**FAMILY PLANNING METHODS**

**IUD (NONHORMONAL)**
- T-shaped device inserted into uterus by doctor
- 99% EFFECTIVE (WITH TYPICAL USE)
- LONG-LASTING (UP TO 12 YEARS)
- HORMONE FREE • PRIVATE • INVISIBLE
- SIDE EFFECTS
  - May cause irregular periods, spotting or cramping in early months

**IUD (HORMONAL)**
- T-shaped device inserted into uterus by doctor
- 99% EFFECTIVE (WITH TYPICAL USE)
- LONG-LASTING (UP TO 5 YEARS)
- MAKES PERIODS LIGHTER
- PRIVATE • INVISIBLE
- SIDE EFFECTS
  - May cause cramping and backaches in early months

**STERILIZATION (TUBAL)**
- Closes or blocks women’s fallopian tubes
- 99% EFFECTIVE (WITH TYPICAL USE)
- LONG-LASTING • HORMONE FREE
- PRIVATE • INVISIBLE
- SIDE EFFECTS
  - Requires surgery

**VASECTOMY**
- Closes or blocks men’s tubes that carry sperm
- 99% EFFECTIVE (WITH TYPICAL USE)
- LONG-LASTING • HORMONE FREE
- PRIVATE • INVISIBLE
- SIDE EFFECTS
  - Requires surgery

**IMPLANT**
- Inserted under the skin of the upper arm
- 99% EFFECTIVE (WITH TYPICAL USE)
- LONG-LASTING (UP TO 3 YEARS)
- SAFE FOR SMOKERS
- PRIVATE • INVISIBLE
- SIDE EFFECTS
  - May cause several side effects (irregular bleeding); cannot be used for women with breast cancer

**PATCH**
- Thin, plastic patch placed on skin
- 91-94% EFFECTIVE
- EASY TO USE • HELPS ACNE
- MAKES PERIODS LIGHTER
- SIDE EFFECTS
  - May cause irritation; may fall off; may forget to change it each week

**PILL**
- Daily pill taken orally
- 91-94% EFFECTIVE
- EASY TO USE • HELPS ACNE
- MAKES PERIODS LIGHTER
- SIDE EFFECTS
  - May forget to take; can cause mild to severe side effects

**INJECTABLE**
- Hormone injection
- 91-94% EFFECTIVE
- LASTS UP TO 3 MONTHS
- PRIVATE • INVISIBLE
- SIDE EFFECTS
  - Cannot stop any side effects until hormone runs its course; irregular periods (first 6-12 months); possible weight gain (up to 5 lbs) in first year

**RING**
- Flexible ring inserted into vagina once a month
- 91-94% EFFECTIVE
- EASY TO USE • HELPS ACNE
- MAKES PERIODS LIGHTER
- SIDE EFFECTS
  - May take 6 months for body to regulate

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