

Do not use period cups if you have an IUD, or the IUD may dislodge.

- Can cause cramps and heavier periods.
- 5 days after sex.
- Can be used as emergency contraception up to 5 days after sex.
- Copper is also a spermicide.
- Prevents the implantation of the fertilized egg.
- Up to 12 yrs | >99% effective

NON-HORMONAL COPPER IUD (PARAGUARD)

- Can improve cramps, cause lighter/no periods.
- Can improve cause irregular/no periods. May cause mood changes.
- Can improve cramps, cause irregular/no periods. May cause mood changes.
- >99% effective
- Up to 5 yrs
- Up to 12 yrs | >99% effective
- Hormonal
- Hormonal
- Hormonal
- Hormonal

LONG-ACTING REVERSIBLE CONTRACEPTIVES (LARCS)

- Hormonal IUD (INTRA-UTERINE DEVICE) (P)
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HORMONAL CONTRACEPTIVES

Hormonal contraceptives prevent or delay ovulation using progesterin (P) and estrogen (E).

BIRTH CONTROL PILL (P+E)

- Taken every day
- 99% effective w/ perfect use
- 93% effective w/ typical use
- Can improve acne, PMS symptoms, make periods less painful.
- May cause nausea, headaches, changes in mood, weight, or sex drive.

BIRTH CONTROL RING (P+E)

- Replaced yearly (Annovera) or monthly (NuvaRing)
- 99% effective w/ perfect use
- 93% effective w/ typical use
- Small, bendable ring inserted into vagina.
- Can make periods less painful; may increase discharge.

BIRTH CONTROL PATCH (P+E)

- Changed every week
- 99% effective w/ perfect use
- 93% effective w/ typical use
- Potentially unsafe and ineffective for ppl >198 lbs.
- Makes periods less painful.
- Skin under patch can get irritated, higher risk of blood clots.

- Use every time one has penis-in-vagina (PIV) sex
- 84% effective w/ perfect use
- 83% effective w/ typical use
- Silicone cup inserted into the vagina, along with spermicide, before PIV sex.
- Does not protect against STIs.

DIAPHRAGM

- Good for folks with latex allergies.
- Need prescription — can be harder to get.
- 79% effective w/ typical use
- 95% effective w/ perfect use
- 87% effective w/ typical use
- 98% effective w/ perfect use

INTERNAL CONDOM (FC2)

Protect against STDs.

EXTERNAL CONDOM

Barrier methods block sperm from getting to eggs. All are hormone-free.

BARRIER METHODS

- Getting a non-hormonal/copper IUD or a hormonal IUD with 52mg of levonorgestrel (LILETTA or Mirena) inserted within five days of unprotected sex is over 99% effective at preventing pregnancy — the most effective.

IUD AS EMERGENCY CONTRACEPTION

- Must be taken within 120 hours (5 days) after unprotected PIV sex. The sooner it is taken, the more effective it is.
- Over-the-counter brands: Plan B, One Step, Take Action, My Way, etc. These may not be as effective in people who weigh 165 lbs. or more.
- Prescription brand: ella. Better option than over-the-counter EC pills for people who weigh 165-194 lbs, but may not work for people who weigh over 195 lbs.

EMERGENCY CONTRACEPTION

THE "MORNING AFTER PILL"

- Usually for abortions after 14 weeks.
- Cervix is dilated (which may have to happen overnight), and a combination of suction and medical tools remove the pregnancy.

DILATION & EVACUATION (D&E) ABORTION

- 10-15 minute procedure using a thin tube attached to a suction device to empty the uterus.

ASPIRATION ABORTION

- One can use a combination of mifepristone and misoprostol, or misoprostol on its own.
- Mifepristone blocks the hormone progesterone, which is needed to maintain a pregnancy, causing the uterine lining to break down. Misoprostol causes the cervix to soften and dilate and the uterus to contract to expel the contents inside.
- Pills can be administered at a clinic or ordered online (self-managed abortion).

MEDICATION ABORTION

ABORTION OPTIONS

STERILIZATION

- >96% effective. Does not protect against STIs.
- Permanent birth control, for people who are sure they will never want to get pregnant or get someone else pregnant.
- For people with a uterus, ovaries, and fallopian tubes (**tubal ligation**) and for people with testicles and a penis (**vasectomy**).

OTHER OPTIONS

SPERMICIDE

- Creams, gels, etc. inserted into the vagina before sex.
- 84-93% effective w/ perfect use
- 79-86% effective w/ typical use
- Can increase risk of STIs, irritation, and infections

PULLING OUT

- 96% effective w/ perfect use
- 80% effective w/ typical use

Trans folks on testosterone (T) can safely use any birth control they'd like. Some may cause less dysphoria than others.

A TINY GUIDE TO CONTRACEPTION OPTIONS



A zine by NYC for Abortion Rights
This is not medical advice.

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For a comprehensive guide to contraceptive options, visit bedsider.org

INTRODUCTION

Contraceptives intervene at different stages of the reproductive cycle to prevent/end pregnancy and/or manage periods. Certain methods also protect against sexually transmissible infections (STIs).

YOU DESERVE TO:

- Say NO to pressure and change your mind.
- Know the full pros/cons before choosing.
- Have pain management (ask for oral medications, numbing creams, lidocaine, injection medications, and/or sedation).
- Prioritize pleasure, not just pregnancy prevention.
- Try different contraceptive methods to find the one that feels best for you.
- Change or stop using a contraceptive method for any reason.

Contraception should empower, not control.

We acknowledge the history of birth control experimentation on Black and Indigenous people, particularly those of Borikén, and that BIPOC, queer/trans, and disabled communities were and continue to be subject to reproductive control and coerced into sterilization and contraceptive use.