

BIRTH CONTROL—

A short guide to exploring your many options

Because there are many options, please see your healthcare professional to discuss which birth control method is appropriate or right for you.

HORMONAL

NONHORMONAL

Birth Control	How to Use	Prescription Needed	Protects Against STDs
Monthly oral contraceptive (the Pill) 	Take 1 pill every day as directed	Yes	No
Extended-regimen oral contraceptive 	Take 1 pill every day for 3 months as directed	Yes	No
Patch 	Apply to skin and change weekly	Yes	No
Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days	Yes	No
Injection 	Get injections every 3 months	Yes. Injections given in healthcare professional's office or clinic	No
Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 5 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to 3 years	Yes. Implanted in healthcare professional's office or clinic	No
Spermicide 	Apply every time before sex	No	No
Diaphragm 	Insert every time before sex. Keep in place for 6 hours after sex	Yes	No
Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for 6 hours after sex	No	No
Cervical cap 	Insert every time before sex. Keep in place for 6 hours after sex	Yes	No
Female condom 	Insert every time before sex	No	Yes
Male condom 	Partner must wear every time during sex	No	Yes (latex or synthetic only)
Nonhormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Female sterilization ("tubes tied") or male sterilization (vasectomy) 	No action required after surgery	No. Performed surgically	No

EMERGENCY CONTRACEPTION

Plan B® One-Step (levonorgestrel) 1.5 mg, one tablet, one dose, is a backup method of contraception.

Please see reverse for more information about Plan B® One-Step.



TEVA WOMEN'S HEALTH