

Remember,
Depo **does not**
protect you
from Sexually
Transmitted
Infections or HIV.

Always use
condoms to
protect yourself!



HOW DOES DEPO WORK?

- Depo contains a hormone like the ones your body makes. This hormone stops your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective, but Depo is 99% effective if you get your shots on time.

HOW DO I USE DEPO?

- You get a Depo injection in the arm or in the buttocks.
- **Use condoms as back-up the first 7 days** after your first shot of Depo.
- You should get a shot every 3 months (every 12 weeks).

WHAT IF I AM LATE FOR THE NEXT SHOT?

- Depo works best if you get a new shot every 12 weeks.
- If your shot is more than 4 weeks late, you should get a pregnancy test before the next shot. You should **use condoms for the next 7 days**.

WHAT IF I AM LATE GETTING A SHOT AND HAD UNPROTECTED SEX?

- If your last shot was more than 16 weeks ago, take Emergency Contraception (EC) **right after** unprotected sex. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES DEPO HELP ME?

- Depo is safe & effective. It keeps you from getting pregnant for 3 months.
- The shot lowers your risk of cancer of the uterus.
- It is safe to breastfeed while on Depo.

HOW WILL I FEEL ON DEPO?

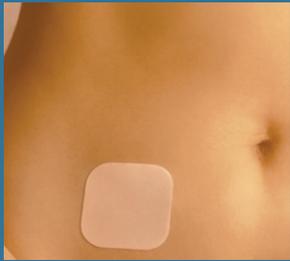
- You will most likely have spotting between periods. You may have weight gain, bloating, headaches and/or mood changes. Talk to your health care provider about treating any side effects.
- After the first 2-3 shots, you may have *no period at all*. This is normal.
- Your bones may become slightly weaker while you take Depo. Bone strength returns to normal once you stop getting the shot.
- After you stop Depo, it takes a few months for your fertility to return to normal. This means that it may take a while for you to get pregnant (even if you're trying) – but if you don't want to get pregnant, you need to use a new form of birth control after you stop Depo.

DOES DEPO HAVE RISKS?

- The shot is very safe. Severe problems are rare. If you have any of the symptoms below, call your doctor:
 - Severe headaches
 - Very heavy bleeding
- Your health care provider can help you find out if these symptoms are signs of a severe problem.



Remember, the patch **does not protect you from Sexually Transmitted Infections or HIV.** Always use condoms to protect yourself!



HOW DOES THE PATCH WORK?

- The patch contains hormones like the ones your body makes. These hormones stop your ovaries from releasing eggs. Without an egg, you can't get pregnant.
- No method of birth control is 100% effective, but the patch is 99% effective if used correctly.

HOW DO I START THE PATCH?

- There are 2 ways to start the patch:
 - **Quick Start:** Put on your first patch as soon as you get the pack.
 - **Next period:** Put on your first patch soon after your next period begins.
- If you put on your first patch *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you put on your first patch *more than 5 days after the start of your period*, you should **use condoms as back-up for the first 7 days**.

HOW DO I USE THE PATCH?

- The patch is like a sticker you wear on your skin for a week. You can wear the patch anywhere on your skin except your breasts, your genitals, palms of your hands or soles of your feet.
- Choose a spot on your body where you can see the patch if it falls off. Place the patch on a clean, dry area and make sure the edges stick well.
- You will use a new patch every week for 3 weeks and no patch for the 4th week.
- Expect your period during the patch-free week. (You may have a light period or no period at all.)
- Start a new box of patches at the end of the 4th week.

WHAT IF THE PATCH COMES OFF?

- If the patch comes off, put it back on right away. If it does not stick, use a new patch.
- If the patch falls off for more than a day, put on a new patch and **use condoms for the next 7 days**.
- Put on your next patch a week from the date of this new patch.

WHAT IF I FORGET TO CHANGE THE PATCH AFTER 7 DAYS?

