

Birth Control Choices

8. Birth Control Pills - Pills taken each day that contain hormones to prevent pregnancy, but not STD's. A prescription is needed.

9. Injection - Depo-Provera is a shot that a woman gets every 11 to 13 weeks. Lunelle is a shot that is given every month. They protect against pregnancy, but not STD's. A prescription is needed.

10. Sterilization - A vasectomy is male surgery that cuts the tube that carries sperm. Tubal ligation is female surgery that cuts the fallopian tube to prevent pregnancy.

11. Emergency Contraception is available after other method failure. The pills are most effective taken in the first 24 hours. A prescription is needed. This does not always prevent pregnancy.

What happens when you have too many children too close together:

- Closely spacing pregnancies does not allow your body the time it needs to recover.
- Not enough time to spend with your children
- Can lead to money problems
- Can cause you to have low self-esteem if you are unable to provide for your family

The cost for birth control is dependent upon your income, medical card, and the method you choose.

The Shawnee County Health Agency does carry some of the birth control choices listed, but not all of them.



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The Shawnee County Health Agency recognizes 2002 Washburn School of Nursing students as part of the change project in creating this brochure.

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Unplanned Pregnancy

What every woman should know about choosing birth control



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Questions To Ask Your Doctor

Did you know that you can get pregnant again shortly after you have your baby? It is important to discuss birth control choices with your doctor. Questions you may want to ask include:

- When should I start using birth control after I have had the baby?
- What birth control methods are safe to use if I am breastfeeding?
- How do I get my birth control?
- What is the best choice of birth control for me?

When deciding on a method, consider the following:

- How well the method works
- How likely you are to use it
- How much it will cost you

Birth Control Choices

- 1. Male Condom** - A thin sheath made of latex worn by the man over his penis. Condoms provide protection against pregnancy and some sexually transmitted diseases (STD's) when used every time you have sex.
- 2. Female Condom** - A thin plastic pouch that lines the vagina. It protects against pregnancy and some STD's when used every time you have sex.
- 3. Spermicide** - Chemicals that kill sperm. It can be used alone or with other methods such as condoms every time you have sex.
- 4. Diaphragm** - A round, rubber dome that fits inside the vagina and covers the cervix. It must be used with spermicidal jelly. It protects against pregnancy when used every time you have sex, but not STD's.

- 5. IUD** - A small, plastic device that contains copper or hormones that is left in the uterus to prevent pregnancy. Depending on the type, it can be left in for one to ten years. It must be inserted and removed by a doctor. IUDs do not protect against STD's.
- 6. Nuvaring** - A flexible two-inch ring that releases hormones when inserted into the vagina. It protects against pregnancy, but not STD's. A prescription is needed. The ring is left in place in the vagina for three weeks.
- 7. Ortho Evra Patch** - A square patch that sticks to the skin like a band-aid and releases hormones. It protects against pregnancy, but not STD's. A prescription is needed. The patch must be changed every week.