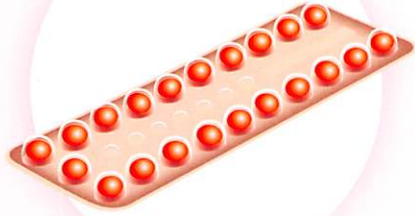


THE PILL¹ (Progestin-Only Pill)



A once daily oral contraceptive containing the hormone progestin that stops your ovaries from releasing an egg every month.⁴

BENEFITS¹

- 99.5% effective with perfect use
- 90% effective with typical use (failure rates, 5-10%)
- May be suitable for smokers over age 35 or women over age 35 with migraines, women who have unwanted side effects with the combined pill, or women who are breastfeeding
- Does not appear to increase the risk of blood clots, stroke, or heart attack

RISKS¹

- Side effects can include increased irregular bleeding and/or spotting in the first month
- Hormonal side effects such as headache, bloating, acne, and breast tenderness occur less commonly
- Not associated with any major morbidity

FEMALE CONDOM²



A polyurethane sheath inserted into the vagina before sex that prevents sperm from entering the vagina.

BENEFITS²

- 95% effective with perfect use (failure rate, 5%)
- 80% effective with typical use (failure rate, 20%)
- Helps prevent sexually transmitted infections

RISKS²

- Requires knowledge and practice of proper insertion technique
- Makes noise during intercourse
- Inner ring may cause discomfort during intercourse
- Slippage can occur

DIAPHRAGM²



A 50-105 mm latex or silicone cap used in combination with a foam spermicide that covers the cervix and prevents sperm from getting inside.

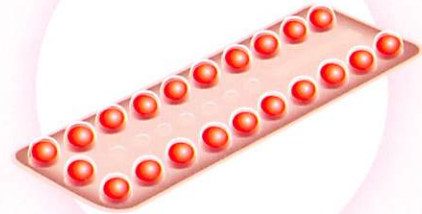
BENEFITS²

- 94% effective with perfect use (failure rate, 6%)
- 80% effective with typical use (failure rate, 20%)
- Helps prevent some sexually transmitted infections, and cervical dysplasia
- Can be inserted up to 6 hours before intercourse

RISKS²

- May increase risk of persistent or recurrent urinary tract infections
- Requires knowledge and practice of proper insertion technique, and customized fitting to stay in place
- May cause reaction in users with latex allergy

THE PILL¹ (combined pill)



A once daily oral contraceptive containing the hormones estrogen and progestin that stops your ovaries from releasing an egg every month.⁴

BENEFITS¹

- 99.9% effective with perfect use
- 92% effective with typical use (failure rates, 3-8%)
- Reversible
- Makes periods more regular and decreases menstrual flow and menstrual cramping
- May reduce risk of endometrial and ovarian cancer

RISKS¹

- Side effects can include irregular bleeding, spotting, nausea, bloating, breast tenderness, headaches, and weight gain
- Not suitable for smokers over age 35 or women over age 35 with migraines
- May increase risk of blood clots