

Birth control options

If you have a uterus and have sex with people who could get you pregnant, you may want to think about birth control. Pregnancy risk depends on what surgeries you've had and who you have sex with.

Testosterone (T) is not birth control, even if you don't get a period. Unless you've had a full hysterectomy, pregnancy is possible. If you partner with someone who can get you pregnant, and you do not want to be, here are your options:

All of these methods are safe to use while on T. Talk to your doctor or health educator find a method that works best for you.

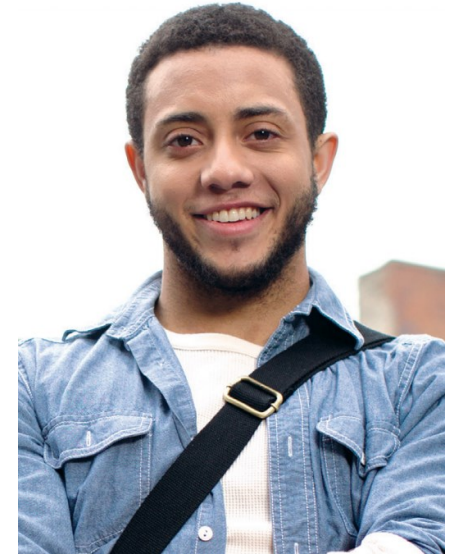













Photo from NYC Health




Methods with no hormones

	External condoms	Protects against pregnancy, STIs and HIV	Use each time
	Internal condoms	Protects against pregnancy, STIs and HIV	Use each time
	Paragard IUD	Can make periods heavier and cramps worse Does not protect against STIs or HIV	Up to 12 years
	Sterilization or hysterectomy (getting your tubes tied)	Permanent Does not protect against STIs or HIV	Forever
	Contraceptive Gel (Phexxi)	Protects against pregnancy Does not protect against STIs or HIV	Use each time
	Pulling out	Mistakes are more common Does not protect against STIs or HIV	Use each time

Methods with progestin

	Mirena IUD	Helps make periods lighter and less regular Does not protect against STIs or HIV	Lasts up to 5 years
	Skyla/Kyleena IUD	Helps make periods lighter and less regular Does not protect against STIs or HIV	Lasts up to 3 years
	Nexplanon implant	Helps make periods lighter and less regular Does not protect against STIs or HIV	Lasts up to 3 years
	Depo Provera shot	Helps make periods lighter and less regular Does not protect against STIs or HIV	Lasts up to 3 months
	Mini pill	Helps make periods lighter and less regular Does not protect against STIs or HIV	Take each day

Methods with estrogen and progestin

	The ring	Periods will be regular but might be shorter and lighter Does not protect against STIs or HIV	Change each month
	The patch	Periods will be regular but might be shorter and lighter Does not protect against STIs or HIV	Change each week
	The pill	Periods will be regular but might be shorter and lighter Does not protect against STIs or HIV	Take each day

If you have sex without a condom, the condom breaks, or you had trouble taking or using your birth control, just walk into 1 of our centers as soon as you can (up to 5 days after).