

Calendar or Rhythm

WHAT IS IT?

- Charting menstrual cycle to determine fertile days.
- Abstinence from sex during fertile days.

EFFECTIVENESS:

75% – 91%

HOW DOES IT WORK?
The egg and sperm do not meet – Fertilization will not happen.

HOW IS IT USED?
Woman charts menstrual cycle on a calendar. Fertile days are charted based on ovulatory cycle, knowing that:

- Usually ovulation happens between days 12 and 16 before period.
- Sperm lives for about five days.
- Egg lives for 24 hours.

BENEFITS:

- No health risks or side effects.
- Can be used to determine fertile days if pregnancy is wanted.
- Responsibility is shared by couple.

POSSIBLE CONCERNS

- Might be hard to predict fertile days. Menstrual cycles can change due to stress or illness.
- Abstinence can be hard to stick to.
- Record-keeping is essential.

Does not reduce risk of HIV/AIDS or STDs.

Female Condom

WHAT IS IT?

A sheath made of polyurethane with rubber rings at each end that covers the vagina.

EFFECTIVENESS:

79% – 95%

HOW DOES IT WORK?

- Creates a barrier between penis and vagina.
- Collects and holds the semen.

HOW IS IT USED?

- Must be inserted before contact between penis and vagina.
- Insert ring at closed end deep inside vagina. Opened ring stays outside the vagina. The condom is removed after sex and thrown away without spilling the semen.
- Condom is used only once.

BENEFITS:

- Women can assure protection.
- Can be bought at most drugstores.
- Can be placed in vagina up to 8 hours before use.
- The material is stronger than latex.
- Can be used for people with latex allergies.

POSSIBLE CONCERNS:

- May slip out of place during sex.
- May be difficult for some women to insert at first.
- May cause irritation or discomfort.
- May increase risk for toxic shock syndrome if left in too long.

May reduce risk of HIV/AIDS and STDs.

The Pill

WHAT IS IT?

Pills containing the hormones estrogen and progestin.

EFFECTIVENESS:

95% – 99.9%

HOW DOES IT WORK?

- Thickens cervical mucus.
- Prevents ovulation (release of egg).
- Prevents implantation of fertilized egg.

HOW IS IT USED?
One pill is taken at the same time each day.

BENEFITS:

- Reversible.
- Does not interfere with sex.
- Medically safe for most women.
- Regulates periods', lighter periods.
- Decreases menstrual pain and PMS.
- May improve acne.
- Reduces risk for ovarian and endometrial cancers.

POSSIBLE CONCERNS:

- Nausea, weight gain, headaches, dizziness, and breast tenderness.
- Break-through bleeding or spotting between periods.
- Mood swings.
- May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke).
- New pill clients must also use additional form of birth control for first month.

Does not reduce risk for HIV/AIDS or STDs.

IUD

WHAT IS IT?

A medicated plastic device that is placed into the uterus. It has a string attached that hangs down into the vagina.

EFFECTIVENESS:

99% – 99.2%

HOW DOES IT WORK?
In most cases, prevents fertilization of egg. If egg is fertilized, prevents egg from attaching to the uterus.

HOW IS IT USED?
A clinician inserts IUD into the uterus. Patient should check correct placement by feeling for the string.

EFFECTIVENESS:
There are two kinds:

- Hormonal and Non-Hormonal

BENEFITS:

- Reversible.
- Does not interfere with sex .
- Nothing to remember (except checking the string).
- Long-acting (either five years, or up to 10 years).

POSSIBLE CONCERNS:

- May not stay in place.
- Some women may have heavy bleeding and cramps.
- Should not be used by women with HIV infection or impaired immune system conditions.
- May increase the risk of pelvic inflammatory disease in women with multiple partners.

Does not reduce the risk of HIV/AIDS or STDs.

Female Sterilization (Tubal Ligation)

WHAT IS IT?

Surgical procedure to separate and seal the fallopian tube.

EFFECTIVENESS:

99.5%

HOW DOES IT WORK?

- Egg and sperm cannot meet.
- Prevents fertilization.

HOW IS IT USED?

- Local or general anesthesia is used.
- A surgical procedure is done to cut, clip, or block the tubes.
- This method is permanent.

BENEFITS:

- Permanent.
- Does not interfere with sex.

