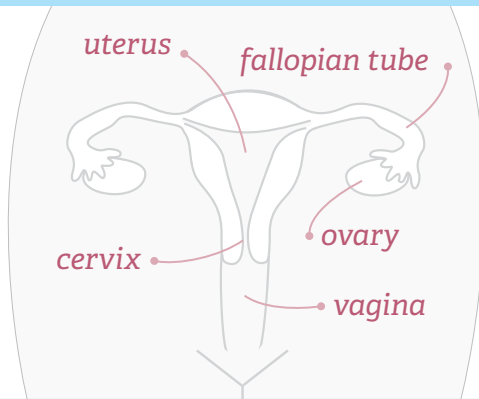


YOUR BODY + YOUR BIRTH CONTROL

YOUR BODY



vagina • connects your cervix and uterus with your outer body
 • where menstrual blood leaves your body
 • where the penis enters during vaginal intercourse

uterus • where your period starts
 • where pregnancy develops if your egg is fertilized by sperm
 • where an IUD would be placed

ovary • where your eggs are stored
 • produces hormones estrogen and progesterone

fallopian tube • passage that your egg travels from your ovary to your uterus

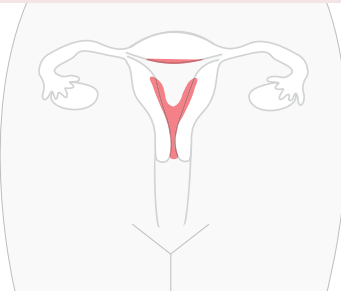
cervix • connects your uterus to your vagina

YOUR PERIOD (the menstrual cycle) your body preparing for a potential pregnant

Menstrual flow

what is going on?

what might happen?



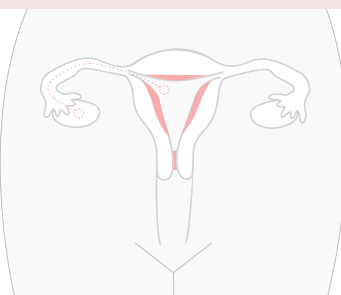
- your uterus develops a lining of tissue and blood every month to support a pregnancy if your egg is fertilized
- your period occurs when the broken down lining of your uterus flows out your body through your vagina

- tiredness
- cramping
- irritability
- breast tenderness
- bloating

Ovulation

what is going on?

what might happen?



- your ovary releases an egg which moves through the fallopian tube toward the uterus
- the lining of your uterus becomes thick for possible embedding of a fertilized egg

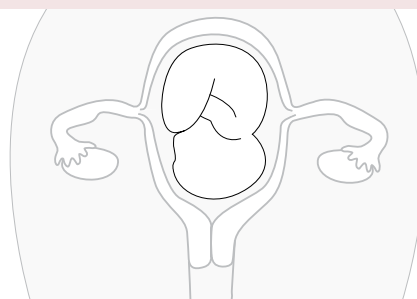
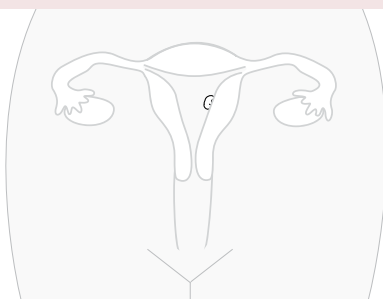
- higher energy
- increased and thickened of vaginal mucus

YOUR PREGNANCY how your body changes

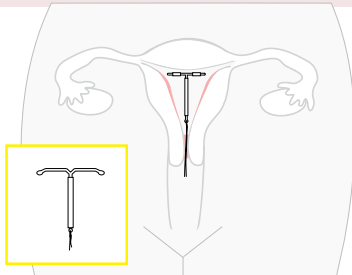
1st trimester

2nd trimester

3rd trimester



Hormonal IUD



how does it work?

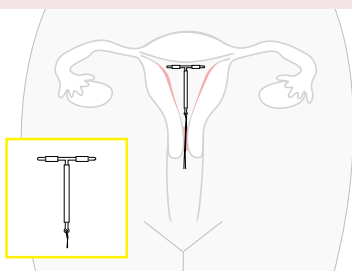
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus
- releases progestin

what might happen?

- **SHORT TERM:** some cramping after insertion / irregular spotting
- **LONG TERM:** lighter or no period
- **EXTRA:** over time, your period may stop completely

+99%*

Copper IUD



how does it work?

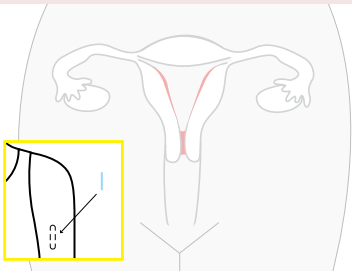
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus
- releases a small amount of copper

what might happen?

- **SHORT TERM:** some cramping after insertion / irregular spotting
- **LONG TERM:** most women have regular periods
- **EXTRA:** does not contain hormones

+99%*

The Implant



how does it work?

