

How will birth control change my period?

No change



Pulling out



Diaphragm



Fertility awareness



Condoms



Sterilization

Lighter, shorter,
more regular
periods



The Pill



The Patch



The Ring

Spotting or irregular
periods, or periods
may stop



Implant (Nexplanon)



Skyla IUD



Mirena IUD



The Shot (Depo)

Heavier periods every
month, more cramps



Paragard IUD

How often do birth control mistakes happen?

Almost never



Paragard IUD



Implant (Nexplanon)



Skyla IUD



Mirena IUD



Sterilization

Not often



The Pill



The Patch



The Ring



The Shot (Depo)

Once in a while



Condoms

Sometimes



Pulling out



Diaphragm



Fertility awareness

How do I take my birth control?

You use it every time.



Pulling out



Diaphragm



Fertility awareness



Condoms

You take it or wear it.



The Pill
Every day



The Patch
Every week



The Ring
Every month

You come to the center to get it again.



The Shot (Depo)
Every 3 months

Your doctor does it for you.



Paragard IUD
12 years



Implant (Nexplanon)
4 years



Skyla IUD
3 years



Mirena IUD
7 years



Sterilization
Forever