

# 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)**  
5 years



**Skyla IUD**  
3 years



**Mirena IUD**  
8 years



**Sterilization**  
Forever