- The patch has enough hormones for 9 days. If you leave the patch on for 9 days or less, just put on a new patch.
- If you leave the patch on for more than 9 days, put on a new patch and **use condoms for the next 7 days**.

WHAT IF I STOPPED USING THE PATCH AND HAD UNPROTECTED SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE PATCH HELP ME?

- The patch is safe and effective birth control. Your periods may be more regular, lighter, and shorter. You may have clearer skin.
- The patch lowers your risk of getting cancer of the uterus and ovaries.
- The patch has **no effect** on your ability to get pregnant in the future, after you stop using it.

HOW WILL I FEEL ON THE PATCH?

- You will feel about the same. During the first 2-3 months you may have nausea, bleeding between periods, weight change, and/or breast pain. These problems often go away after 2-3 months.

DOES THE PATCH HAVE RISKS?

- The patch is very safe. Serious problems are rare. If you have any of the symptoms below, call your health provider:
 - Leg pain, swelling, and redness
 - Weakness or numbness on 1 side of your body
 - Bad headache
 - Vision problems
 - Chest pain
- Your health provider can help you find out if these symptoms are signs of a serious problem.



Remember, the pill **does not** protect you from **Sexually Transmitted Infections or HIV**. Always use condoms to protect yourself!



HOW DO BIRTH CONTROL PILLS WORK?

- Birth control pills contain hormones like the ones your body makes. These hormones stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective, but birth control pills are 99% effective if you take them each day.

HOW DO I START THE PILL?

- There are 2 ways to start the pill:
 - **Quick Start:** Take your first pill as soon as you get the pack.
 - **Next period:** Take your first pill soon after your next period begins.
- If you take your first pill *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you take your first pill *more than 5 days after the start of your period*, you should **use condoms as back-up for the first 7 days**.

HOW DO I USE THE PILL?

- **Once you start using the pill**, take 1 pill each day. Take your pill at the same time each day.
- After you finish a pack of pills, you should start a new pack the next day. You should have **NO** day without a pill.

WHAT IF I MISS PILLS?

- **I forgot ONE pill:** Take your pill as soon as you can.
- **I forgot TWO pills or more:** Take your pill as soon as you can. Take your next pill at the usual time. **Use condoms for 7 days. Use emergency contraception (EC) if you have unprotected sex.**

WHAT IF I STOPPED TAKING THE PILL AND HAD UNPROTECTED SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE PILL HELP ME?

- The pill is safe and effective birth control.
- Your periods may be more regular, lighter, and shorter. You may have clearer skin.
- The pill lowers your risk of getting cancer of the uterus and ovaries.
- The pill has **no effect** on your ability to get pregnant in the future, after you stop taking it.

HOW WILL I FEEL ON THE PILL?

- You will feel about the same. In the first 2-3 months you may have nausea, bleeding between periods, weight change, and/or breast pain. These problems often go away after 2-3 months.

DOES THE PILL HAVE RISKS?

- The pill is very safe. Serious problems are rare. If you have any of the symptoms below, call your health provider.
- Leg pain, swelling, and redness
- Weakness or numbness on 1 side of your body
- Bad headache
- Vision problems
- Chest pain
- Your health provider can help you find out if these symptoms are signs of a serious problem.

Remember, the mini-pill **does not protect you from Sexually Transmitted Infections or HIV.**

Always use condoms to protect yourself!



HOW DOES THE MINI-PILL WORK?

- The mini-pill contains a hormone like the ones your body makes. It works by making the mucus in your cervix too thick for sperm to pass through. If sperm cannot reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective, but birth control pills are 97-98% effective if you take them each day.

HOW DO I START THE MINI-PILL?

- There are 2 ways to start the pill:
 - **Quick Start:** Take your first pill as soon as you get the pack.
 - **Next period:** Take your first pill soon after your next period begins.
- If you take your first pill *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you take your first pill *more than 5 days after the start of your period*, you should **use condoms as back-up for the first 7 days**.