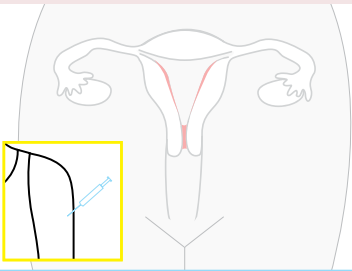
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus
- releases progestin

what might happen?

- **SHORT TERM:** irregular spotting
- **LONG TERM:** periods become light, or stop
- **EXTRA:** does not contain estrogen and your period may stop

+99%*

The Shot



how does it work?

- injection of progestogen into your arm
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

what might happen?

- **SHORT TERM:** irregular spotting
- **LONG TERM:** it's difficult to predict how your period would be effected
- **EXTRA:** does not contain estrogen

94%*

Combined Hormonal Options

how does it work?

what might happen?

- **The Pill** 91%*
- **Vaginal Ring** 91%*
- **The Patch** 91%*

- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

- **SHORT TERM:** breast tenderness, nausea and vomiting (stops quickly)
- **LONG TERM:** lighter periods

Barrier Options

how does it work?

what might happen?

- **Male Condom** 82%*
- **Female Condom** 79%*
- **Diaphragm** 88%*
- **Cervical Cap** 79-86%*

- keeps sperm from reaching your egg by creating a barrier

- **DIAPHRAGM AND CERVICAL CAP ONLY:** may cause vaginal irritation and may require use with spermicide (Nonoxynol-9) which may increase the risk of HIV and STDs

YOUR BIRTH CONTROL *most effective*

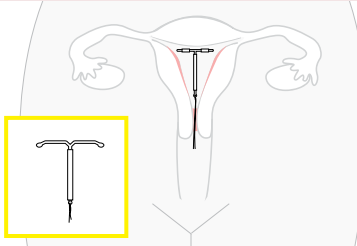
*effectiveness
with typical use

Hormonal IUD

how does it work?

what might happen?

+99%*



- releases progestin hormones
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

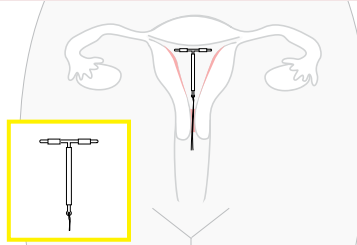
- **SHORT TERM:** some cramping after insertion / irregular spotting
- **LONG TERM:** lighter or no period
- **EXTRA:** over time, your period may stop completely

Copper IUD

how does it work?

what might happen?

+99%*



- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus
- releases a small amount of copper

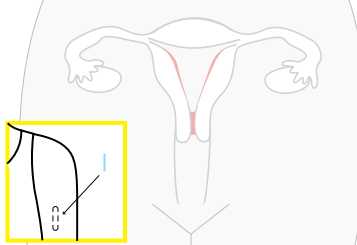
- **SHORT TERM:** some cramping after insertion / irregular spotting
- **LONG TERM:** most women have regular periods
- **EXTRA:** does not contain hormones

The Implant

how does it work?

what might happen?

+99%*



- a small rod inserted into your arm that releases progestin hormones
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

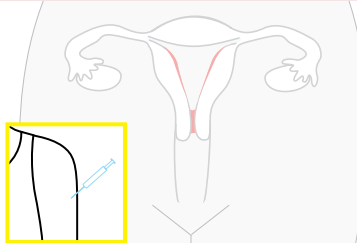
- **SHORT TERM:** irregular spotting
- **LONG TERM:** periods become light, or stop
- **EXTRA:** does not contain estrogen and your period may stop

The Shot

how does it work?

what might happen?

94%*



- injection of progestogen into your arm
- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

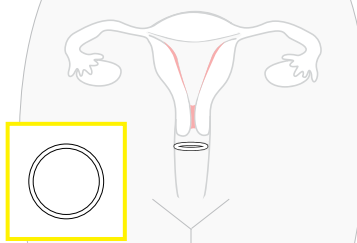
- **SHORT TERM:** irregular spotting
- **LONG TERM:** it's difficult to predict how your period would be effected
- **EXTRA:** does not contain estrogen

The Ring

how does it work?

what might happen?

91%*



- a flexible plastic ring you insert into your vagina / after three weeks you remove it for one week and have bleeding similar to regular period
- the ring releases hormones to stop your body from releasing an egg

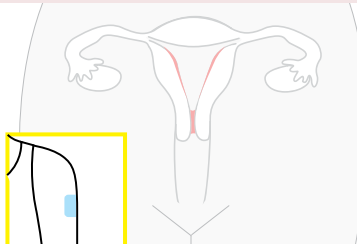
- **SHORT TERM:** breast tenderness, nausea and vomiting (stops quickly)
- **LONG TERM:** lighter periods
- **EXTRA:** long term use reduces your chance of cervical cancer

The Patch

how does it work?

what might happen?

91%*



- stops sperm from entering your uterus by thickening your cervical mucus
- stops egg from implanting by thinning the wall of your uterus

- **SHORT TERM:** breast tenderness, nausea and vomiting (stops quickly)
- **LONG TERM:** lighter periods
- **EXTRA:** long term use reduces your chance of cervical cancer