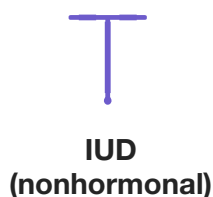


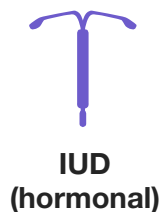
# Long-acting reversible and permanent birth control methods are highly effective and may be right for you



- A thin, matchstick-sized rod that contains progestin, a hormone that stops the ovaries from releasing eggs and thickens cervical mucus to keep sperm from reaching the egg
- After local anesthesia is administered, a special needle is used by a healthcare professional to place the implant under the skin inside the upper nondominant arm
- Lasts up to 3 years
- Some risks include headache, menstrual changes, vaginitis (inflammation of the vagina), weight gain, acne, and breast pain
- Does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs). A barrier method, such as a condom, should be used to help protect against STIs
- <1 in 100 women may get pregnant using this method



- A T-shaped device that prevents sperm from reaching or fertilizing the egg or the egg from attaching in the uterus
- This does not stop the ovaries from making an egg each month
- Placed inside the uterus by a healthcare professional
- Prevents pregnancy for up to 10 years
- Some risks include cramps, irregular bleeding, pelvic inflammatory disease, infertility, IUD is stuck in the uterus or found outside of the uterus, and sepsis or life-threatening infection
- Does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs). A barrier method, such as a condom, should be used to help protect against STIs
- <1 in 100 women may get pregnant using this method



- A T-shaped device that thickens the mucus of the cervix, making it harder for sperm to reach the egg; also thins the uterine lining
- Placed inside the uterus by a healthcare professional
- Prevents pregnancy for 3 to 7 years
- Some risks include irregular bleeding, no periods, abdominal/pelvic pain, ovarian cysts, pelvic inflammatory disease, infertility, IUD is stuck in the uterus or found outside of the uterus, and life-threatening infection
- Does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs). A barrier method, such as a condom, should be used to help protect against STIs
- <1 in 100 women may get pregnant using this method



- Surgical methods for female sterilization include:
  - Tying and cutting the tubes to prevent the sperm and egg from meeting (tubal ligation)
  - Sealing tubes using an instrument with an electrical current
  - Closing tubes with clips, clamps, or rings
  - Sometimes, removing a small piece of the tube
- General anesthesia is required for surgery
- Some risks include pain, bleeding, infection or other complications from surgery, and ectopic pregnancy
- <1 in 100 women may get pregnant using this method
- Does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs). A barrier method, such as a condom, should be used to help protect against STIs
- ***This birth control method is permanent***



- Surgery to block a man's vas deferens so that semen does not contain sperm
- Another birth control method is needed for the first 3 months until a test shows there is no longer sperm in seminal fluid
- Some risks include pain, bleeding, and infection
- <1 in 100 women whose partner has a vasectomy may get pregnant using this method
- Does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs). A barrier method, such as a condom, should be used to help protect against STIs
- ***This birth control method is permanent***

Speak with your healthcare professional about which birth control option is best for you. You can also ask your healthcare professional about available resources that may help make these options more affordable. Birth control options may be available at low or no cost under the Affordable Care Act.



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