HOW DO I USE THE MINI-PILL?

- **Once you start using the pill**, take 1 pill each day. Take your pill at the same time each day.
- After you finish a pack of pills, you should start a new pack the next day. You should have NO day without a pill.

WHAT IF I MISS MINI-PILLS?

- **I forgot ONE pill:** Take your pill as soon as you can. If you take your pill more than 3 hours late, **use condoms for the next 7 days**.
- **I forgot TWO pills or more:** Take your pill as soon as you can. Take your next pill at the usual time. **Use condoms for the next 7 days. Use emergency contraception (EC) if you have unprotected sex.**

WHAT IF I STOPPED TAKING THE MINI-PILL AND HAD UNPROTECTED SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE MINI-PILL HELP ME?

- The mini-pill is safe & effective birth control. The mini-pill is safe for you to use while breastfeeding.
- The mini-pill has **no effect** on your ability to get pregnant in the future, after you stop taking it.

HOW WILL I FEEL ON THE MINI-PILL?

- You will feel about the same. Most women notice changes in their periods. You may have spotting or no period at all. This is normal. You may have nausea, spotting, weight change, and/or breast pain. These problems often go away after 2-3 months.

DOES THE MINI-PILL HAVE RISKS?

- The mini-pill is very safe.

FACT SHEET : THE RING

Remember, the ring **does not** protect you from Sexually Transmitted Infections or HIV. Always use condoms to protect yourself!



HOW DOES THE RING WORK?

- The ring contains hormones like the ones your body makes. These hormones stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective, but the ring is 99% effective if used the right way.

HOW DO I START THE RING?

- There are 2 ways to start the ring:
 - **Quick Start:** put in your first ring as soon as you get the pack.
 - **Next period:** put in your first ring soon after your next period begins.
- If you put your first ring in *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you put your first ring in *more than 5 days after the start of your period*, you should **use condoms as back-up for the first 7 days**.

HOW DO I USE THE RING?

- The ring is a small, bendable, plastic circle that you insert into your vagina.
- You leave the ring in your vagina for 3 weeks, and remove it for the 4th week.
- Remove the ring by hooking a finger under the rim and pulling it out.
- Most women get their period during the ring-free week.
- Insert a new ring at the end of the 4th week.
- You can store the ring at room temperature up to four months. In the refrigerator, the ring lasts much longer.

DO I HAVE TO GET A PERIOD?

- Because the ring has enough hormones to last 35 days, you can leave it in for more than 3 weeks. You can change the ring on the same day of each month (for instance, March 1st, April 1st, May 1st, etc.). If you remove the old ring and insert the new ring on the same day, you may not get a period. This is ok.

WHAT IF THE RING COMES OUT?

- The ring may slip out during sex or when you use the bathroom. The ring can stay out of your body for up to 3 hours and still prevent pregnancy. If the ring is out of your body for more than 3 hours, you should put it back into your vagina and **use condoms for the next 7 days**.

WHAT IF I STOPPED USING THE RING AND HAD UNPROTECTED SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE RING HELP ME?

- The ring is safe and effective birth control. Your periods may be more regular, lighter, and shorter. You may have clearer skin. The ring lowers your risk of getting cancer of the uterus and ovaries. The ring has **no effect** on your ability to get pregnant in the future, after you stop using it.

HOW WILL I FEEL ON THE RING?

- You will feel about the same. In the first few months you may have nausea, bleeding between periods, weight change, and/or breast pain. These problems often go away after 2-3 months.

DOES THE RING HAVE RISKS?

- The ring is very safe. Serious problems are rare. If you have any of the symptoms below, call your health provider:
 - Leg pain, swelling, and redness
 - Weakness or numbness on 1 side of your body
 - Bad headache
 - Vision problems
 - Chest pain
- Your health provider can help you find out if these symptoms are signs of a serious problem.