POSSIBLE CONCERNS:

- May require a waiting period. (Some restrictions related to age and number of previous pregnancies may apply depending on provider.)
- Surgery may cause adverse reaction to anesthetic, or infection and bleeding.
- Temporary pain.
- If pregnancy does happen, risk of tubal pregnancy is high. Any symptoms of pregnancy should be reported to clinician immediately for evaluation.

Does not reduce risk of HIV/AIDS or STDs.

Ortho Evra

WHAT IS IT?

A birth-control patch that contains both estrogen and progestin.

EFFECTIVENESS:

98% – 99%

HOW DOES IT WORK?

- Thickens cervical mucus.
- Prevents ovulation (release of egg).
- Prevents implantation of fertilized egg.

HOW IS IT USED?

- New patch applied each week for three weeks.
- Removed during the fourth week.
- Can go on buttocks, abdomen, or upper arm.

BENEFITS:

- Equals Pill effectiveness.
- Weekly use, rather than daily.
- Good cycle control.
- May improve acne.
- Does not interfere with sex.

POSSIBLE CONCERNS:

- Breast tenderness first three months.
- Irritation to skin. (Rotating the placement helps.)
- Some bleeding and nausea first 3 months.
- May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke).

Does not reduce the risk of HIV/AIDS or or STDs.

Diaphragm WITH SPERMICIDE

WHAT IS IT?

Dome-shaped latex cup with flexible rim to cover the cervix.

EFFECTIVENESS:

80% – 94%

HOW DOES IT WORK?

- Cup acts as barrier to sperm.
- Spermicide kills sperm.

HOW IS IT USED?

- Clinician fits woman with proper size and teaches correct use. Spermicide is placed inside the cup before inserting no more than two hours before sex.
- Diaphragm should be left in place for at least six hours after sex. (Additional spermicide is needed for each other act of intercourse).

BENEFITS:
Can be placed in the vagina up to two hours before sex.

POSSIBLE CONCERNS:

- Requires a clinic visit for sizing and prescription for diaphragm.
- Some people are allergic to latex or spermicide.
- Must be removed within 24 hours to avoid pelvic pressure, vaginal discharge, irritation, or toxic shock.
- May increase risk for vaginal and urinary tract infections.
- Cannot be used with oil-based lubricants or vaginal medications.

Not proven to reduce the risk of HIV/AIDS or STDs.

You can get emergency contraception at your nearest State Service Center Family Planning Clinic.

When you call, tell them you need EMERGENCY CONTRACEPTIVE PILLS.

NEW CASTLE COUNTY:
Hudson State Service Center: 302-283-7587
Porter State Service Center: 302-777-2860

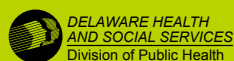
KENT COUNTY:
Milford Riverwalk: 302-424-7140
Williams State Service Center: 302-857-5150

SUSSEX COUNTY:
Adams State Service Center: 302-515-3232
Pyle State Service Center: 302-732-1742
Shipley State Service Center: 302-628-6772

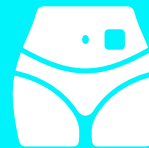
Also ask about STI testing and Family Planning Services.



For a complete listing of Family Planning and Reproductive Health services, please visit our website at: reproductivehealth.dhss.delaware.gov

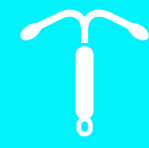


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FAMILY PLANNING HANDBOOK

CONTRACEPTIVE OPTIONS



reproductivehealth.dhss.delaware.gov

Abstinence

WHAT IS IT?
Decision not to have sexual intercourse.

HOW DOES IT WORK?
Egg and sperm do not meet (prevents fertilization).

HOW IS IT USED?
A person or couple decides not to have sexual intercourse.

BENEFITS:

- Eliminates the risk for HIV/AIDS and STDs.
- Has no health risks or side effects.
- Can be used at any time, regardless of prior sexual experience.
- Allows users to focus on nonsexual aspects of their relationship.

POSSIBLE CONCERNS:

- May be hard to maintain.
- Requires determination.

Reduces risk of HIV/AIDS and STDs by 100%.

EFFECTIVENESS:
100%

Nexplanon

WHAT IS IT?
Nexplanon is a long-acting form of birth control for women. It is a single plastic rod the size of a matchstick that is inserted under the skin of the arm. Nexplanon contains a hormone called etonogestrel (progestin).

HOW DOES IT WORK?

- Stops the release of egg from ovary.
- Changes mucus in cervix, which might keep sperm from reaching egg.
- Changes lining of uterus.

