More into at: youalwayshaveoptions.com

medical tools remove the pregnancy. overnight), and a combination of suction and Cervix is dilated (which may have to happen

Usually for abortions after 14 weeks.

NOITA08A DILATION & EVACUATION (D&E)



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

> **NOITROBA NOITAAI92A**



online (self-managed abortion). Pills can be administered at a clinic or ordered

uterus to contract to expel the contents inside. causes the cervix to soften and dilate and the the uterine lining to break down. Misoprostol which is needed to maintain a pregnancy, causing Mitepristone blocks the hormone progesterone,

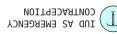
misoprostol, or misoprostol on its own. One can use a combination of mitepristone and







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



weigh over 195 lbs. 165-194 lbs, but may not work for people who over-the-counter EC pills for people who weigh · Prescription brand: ella. Better option than

effective in people who weigh 165 lbs. or more. Take Action, My Way, etc. These may not be as

 Over-the-counter brands: Plan B, One Step, more effective it is.

unprotected PIV sex. The sooner it is taken, the Must be taken within 120 hours (5 days) after

> "JJIG RETER THE "MORNING



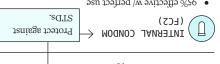
Does not protect against STIs.

- spermicide, before PIV sex. Silicone cup inserted into the vagina, along with
 - 83% ецестие м/ гургся изе

 - 84% effective w/ perfect use
- Use every time one has penis-in-vagina (PIV) sex



- Good for folks with latex allergies.
- Need prescription can be harder to get.
 - 79% ещестіле м/ турісаі изе
 - 62% ецестис м/ реглест изе



87% effective w/ typical use

98% ещеспие м/ реттест изе

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

CONDOW \ JANAETXE /

BARRIER METHODS

Can cause cramps and heavier periods. S days after sex.

• Can be used as emergency contraception up to Copper is also a spermicide.

Do not use period cups it you have an IUD, or the

- Prevents the implantation of the fertilized egg.
 - ∩b to 12 yrs | >99% effective

(DARAGOARD) (UI NON-HORMONAL COPPER

mood changes. periods. May cause cause irregular/no Can improve cramps,

әлізәізә %66< •

Up to 5 yrs

Hormonal

(9) (NONAJ9X3N)

TNAJ9MI

cramps, cause Can improve

lighter/no periods.

IUD may dislodge.

≥86% ещесцие λιε), Κγίες πα (5 γιε)

(3 Ales), Liletta (8 Mirena (8 yrs), Skyla

DEVICE) (P) **JNIABTU-AATNI**) HORMONAL IUD





STERILIZATION

- >99% 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.

APRIL 2025

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.

HORMONAL CONTRACEPTIVES

Hormonal contraceptives prevent or delay ovulation using progestin (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 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.



or sex drive.

BIRTH CONTROL RING (P+E)

BIRTH CONTROL

SHOT (P)

99% effective w/ perfect use

96% effective w/ typical use

Can decrease period volume.

May cause changes in

mood, weight, hair, skin,

Every 3 months

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.