




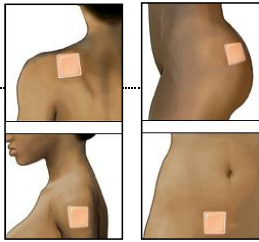



	How to Use	How it Works	Possible Side Effects
<p>Male Condom 85-98% Effective</p> 	<ol style="list-style-type: none"> 1. Check the expiration date. 2. Check for any holes in the wrapper; feel for pocket of air. If there is a hole in the wrapper, there may be a hole in the condom. 3. Open condom carefully with finger tips. Do not use teeth, scissors, etc. 4. Carefully handle the condom and see which way it will roll. 5. Pinch the air out of the tip of the condom with finger tips and roll all the way down the shaft of the penis. 6. Withdraw the penis immediately after ejaculation to prevent the condom from slipping off and spilling its contents. 7. Remove the used condom and throw it away in the trash (not the toilet). <p>Condoms are good for one time use (one ejaculation). If you want to have sex again, you need to use a new condom.</p>	<p>Male condoms can be made out of three materials: latex, polyurethane, or animal membrane. Condoms work by creating a barrier so that no fluids are exchanged.</p> <p>Only latex and polyurethane condoms can help reduce the risk of getting STIs/HIV. Animal membrane condoms contain small holes that can prevent pregnancy, but not STIs/HIV.</p>	<p>Possible allergy to latex, or allergy to spermicide (if using condoms with spermicidal lubricant).</p> <p>Oil based lubricants such as massage oils, lotions, or Vaseline can break down latex. Never use oil based lubricants with condoms.</p> <p>Never use two male condoms together, or a male and female condom together.</p>
<p>Female Condom 79-95% Effective</p> 	<ol style="list-style-type: none"> 1. Check the expiration date. 2. Open condom carefully with finger tips. Do not use teeth, scissors, etc. <p>For vaginal sex: squeeze the inner ring and insert the condom into the vagina. The outer ring should be outside of the vagina.</p> <p>For anal sex: remove the inner ring, and use your finger to insert the condom into the anus. Make sure you remove the inner ring.</p> <ol style="list-style-type: none"> 3. Make sure the penis gets inserted into the condom, and not directly into the vagina or anus. 4. Withdraw the penis immediately after ejaculation to prevent the condom from slipping off and spilling its contents. 5. Remove the used condom and throw it away in the trash (not the toilet). <p>Condoms are good for one time use (one ejaculation). If you want to have sex again, you need to use a new condom.</p>	<p>The female condom is made out of polyurethane, which is a type of synthetic plastic. Condoms work by creating a barrier so that no fluids are exchanged.</p>	<p>Woman must be comfortable enough with her body to place correctly.</p> <p>Never use two male condoms together, or a male and female condom together.</p>
<p>Combination Birth Control Pill (BCP) 92-99% Effective</p> 	<p>To start using BCP, there are two options:</p> <ol style="list-style-type: none"> (1) Wait for your period. Take the first pill with your period. Take one pill every day at the same time. (2) You must confirm you are not pregnant. Take the first pill at any time in your cycle. Use a back-up method for at least 7 days. <ol style="list-style-type: none"> 1. Take one pill at the same time everyday. Never share your pills with anyone, and never take anyone else's pills. 2. If you miss one pill, take it as soon as you remember. Take the next pill at the usual time. 3. If you miss two pills in a row: Take two pills together for two days. Take the next pill at the usual time. 4. Never take more than two pills in one day. 5. Use a back-up method (such as condoms) to prevent pregnancy for seven days following two or more missed pills in a row. <p>When you miss pills, your chance of becoming pregnant increases. If you miss more than two pills, refer to the pharmaceutical instructions in your pill pack, visit www.plannedparenthood.org, or call the Student Health Services at 562-985-4771.</p> <p>Always inform your health care provider that you are using birth control pills because certain medications can make them less effective.</p>	<p>Combination birth control pills contain a combination of the hormones estrogen and progestin. Estrogen prevents ovulation, and progestin thickens cervical mucous to prevent sperm from entering the cervix.</p> <p>Smoking cigarettes can increase the risk of serious complications such as blood clot, heart attack, or stroke. If you use birth control pills, do not smoke cigarettes or use products with Nicotine.</p>	<p>Benefits may include: shorter and lighter periods, decrease in menstrual cramps, decrease in acne, lower chance of ovarian cysts. Negative side effects may include: nausea, spotting between periods, breast tenderness, mood changes.</p> <p>Complications are RARE, especially for women <35 who don't smoke. Complications include heart attack, stroke, or blood clot.</p> <p>Complications have warning signs: ACHES Abdominal Pains (Severe) Chest pain or shortness of breath Headaches (Severe) Eye Problems such as blurred vision Severe leg or arm pain</p>
