

Types of Contraceptives Explained
Teacher Guide

Barrier Methods

Diaphragm	Internal Condom	External Condom	Contraceptive Sponge	Dental Dam
<ul style="list-style-type: none"> ○ Placed inside vagina to cover the cervix ○ Must be inserted before sexual intercourse ○ Inserted with spermicide to kill sperm ○ Doctor can be consulted for proper fitting ○ Typical failure rate - 17% 	<ul style="list-style-type: none"> - Made of polyurethane which doesn't stretch. - Improper use occurs more often with this selection - These are sold in stores just like male condoms. - Female Condom- cost is about \$4.00 a piece - Some family planning centers give them away for FREE or very little charge - 	<ul style="list-style-type: none"> - Sheaths of thin latex or plastic worn on the penis during intercourse - No prescription required; readily available - They are available unlubricated or lubricated - Should be used for vaginal and anal sex - Can be used with hormonal birth control - Male Condom- cost is about \$.50 to \$2.50 a piece - Some family planning centers give them away for FREE or very little charge - <p>Effectiveness</p> <ul style="list-style-type: none"> - Pregnancy prevention-between 2% to 15% failure rate - STI protection <p>Possible Concerns</p> <ul style="list-style-type: none"> • May leak or break if used incorrectly • Put on incorrectly (inside out) • Do not forget about reservoir tip • Do not use with another condom • Can only be used ONCE • Do not use with oil-based lubricants • Care must be used when removing the condom from the vagina, not to spill any of the semen 	<p>How it Works</p> <ul style="list-style-type: none"> - The sponge must be first moistened with water and inserted into the vagina before intercourse. - The sponge covers the cervix and blocks sperm from entering the uterus. - The sponge also continuously releases a spermicide that keeps sperm from moving. - The sponge must be left in place for at least 6 hours after intercourse 	<ul style="list-style-type: none"> ○ “Latex (or polyurethane sheet used between the mouth and vagina or anus during oral sex” (CDC.gov) ○ Only protects against STIs ○ New dental dam should be used every time oral sexual activity takes place ○ Check expiration date before using dental dam ○ Check dental dam for tears or defects before use ○ Dental dam should be put on before and remain in place during oral sexual activity ○ Instructions on the package should be followed for proper use

Spermicides - Non-prescription barrier method:

- The chemical spermicide immobilizes sperm- preventing it from joining with the egg.
- Spermicide comes in many different forms:
 - Creams

- Film
- Foams
- Jellies
- Vaginal suppositories

- Facts on Spermicides:
- Spermicides have a 71 - 82% effective rate
- It is NOT best to rely on this method alone, pairing it with another method is best.
- No STI protection
- Does not require a prescription
- Easy to access at a supermarket or drugstores
- Use of the spermicide nonoxynol-9 many times a day, by people at risk for HIV, or for anal sex, or having multiple sexual partners may irritate and increase the risk of HIV and other STI's

