### How will birth control change my period?

<table>
<thead>
<tr>
<th>Method</th>
<th>No change</th>
<th>Lighter, shorter, more regular periods</th>
<th>Spotting or irregular periods, or periods may stop</th>
<th>Heavier periods every month, more cramps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulling out</td>
<td>Diaphragm</td>
<td>Fertility awareness</td>
<td>Condoms</td>
<td>Sterilization</td>
</tr>
<tr>
<td>The Pill</td>
<td>The Patch</td>
<td>The Ring</td>
<td>Implant (Nexplanon)</td>
<td>Skyla IUD</td>
</tr>
<tr>
<td>The Ring</td>
<td></td>
<td></td>
<td>Mirena IUD</td>
<td>The Shot (Depo)</td>
</tr>
<tr>
<td>Paragard IUD</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

Adapted from Bedsider.org
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

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Adapted from Bedsider.org