

Female Condoms

Plastic pouch that is used during intercourse to prevent pregnancy

- has flexible rings at each end, the one at the closed end holds the pouch in the vagina and the ring at the open end stays outside the vaginal opening during intercourse
- collect pre-cum and semen when a man ejaculates

-keeps sperm from entering the vagina, preventing pregnancy

Can increase effectiveness by adding:

- Spermicidal foam
- jelly
- cream with the condom

Along with male condoms, female condoms are the **only form** of birth control that greatly reduces the transmission of sexually transmitted diseases such as: **chlamydia**, **chan-croid**, **gonorrhea**, **hepatitis B**, **her-pes**, and **syphilis**

Side Effects of Birth Control

Male condom: allergies to latex,

Female condom: cause irritation of the vagina, vulva, penis, or anus. Reduce feeling during intercourse

Pill: bleeding between periods. Breast tenderness, nausea and vomiting

Diaphragm: urinary tract infections and vaginal irritation

Spermicide: nonoxynol-9 has certain risks such as irritating tissue or increase chance of sexually transmitted disease if used many times a day

IUD: cramping or backache, spotting between periods. In rare situations infection can develop

Birth control shot: irregular bleeding, depression, headache and nausea

For more information on Birth Control Methods or brands visit

<http://www.plannedparenthood.org/health-topics/birth-control-4211.htm>

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.cfm>



Birth Control Methods



Health Education Office

Center or Student Development

Room 2011



Methods

Male Condom

Condoms are worn on the penis during vaginal, anal, or oral intercourse

Made of latex or plastic

By covering the penis and keeping semen out of the vagina, anus, or mouth, condoms also reduce the risk of sexually transmitted infections.

Condoms made of latex offer very good protection against HIV. Latex condoms also reduce the risk of other sexually transmitted infections, including:

Chlamydia, Chancroid, Gonorrhea, Hepatitis B, Herpes, HPV, Pelvic Inflammatory Disease (PID), Syphilis, and Trichomoniasis



Depo Provera A shot of artificial hormones given by a health care provider. If careful 99% effective. Few serious problems for most women, may cause heavy, irregular or light periods, may cause weight changes, headaches or dizziness. Safe to use while breastfeeding and less chance of endometrial cancer

Diaphragm A small rubber cup that fits inside the vagina over the cervix fitted by a health care provider. If careful 94% effective. An increase in bladder infections and a very small chance of toxic shock syndrome may occur. Must be left in place for 6 hours after sex but is only used when needed

Foam, Suppositories and Film Put into the vagina before sex and made of chemicals that kill sperm. If careful 82% effective. Must be put in shortly before sex, may irritate vagina or penis. Easy to use and can be bought in drugstores

Implanon A tiny rod put under the skin of your arm by a health care provider that slowly releases artificial hormones. More than 99% effective. Should not be used by women with liver disease, breast cancer or blood clots. Can stay in for 3 years and doesn't interfere with sex.. Minor surgery required to insert or remove rod

IUD A small device put inside womb by health care provider that prevents sperm from fertilizing egg. 99% effective. Lasts 5-10 years and is always in place. Should not be used by women with multiple partners

Fertility Awareness Women learn to recognize fertile days of menstrual cycle and either use a barrier method during this time or abstinence. If careful, 95-97% effective. Must chart temperature and/or vaginal mucus every day. Approved by all religious groups and is helpful when ready to become pregnant.

Pill, Patch, Vaginal Ring Releases artificial hormones and is prescribed by a health care provider. Very small chance of blood clot, heart attack, and stroke. Less bleeding and cramping during period and some pills can reduce number of periods per year.

Sterilization An operation that makes a person unable to have a body. Permanent, cannot change your mind later. Both men and women can be sterilized. More than 99% effective. Small chances of complications during surgery or infection or bleeding after surgery. No other method will ever be needed and no physical effect on sexual desire or ability.

