WHAT IS ALL THIS STUFF?

With so many different types of birth control out there, it's hard to keep 'em all straight. This little cheat sheet can help you learn about most of them, and then you and your doctor can decide what may work best for you.

Combination Pill[1]

Pill that contains 2 hormones—estrogen and progestin. The hormones in the Pill work by delaying the release of eggs from the ovaries. The Pill also thickens cervical mucus so sperm can't easily pass through.

Female Condom[1]

Plastic pouch inserted into the vagina with flexible rings at each end help it to stay in place during sex. It collects the sperm when a man ejaculates to keep it from entering the vagina and reaching an egg.

Male Condom[1]

Thin latex or plastic covering worn on an erect penis during sex. A condom collects the sperm when a man ejaculates to keep it from entering the vagina and reaching an egg.

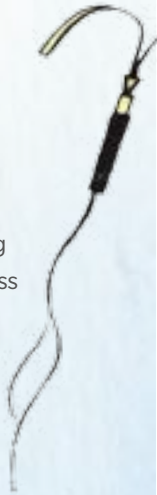
Ring[1]

Small flexible ring that's inserted into the vagina to release estrogen and progestin. These hormones keep the ovaries from releasing eggs and thicken cervical mucus so sperm can't easily pass through.

Spermicides[1]

Available in cream, film, foam, gel, or suppository form and inserted deep into the vagina. Spermicides contain a chemical that stops sperm from moving to keep them from joining an egg. Spermicides also block the opening to the uterus so that sperm can't reach an egg.

Intrauterine Device (IUD)[1]

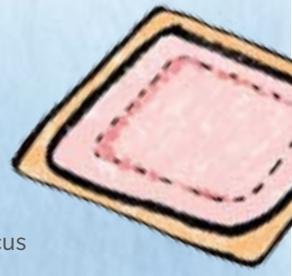


Small, T-shaped device inserted into the uterus by a healthcare provider. 2 types: 1 contains copper and 1 contains progestin, which keeps the ovaries from releasing eggs and thickens cervical mucus so sperm can't easily pass through. Both types change the lining of the uterus and affect the way sperm move to keep them from joining an egg.

Diaphragm[1]

Shallow, dome-shaped, latex cup with a flexible rim that must be fitted by a healthcare provider. It goes inside the vagina to cover the cervix, blocking the opening to the uterus so sperm can't reach an egg.

Patch[1]

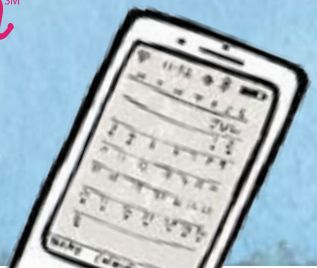


Thin plastic patch that sticks to the stomach, butt, or upper body to release estrogen and progestin. These hormones keep ovaries from releasing eggs and thicken cervical mucus so sperm can't easily pass through.

Shot (Injection)[1]

Shot that releases progestin into the body. Progestin works by keeping the ovaries from releasing eggs. The progestin in the shot also thickens cervical mucus so sperm can't easily pass through.

#ActuallySheCan℠



1. Hatcher RA, Trussell J, Stewart F, et al*Contraceptive Technology.* 18th ed. New York, NY: Ardent Media; 2004.

© 2016 Allergan. All rights reserved.
Allergan® and its design are trademarks of Allergan, Inc.
Lo Loestrin® and its design are registered trademarks of Warner Chilcott Company, LLC, an Allergan affiliate.
LOL105279 03/17