HOW IS IT USED?
A health care provider inserts Nexplanon, a single plastic rod containing the hormone etonogestrel (progestin), under the skin of the arm. You can use a single Nexplanon for up to three years.

BENEFITS:

- Works for three years.
- Does not interfere with sex.
- If breastfeeding, might be possible to use four weeks after delivery. Talk with health care provider.
- Ability to get pregnant might return quickly after Nexplanon removal.

POSSIBLE CONCERNS:

- Expect menstrual periods to be irregular and unpredictable throughout the time using Nexplanon (including more bleeding, less bleeding or no bleeding, varying time between periods and spotting between periods).
- Side effects may include irregular bleeding, headache, vaginitis (inflammation of the vagina), weight gain, acne, breast pain, mood swings, nervousness, or depression.
- Need to return for removal and replacement after three years.
- Both insertion and removal require a minor surgical procedure.
- Unknown if less effective in very overweight women, as studies did not include many overweight women.

Does not reduce the risk of HIV/AIDS or STDs.

EFFECTIVENESS:
Greater than 99%

Male Sterilization (Vasectomy)

WHAT IS IT?
Surgical procedure to cut and block male sperm tube.

HOW DOES IT WORK?
Removes sperm from the semen.

HOW IS IT USED?

- Local anesthesia is used.
- A surgical procedure is done to cut or block the tubes.
- This method is permanent.

BENEFITS:

- Permanent.
- Safe.
- Easier than female sterilization.
- Does not interfere with sex.

POSSIBLE CONCERNS:

- Vasectomy is not effective until sperm is cleared from the male system—usually about 15 ejaculations, or six weeks.
- Surgery may cause adverse reaction to anesthetic, or infection and bleeding.
- Temporary bruising, swelling, or tenderness of the scrotum.

Does not reduce risk of HIV/AIDS or STDs.

EFFECTIVENESS:
99.8% – 99.9%

Depo-Provera

WHAT IS IT?
A long-acting form of the hormone progestin, given by injection.

HOW DOES IT WORK?

- Thickens cervical mucus, preventing sperm penetration.
- Prevents ovulation.

HOW IS IT USED?
The woman is given an injection into the upper arm or buttocks every three months.

BENEFITS:

- Works for three months.
- Does not interfere with sex.
- Can be used while breastfeeding.
- Can be used by women with a history of seizures or sickle cell anemia.

POSSIBLE CONCERNS:

- Need to return for shot every three months.
- May cause irregular bleeding, spotting, missed period or no period.
- Side effects may include weight gain, depression, breast tenderness, headaches, or allergic reaction.
- These side effects may last for up to six months after last injection.
- May cause delay in ability to get pregnant after stopping shots.
- May cause bone loss or density changes with long-term use.

Does not reduce the risk of HIV/AIDS or STDs.

EFFECTIVENESS:
94% – 99.8%

NuvaRing®

WHAT IS IT?
A flexible, donut-shaped ring containing estrogen, which is inserted into the vagina.

HOW DOES IT WORK?

- Thickens cervical mucus.
- Prevents ovulation (release of egg).
- Prevents implantation of fertilized egg.

HOW IS IT USED?

- Inserted for three weeks.
- Removed during the fourth week.
- New ring inserted after fourth week.

BENEFITS:

- Equals Pill effectiveness.
- One ring lasts for three weeks.
- Good cycle control.

POSSIBLE CONCERNS:

- Not recommended for heavy smokers. May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke).
- Vaginal discharge, infection, or irritation.
- Headache, weight gain, bleeding, or nausea.
- Breast tenderness first three months.

Does not reduce the risk of HIV/AIDS or STDs.

EFFECTIVENESS:
98% – 99%

Male Condom

WHAT IS IT?

- A sheath that covers the penis.
- May be made of latex, plastic, or animal skin.
- May be pre-lubricated and/or contain spermicide.

HOW DOES IT WORK?

- Creates a barrier between the penis and the vagina.
- Collects and holds the semen (sperm).

HOW IS IT USED?

- Condom is unrolled over the erect penis before sex.
- Male must hold base of condom to penis when withdrawing.
- Condom is removed and discarded without spilling semen.
- Each condom can be used only once.

BENEFITS:

- Latex condoms reduce risk of HIV/AIDS and STDs.
- Easy to get in most stores / available at clinics.
- Can be used for people with latex allergies.

