams, suppositories and film</p> </div> </div> |
| <p>About 85 in 100</p> | <div style="text-align: center;">  <p>No Method</p> </div> |

When should it **be used**?

Emergency Contraception

After unprotected sex or birth control failure. DO NOT use as regular birth control.



Emergency contraception may help prevent pregnancy when used as directed.

Abstinence

Abstinence means not having sex (intercourse) or keeping sperm away from the vagina. Sperm anywhere near the vagina can cause a pregnancy. Many people use abstinence at different times in their lives. If you choose to use this method, you must talk about it with your partner. This method takes a strong commitment from both of you to make it work.

How well does abstinence prevent pregnancy?

- Abstinence is 100 percent effective. If you don't have sex, you will not get pregnant.

Sterilization

Both men and women can be sterilized. Sterilization is a permanent method of birth control. If you are a woman, after you are sterilized you will NEVER be able to get pregnant. If you are a man, after you are sterilized you will NEVER be able to father a child. You should not be sterilized unless you are sure that you do not want any more children. To consent for sterilization, you must be at least 21 years old, understand what sterilization means, and be able to make this decision yourself.

Male sterilization is called a *vasectomy*. This surgery is done in the health care provider's office. The health care provider cuts and seals the tubes that carry the man's sperm.

Female sterilization is called a *tubal ligation*. This surgery may be done as an outpatient procedure. The fallopian tubes that carry the woman's eggs are cut and sealed.

How well does sterilization prevent pregnancy?

- Sterilization is 99 percent effective.

How to use sterilization:

- Talk to your health care provider for more information about this method of birth control.



IUD (Intrauterine Device)

An IUD is a small piece of flexible plastic or metal that contains copper or a hormone. Your health care provider puts the IUD into the uterus through the vagina. The IUD works up to 10 years. Your health care provider can remove it before the 10 years are up.

How well does the IUD prevent pregnancy?

- There is about a 99 percent chance you will not get pregnant while using an IUD.

How to use the IUD:

- To make sure your IUD is in place, check the string once a month, after your period or if you have unusual cramps or bleeding. Never pull on the string.

Implant

The implant is a small, rod-shaped contraceptive (birth control). It is inserted under the skin of the upper part of a woman's arm. The implant contains a hormone called progestin. The implant works by preventing the egg's release from the ovary.

How well does the implant prevent pregnancy?

- There is about a 99 percent chance that you will not get pregnant when using the implant.

How to use the implant:

- Check the site where the implant was inserted about once a month. Check with your health care provider if you cannot feel the contraceptive implant.



Contraceptive Injection (The Shot)

Contraceptive injection is a birth control shot.

How well does the shot prevent pregnancy?

- If you use it correctly every time, there is about a 99 percent chance that you will not get pregnant.

How to use the shot:

- Every 13 weeks, you should get a shot from your health care provider.



Contraceptive Patch

The contraceptive patch contains hormones that prevent pregnancy.

How well does the patch prevent pregnancy?

- If you use it correctly every time, there is about a 99 percent chance you will not get pregnant.

How to use the patch:

- Once a week for three weeks in a row, stick a patch to the lower abdomen, hips, upper back, or back part of the upper arm. After the third week, leave the patch off for one week so you can have your period.



Birth Control Pills

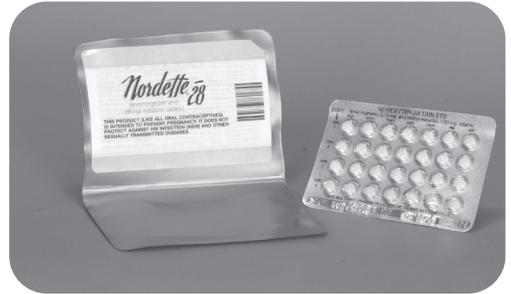
Combined oral pills and Progestin-only pills are birth control pills that contain hormones that prevent pregnancy. One pill is taken every day for the month.

How well does the pill prevent pregnancy?

- If you use it correctly every time, there is about a 99 percent chance you will not get pregnant.

How to use the pill:

- Take one pill every day at the same time. You will be given instructions on when to start your pills and what to do if you miss one.



Vaginal Ring

The vaginal ring contains hormones that prevent pregnancy. No special accuracy is required for ring placement; hormones are absorbed from anywhere in the vagina.

How well does the vaginal ring prevent pregnancy?

- If you use it correctly every time, there is about a 99 percent chance you will not get pregnant.

How to use the ring:

- Insert the ring anywhere into the vagina and leave it in place for three weeks. After the third week, remove the ring and leave it out for one week so you can have your period.



Condom – Internal (Female)

An internal (female) condom is a throwaway, single-use polyurethane covering that is placed into the vagina. It works by stopping sperm from reaching the womb.

How well does the internal condom prevent pregnancy?

- If you use it correctly every time, you have about a 95 percent chance of not getting pregnant. The chance of pregnancy is even less if you use female condoms PLUS another kind of birth control.

How to use the internal condom:

1. Gently insert the inner ring into the vagina and feel it go up.
2. Place the index finger inside of the condom and push the inner ring as far as it will go.
3. Make sure the condom is inserted straight, and is not twisted inside the vagina.
4. The outer ring should remain on the outside of the vagina.

Condom – External (Male)

An external condom is a throwaway, single-use thin covering made of latex, polyurethane, or a natural membrane that fits over an erect penis. It works by preventing the sperm from reaching the womb. External condoms come in many colors, styles and sizes.

How well does the external condom prevent pregnancy?