<p>NuvaRing 92-99% Effective</p> 	<p>To start using the NuvaRing, there are two options:</p> <ol style="list-style-type: none"> (1) Wait for your period. Insert the NuvaRing the day you start your period. (2) You must confirm you are not pregnant. Insert the ring at any time in your cycle. Use a back-up method for at least 7 days. <ol style="list-style-type: none"> 1. Insert the NuvaRing into the vagina and leave in place for 3 weeks (21 days). 2. At the end of week 3 (Day 22), remove the NuvaRing and throw it away. 3. During week 4 (Days 22-28) you will get your menstrual period. 4. At the end of week 4 (Day 29), insert a new NuvaRing, and this will start the cycle over again. <p>If the NuvaRing slips out of place, do not rinse it in hot water before reinserting it. If you want to rinse it, use cold or luke-warm water. If it is out of your body for more than three hours, you must use a back-up method for at least 7 days.</p>	<p>The NuvaRing is a flexible ring worn inside the vagina that contains the hormones estrogen and progestin. Estrogen prevents ovulation, and progestin thickens cervical mucous to prevent sperm from entering the cervix.</p> <p>Smoking cigarettes can increase the risk of serious complications such as blood clot, heart attack, or stroke in women using the NuvaRing.</p>	<p>Benefits: shorter and lighter periods, decrease in menstrual cramps, decrease in acne, lower chance of ovarian cysts. Negative side effects may include: nausea, spotting between periods, breast tenderness, mood changes vaginal discharge</p> <p>Complications are RARE, especially for women <35 who don't smoke. Complications include heart attack, stroke, or blood clot.</p> <p>Complications have warning signs: ACHES ACHES (See Above)</p>
<p>The Patch 92-99% Effective</p> 	<p>To start using the Patch, there are two options:</p> <ol style="list-style-type: none"> (1) Wait for your period. Put the Patch on your body the day you start your period. (2) You must confirm you are not pregnant. Put the Patch on at any time in your cycle. <p>Use a back-up method for at least 7 days.</p> <ol style="list-style-type: none"> 1. Put a new Patch on once a week and leave in place for 7 days. 2. During week 4, you will not wear a patch and you will get your menstrual period. 3. At the end of week 4, you will put a new patch on and this will start the cycle over again. <p>The patch can be worn on the back of the shoulder, abdomen, upper arm, or buttock. (See illustration).</p>	 <p>The Patch contains the hormones estrogen and progestin. Estrogen prevents ovulation, and progestin thickens cervical mucous to prevent sperm from entering the cervix. It is worn on the body and the hormones are absorbed through your skin.</p> <p>Smoking cigarettes can increase the risk of serious complications such as blood clot, heart attack, or stroke in women using the NuvaRing.</p>	<p>Benefits may include: shorter and lighter periods, decrease in menstrual cramps, decrease in acne, lower chance of ovarian cysts. Negative side effects may include: nausea, spotting between periods, breast tenderness, mood changes.</p> <p>Complications are RARE, especially for women <35 who don't smoke. Complications include heart attack, stroke, or blood clot.</p> <p>Complications have warning signs: ACHES ACHES (See Above)</p>
<p>Implanon 99.9% Effective</p> 	<p>Implanon is a small flexible rod the size of a match stick. It is made out of plastic and is implanted under the skin of the arm by a trained health care provider. Implanon is effective for three years; at the end of the third year, a new Implanon may be inserted. Implanon must be inserted and removed by a health care provider.</p>	<p>Implanon works by preventing ovulation, thickening cervical mucous, and preventing implantation of fertilized eggs if ovulation does occur.</p>	<p>Possible side effects include irregular periods, loss of period, spotting between periods and heavier periods. Less common side effects are headaches, nausea, breast pain, change in sex drive, discoloring or scarring of skin over implant and pain at the site of insertion.</p>

