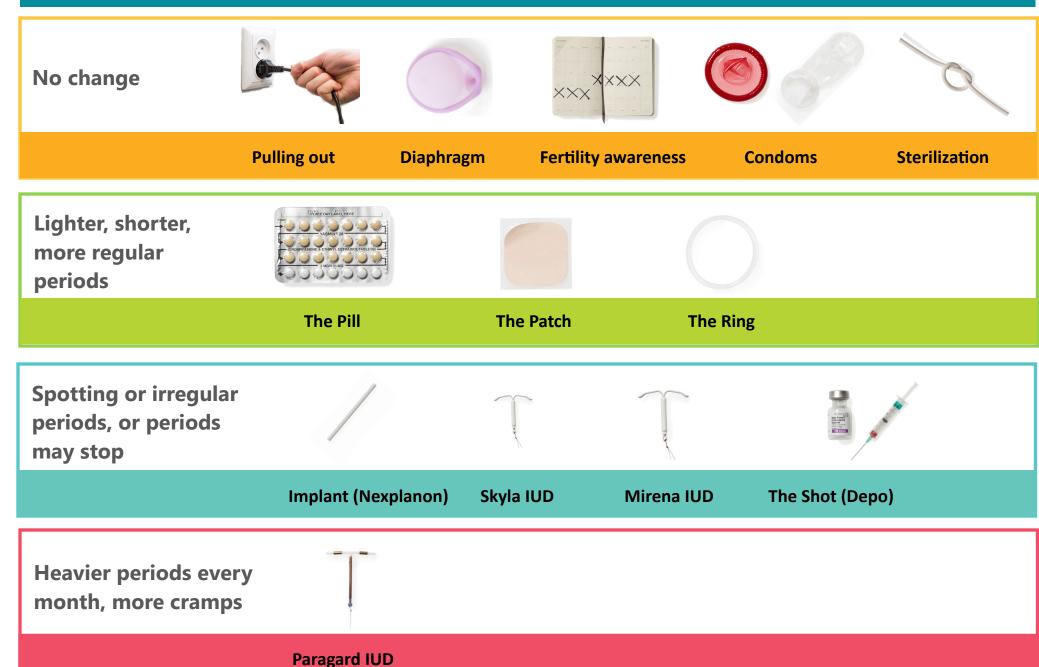
How will birth control change my period?







How often do birth control mistakes happen?







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) 5 years

Skyla IUD 3 years

Mirena IUD 8 years

Sterilization Forever

Adapted from Bedsider.org