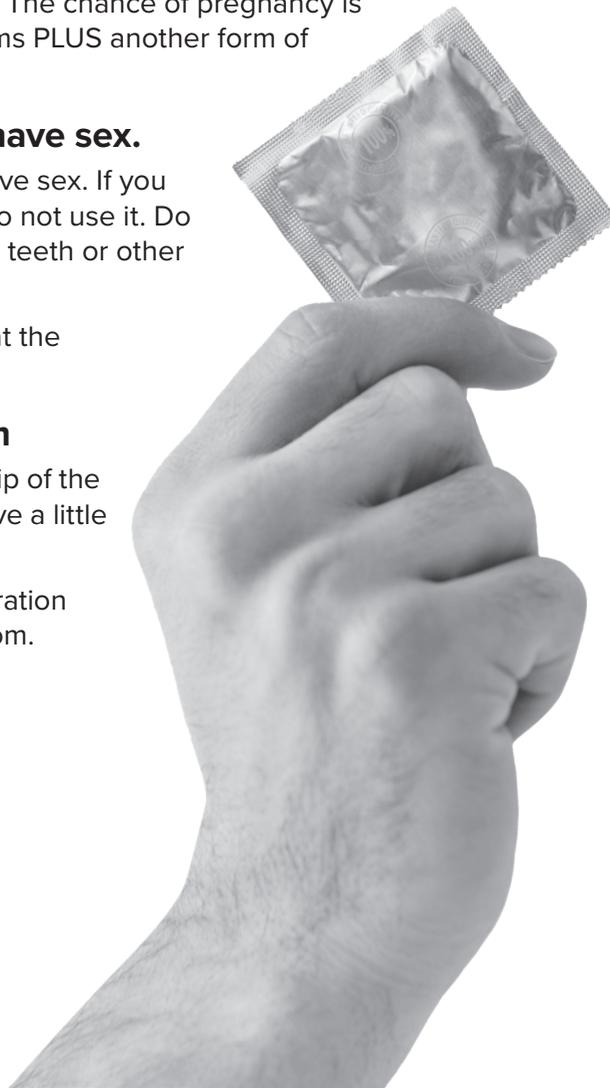
- If your partner uses male condoms correctly every time, there is about a 98 percent chance that you will not get pregnant. The chance of pregnancy is even lower if you use external condoms PLUS another form of birth control.

Use a condom every time you have sex.

- Use a new condom every time you have sex. If you notice a tear or hole in the condom, do not use it. Do not open condom packages with your teeth or other sharp objects.
- Do not wear more than one condom at the same time.

How to use an external condom

1. Place the unrolled condom over the tip of the erect penis. Hold onto the end to leave a little space for semen.
2. Check the expiration date. If the expiration date has passed, don't use the condom.



Diaphragm

The diaphragm is a shallow, flexible rubber cup that fits high inside the vagina. It covers the cervix and blocks sperm from reaching the womb. A spermicide (such as gel or cream) is also used with the diaphragm.

- It can be inserted in the vagina up to six hours before sex.
- Does not have side effects unless you are allergic to latex or spermicide.



How well does the diaphragm prevent pregnancy?

- If you use it correctly every time, there is about a 94 percent chance you will not get pregnant.

Spermicides

Creams, Jellies, Foams, Suppositories & Film

Creams, jellies, foams, suppositories and film all contain spermicides (a chemical that kills sperm). Spermicides work by blocking the cervix (opening to the uterus) and by killing sperm.

How well do spermicides prevent pregnancy?

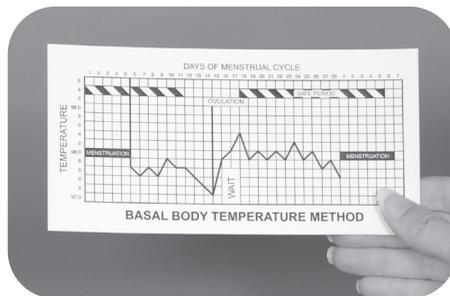
- If you use spermicides correctly every time, there is about an 82 percent chance you will not get pregnant. The chance of pregnancy is even less if you use spermicides PLUS another kind of birth control.

General information for all spermicides

- Do not use any product if the package was open when you bought it.
- **Check the expiration date.** Use the spermicide before it expires.
- Read the package instructions to be sure you understand the time needed for the product to spread and work.

Natural Family Planning (NFP)

NFP is a method where couples do not have sex on “fertile days.” Fertile days are the days of the month when a woman is most likely to get pregnant. Fertile days are the days just before, during, and just after an egg is released (ovulation). Using this method, a woman records her temperature, type of vaginal fluid and period (menstrual cycle) on a calendar each day. This record helps predict when she is most likely to get pregnant.



How well does the NFP method prevent pregnancy?

- If you use this method correctly every time and have regular periods, there is a 95-97 percent chance you will not get pregnant.

How to use the NFP method

- The health care provider will tell you how to use this method.

Emergency Contraception

Using emergency contraceptive can stop a pregnancy before it starts. Emergency contraceptive pill(s) or the cooper IUD can be used within 5 days (or 120 hours) of unprotected sex. The hormones prevent the egg’s release and interfere with the movement of the sperm. Emergency contraceptive should be used sooner rather than later to reduce the possibility of getting pregnant. If you are already pregnant, emergency contraception will not work. Emergency contraceptive can be less effective for women whose weight is greater than 160 lbs.

How well does emergency contraception prevent pregnancy?

- If you use emergency contraception, there is about a 75 percent chance you will not get pregnant. Emergency contraception works best if it is taken as soon as possible after unprotected sex.

How to use emergency contraception:

- Your health care provider will tell you how to take the pills.



After using emergency contraception, it is a good idea to begin using a regular method of birth control.



*Schedule
your visit
today!*

Call: 1-855-4-SCDHEC

www.scdhec.gov/familyplanning



Family Planning

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