	How to Use	How it Works	Possible Side Effects
<p>Depo Provera 97-99% Effective</p> 	<ol style="list-style-type: none"> 1. Get the first injection with your period. 2. Get one injection every 12 weeks. <p>If given within the first five days of menstruation, it is effective immediately. If given after the fifth day of menstruation, it will take one month to become effective. It is necessary to use a back-up method (such as condoms) to prevent pregnancy during this time.</p>	<p>Depo-Provera is an injection that works by preventing ovulation, thickening cervical mucus, and preventing implantation of fertilized eggs if ovulation does occur.</p>	<p>Possible side effects: bone density loss (osteoporosis), irregular periods, loss of period, longer/ heavier periods, weight gain, headaches, nervousness, dizziness, depression, rashes or spotty darkening of the skin, sleeplessness, hair loss, increased facial or body hair, and changes in sex drive.</p>
<p>Spermicides 71-85% Effective</p> 	<ol style="list-style-type: none"> 1. Insert spermicide into the vagina. Follow all package instructions. 2. Spermicide is effective for one act of intercourse. If you want to have sex again, apply more spermicide. 3. Spermicide does not protect against HIV/AIDS. It should never be used for anal sex. 	<p>Spermicide contains an active ingredient called nonoxynol-9, which is an agent that kills sperm.</p>	<p>Some people are allergic to spermicide. If you are allergic to spermicide, it can be irritating and cause discomfort during sex. It can also cause tiny cuts, increasing the risk of STIs/HIV. Spermicide should never be used with anal sex. It can be extremely irritating to the anus, and cause the tissue to tear.</p>
<p>Diaphragm 84-94% Effective</p> 	<ol style="list-style-type: none"> 1. Spread spermicidal gel inside cup of diaphragm, and all over rim. 2. Squeeze diaphragm and gently insert into the vagina, cup side up. 3. After sex, leave the diaphragm in place 6-8 hours for the spermicide to kill all of the sperm. 4. If you want to have sex again, do not remove diaphragm; insert more spermicidal gel with applicator. 5. Do not leave the diaphragm in the vagina for more than 24 hours. This could lead to toxic shock syndrome (TSS). TSS is a serious, but uncommon bacterial infection. The symptoms of TSS include sudden high fever, a faint feeling, watery diarrhea, headache, and muscle aches. 	<p>The diaphragm is a latex barrier that covers the cervix to prevent sperm from entering the cervix. This helps reduce the risk of pregnancy. There is no STI/HIV protection from the diaphragm or spermicide.</p>	<p>Possible allergy to latex, or allergy to spermicide.</p> <p>Oil based lubricants such as massage oils, lotions, or Vaseline can break down latex. Never use oil based lubricants with a diaphragm.</p>
<p>Sponge 84-91% Effective</p> 	<ol style="list-style-type: none"> 1. Wet the sponge with at least two tablespoons of clean water. 2. Gently squeeze the sponge to activate the spermicide. 3. Fold the sides of the sponge upward and away from the loop on the bottom to make it look long and narrow. 4. Slide the sponge as far back into your vagina as your fingers will reach. The sponge will unfold and cover the cervix when you let go of it. 5. Slide your finger around the sponge to make sure it is in correct position. You should feel the nylon loop on the bottom. 6. The sponge can be inserted up to 24 hours before intercourse. 7. Leave the sponge in place 6-8 hours after sex. Do not leave the sponge in the vagina for more than 30 hours. 8. To remove the sponge, put a finger inside your vagina and through the loop. Pull the sponge out slowly and gently. Throw away in the trash (not the toilet). 9. Once you remove the sponge, it cannot be used again. 	<p>The sponge is made of solid polyurethane foam and contains spermicide. It is soft, round, and about two inches in diameter. It has a nylon loop attached to the bottom for removal.</p> <p>The sponge is first moistened with water and then inserted into the vagina before vaginal sex. It covers the cervix to block sperm from entering the uterus. It also continuously releases spermicide.</p>	<p>Some people are allergic to spermicide. If you are allergic to spermicide, it can be irritating, and cause discomfort during sex. It can also cause abrasions (tiny cuts), increasing the risk of STIs/HIV. Spermicide should never be used with anal sex. It can be extremely irritating to the anus, and make the tissue more prone to tearing. Only use the sponge with vaginal sex.</p>