Hormonal Methods

All methods below are prescription or given at a doctor's office

Oral Contraceptive (The Pill)	Vaginal Ring	Contraceptive Patch	The Shot
<p>How it Works:</p> <ul style="list-style-type: none"> - One pill a day is taken at the same time each day. - Supplies a low level of hormones. These hormones alter the menstrual cycle to <u>stop ovulation and thicken cervical mucous</u>. <p>Effectiveness:</p> <ul style="list-style-type: none"> - Pregnancy Prevention-between .5% and 8% failure rate - No STI protection <p>Additional Information:</p> <ul style="list-style-type: none"> - Needs to be taken daily to be effective. - May cause possible side effects including Nausea, Weight gain or loss, Blood clots (especially when the woman is a smoker and over 35 years of age) 	<p>How it works:</p> <ul style="list-style-type: none"> - This plastic ring releases hormones that prevent ovulation and - thickens cervical mucous for one month <p>Effectiveness:</p> <ul style="list-style-type: none"> - Pregnancy Prevention-between .5% and 8% failure rate - No STI protection <p>Additional Information:</p> <ul style="list-style-type: none"> - Must be removed and a new one inserted monthly to be effective. - Requires high level of personal comfort to insert vaginal ring. - Has blood clotting risks like that of the Pill and the Patch. - There is an expiration date on the packaging. - Possible increased discharge. 	<p>How it works:</p> <ul style="list-style-type: none"> - A thin, beige, plastic sticky patch that can be placed on the upper arm, Buttock, upper torso, or lower abdomen area. - Replaced weekly for 3 weeks. - On the fourth week the woman gets her period. <p>Effectiveness:</p> <ul style="list-style-type: none"> - The patch releases hormones over the course of week to prevent ovulation - and thicken cervical mucous. <p>Effectiveness:</p> <ul style="list-style-type: none"> - Pregnancy Prevention-between .5% and 8% failure rate - No STI protection - Patch can be less effective for a person weighing more than 198 pounds. <p>- Store the patch at room</p>	<p>How it works:</p> <ul style="list-style-type: none"> - Injected into a woman's body every 12 weeks. - Female does not need to remember to take daily - An injection that releases necessary hormones for 3 months (12 weeks) to prevent conception <p>Effectiveness:</p> <ul style="list-style-type: none"> - Pregnancy prevention-between .5% to 3% failure rate - No STI protection

<ul style="list-style-type: none"> - Some prescribed medicines may cause negative interactions 	<ul style="list-style-type: none"> - Vaginal irritation or infections. - The Ring has to be stored in the refrigerator 	<ul style="list-style-type: none"> - temperature and keep them sealed. - Consider the first day you apply the patch as “patch change day.” - After placing the patch on the clean, dry skin, you MUST check it daily to make sure it is on properly. - Remove the patch after one week. 	
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Implanted Devices

Copper IUD (Non-Hormonal) (Intrauterine Device)	Hormonal IUD (Intrauterine Device)	Contraceptive Implant
<ul style="list-style-type: none"> - Small devices made of plastic that are inserted into the uterus to prevent pregnancy. - One type contains copper and the other uses a hormone, progestin. - The copper type of IUD can be left in the uterus for 12 years. - The hormonal type of IUD can be left in for 5 years. 		<p>How it works:</p> <ul style="list-style-type: none"> • A small thin flexible plastic tube is inserted into the inner upper arm by a medical professional • This tube will release hormones for up to 3 years • When implant is removed it will stop being effective <p>Effectiveness:</p> <ul style="list-style-type: none"> ○ Pregnancy prevention-.05% failure rate ○ No STI protection ○ Does not work as well for overweight individuals

Other Methods

Surgical Methods			
Tubal Ligation	Vasectomy	Emergency Contraception	Abstinence
<ul style="list-style-type: none"> ○ Permanent Method of birth control, not offered for teenagers ○ A surgical procedure that permanently closes or blocks the fallopian tubes 	<ul style="list-style-type: none"> ○ Permanent Method of birth control, not offered for teenagers ○ Involves cutting the vas deferens so sperm cannot travel from the testicles to the urethra 	<ul style="list-style-type: none"> - Pills taken together or a single pill within 72 - 120 hours after intercourse. <ul style="list-style-type: none"> • Take ASAP from intercourse • These pills contain hormones that will stop implantation of the fertilized egg. - These hormones will not stop a pregnancy if implantation has already occurred. - May cause harsh side effects: <ul style="list-style-type: none"> ○ Nausea ○ Vomiting ○ Can cause irregular bleeding - Most brands and generic pills are available at stores without a prescription. 	<ul style="list-style-type: none"> ○ Means waiting or refraining from all forms of sexual activity <p>Effectiveness:</p> <ul style="list-style-type: none"> ○ 100% effective for both pregnancy and protection for STI's. <p>Advantages:</p> <ul style="list-style-type: none"> ○ 100% effective ○ No side effects ○ No cost <p>Disadvantages:</p> <ul style="list-style-type: none"> ○ One partner might not want to remain abstinent. It is important both partners are honest about their boundaries and have conversations with each other to establish and uphold those boundaries

		<ul style="list-style-type: none">- Ella is most effective and requires a prescription to access.- Emergency Contraceptives cost around \$40-\$50-	
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