## **Know Your Birth Control Options**

Together, you and your healthcare provider can decide which option is right for you.

## What is my chance of getting pregnant?

LESS EFFECTIVE

MORE EFFECTIVE Sterilization Implant · Lasts forever · Lasts up to 3 years · Hormone-free and hormonal options · Reversible anytime · Lasts up to 3-10 years · Cannot be **Less than** reversed sooner · Reversible anytime sooner 1 in 100 LITTLE OR NOTHING TO DO AFTER PROCEDURE Patch Taken daily Injected every 3 months Used weekly Inserted monthly MUST BE USED ON A SCHEDULE in 100 Diaphragm Condom Withdrawal Within 1 hour before sex Refore sex Before sex During sex Fertility Awareness-Spermicide Sponge **Based Methods** Before sex Before sex Monitored daily ~ 12-28 in 100 MUST BE USED OR PRACTICED EVERY TIME YOU HAVE SEX ~ 85 in 100 No Birth Control Method