<p>Emergency Contraception (EC, Morning After Pill) 89% Effective</p> 	<p>Emergency contraception can be taken up to five days after unprotected sex. However, the sooner you take it, the more effective it will be.</p> <ol style="list-style-type: none"> 1. To use emergency contraception: take the first pill within 3 days of unprotected sex, and take the second pill 12 hours later. If taken within 3 days after unprotected sex, it is up to 89% effective. <p>***Emergency contraception is not an abortion pill. This contraceptive will not cause an abortion. If you are already pregnant, it will not cause any harm to the fetus.</p>	<p>Emergency contraception works by preventing ovulation (the release of an egg), preventing fertilization, or preventing implantation.</p>	<p>Side effects include nausea, stomach pain, headache, dizziness, or breast tenderness. Some women have menstrual changes such as spotting or bleeding before their next period. Some women may have a heavier or lighter next period, or a period that is early or late.</p>
<p>Fertility Awareness Method 80-98% Effective</p> 	<p><u>Natural Family Planning is a method that depends on charting a woman's fertility pattern. There are three main ways:</u></p> <p>Calendar method: Chart your menstrual cycles on a calendar. 80-91% Effective</p> <ol style="list-style-type: none"> 1. You may be able to predict ovulation if your periods are the same every month. 2. You must abstain or use a barrier method during your "unsafe days." 3. It is best not to rely on this method alone, especially if your cycle varies from month to month. <p>Body Temperature: Take your temperature every morning before getting out of bed. 80-98% Effective</p> <ol style="list-style-type: none"> 1. A woman's temperature rises between 0.4°F and 0.8°F on the day of ovulation. It remains at that level until the next period. 2. You must abstain from vaginal intercourse or use a barrier contraceptive during this time to avoid pregnancy. <p>Cervical mucus pattern: Observe the changes in your cervical mucus. 80-97% Effective</p> <ol style="list-style-type: none"> 1. Normally cloudy, tacky mucus will become clear and slippery in the few days before ovulation. 2. It also will stretch between the fingers. When this happens you are in your most fertile phase. 3. You must abstain from vaginal intercourse or use a barrier contraceptive during this time to avoid pregnancy. 	<p>NFP works by charting the patterns of a woman's cycle to determine fertile and less fertile days. To avoid pregnancy, abstain from sex or use another birth control method during the fertile ("unsafe") days.</p>	<p>Must be carefully monitored every day.</p>
<p>Intrauterine Device (IUD) 99-99.9% Effective</p> 	<p>IUDs are small, "T-shaped" contraceptive devices made of flexible plastic. There are two types of IUDs: ParaGard (Copper T 380A) — contains copper and can be left in place for 12 years. Mirena — continuously releases a small amount of the hormone progestin, and is effective for five years.</p> <p>IUDs are available by prescription only. A woman and her clinician decide which is the right type for her, and the clinician inserts it in her uterus to prevent pregnancy.</p> <p>A woman must remember to have the IUD removed after the recommended number of years. A woman must return to her clinician to have the IUD removed, and must not try to remove it herself, or have a partner remove it for her.</p>	<p>Both IUDs work by preventing sperm from joining with an egg by affecting the way sperm move. The hormone in Mirena increases effectiveness. It thickens cervical mucus, which provides a barrier that prevents sperm from entering the uterus. It also prevents some women's ovaries from releasing eggs. IUDs also alter the lining of the uterus.</p>	<p>Menstrual cramps, backaches, spotting between periods. ParaGard may cause a 50 to 75 percent increase in menstrual flow. Possible complications: expulsion: occasionally, the IUD will partially or completely slip out of the uterus; perforation: very rarely, the IUD is pushed through the wall of the uterus during insertion; infection: pelvic infection associated with IUD use is rare.</p>