POSSIBLE CONCERNS:

- Condoms may slip off, break, or cause irritation or discomfort.
- Proper use may interfere with spontaneity.
- May affect sexual sensations.
- If allergic to latex, plastic condoms should be used.
- Latex condoms should not be used with oil-based lubricants.

Reduces risk of HIV/AIDS and STDs, when using latex or plastic

EFFECTIVENESS:
84% – 97%

When used with spermicide, effectiveness increases up to 99%

Vaginal Spermicides

WHAT IS IT?
Creams, gels/jellies, foams, films, or suppositories containing sperm-killing chemicals.

HOW DOES IT WORK?

- Kills sperm.
- Some kinds block sperm from entering the cervix.
- Prevents fertilization.

HOW IS IT USED?

- Placed inside the vagina by hand or with an applicator before sex.
- May be placed on condom, or inside diaphragm or cervical cap.

IMPORTANT NOTES:

- Only effective for about one hour when used alone.
- Additional application is needed for each act of intercourse.
- Follow instructions; some are not effective until 10–15 minutes after inserting.

BENEFITS:
No prescription needed. Available at most drugstores.

POSSIBLE CONCERNS:

- May cause irritation or discomfort.
- Frequent spermicide use (>2 times/day) may cause irritation that may increase susceptibility to HIV.
- May increase risk for vaginal and urinary tract infections.
- Some people may be allergic to spermicides.
- Proper use may interrupt sexual mood.
- May leak or feel messy.

Not proven to reduce the risk of HIV/AIDS or STDs.

EFFECTIVENESS:
74% – 94%

Using a condom with spermicide increases effectiveness up to 99.9%.

Natural Family Planning

WHAT IS IT?
A variety of methods to help detect when to avoid sex during the fertile days of a woman's cycle.

HOW DOES IT WORK?
Users abstain from sex on fertile days to prevent egg and sperm from meeting.

HOW IS IT USED?
Meet with a qualified family-planning clinician for specific details on the following:

- Observing and charting daily signs of fertility or ovulation (release of egg).
- Basal Body Temperature Method: Temperature taken and charted each day.
- Cervical Mucus Method: Mucus is checked for signs of ovulation.
- Sympto-Thermal Method: Combines both methods above with checking position of cervix.

BENEFITS:

- No health risks or side-effects.
- Can be used to determined fertile days if pregnancy is wanted.
- Responsibility is shared by couple.

POSSIBLE CONCERNS:

- Abstinence is required on fertile days.
- Fertility may be difficult for some women to identify.
- Records of signs must be kept.

Does not reduce the risk of HIV/AIDS or STDs.


EFFECTIVENESS:
85%



YOU HAD UNPLANNED OR UNPROTECTED SEX.

There is something you can do. But you only have a few days to act.

If you had sex within the past few days and:



- You didn't use any birth control, or
- The condom broke, or
- You started your pill pack late, or
- Your diaphragm slipped, or
- You missed your birth control shot, or
- You were forced to have sex.

There is something you can do!

Take Emergency Contraceptive Pills (ECPs) within a few days of unprotected or unplanned sex, to reduce your chances of becoming pregnant.



WHAT ARE ECPs?
Ordinary birth-control pills taken in special doses. Taken within a few days of unprotected or unplanned sex, ECPs can reduce your chance of pregnancy by 75%. ECPs can prevent or delay eggs from being produced.

IT IS IMPORTANT TO KNOW:

- ❗ ECPs will NOT cause an abortion.
- ❗ ECPs will NOT work if you are already pregnant.
- ❗ ECPs are for emergency use only!

If you are having sex, it is important to use a regular and effective method of birth control. Condoms should also be used to protect you from sexually transmitted diseases (STDs), including HIV/AIDS. Abstinence is always the safest way to avoid pregnancy. But if you ARE having sex, it's crucial that you protect yourself from both pregnancy and disease.

ECPs MAY PRODUCE SOME SIDE EFFECTS:

Some women might feel sick to their stomach and possibly throw up. Some women may have sore breasts or headaches. These side effects usually last a day or two. ECPs could also cause your next period to come a little early or a little late.



PLEASE REMEMBER:

- ❗ You have only a few days to act.
- ❗ ECPs are not abortion pills.
- ❗ They will not work if you're pregnant.
- ❗ Regular birth control is essential.
- ❗ Abstinence is the only safe way to prevent pregnancy and disease.