

contraceptive options

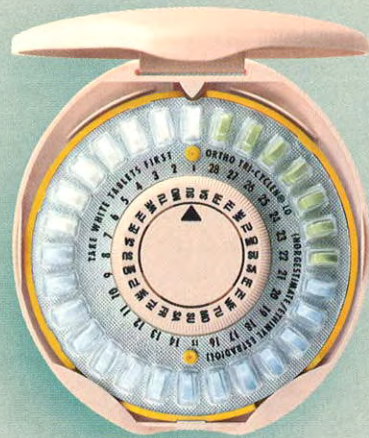
There are many birth control options available to suit personal preferences and lifestyles

HORMONAL CONTRACEPTIVES

Hormonal contraceptives work by preventing release of an egg from your ovaries so that fertilization does not occur. In addition, the cervical mucus may become thicker, making it more difficult for sperm to travel into the uterus and tubes. Finally, the uterine lining may also change, decreasing the chance of pregnancy.



Transdermal Contraception



Oral Contraceptive



Contraceptive Injections



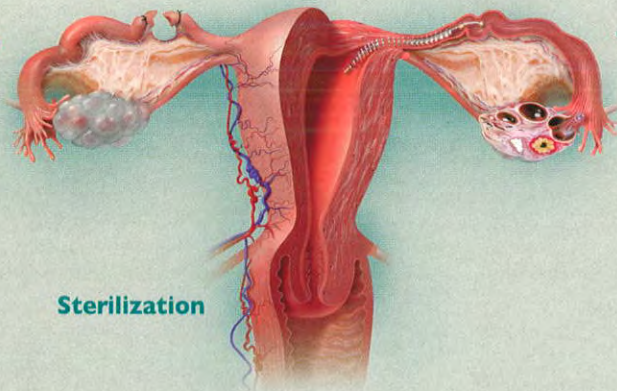
Progestin-Releasing Intrauterine System (IUS)



Vaginal Ring

PERMANENT METHODS

Tubal Ligation



Sterilization

Tubal Occlusion Device

Vasectomy



NONHORMONAL CONTRACEPTIVES

Nonhormonal contraceptives prevent pregnancy by

- Providing a barrier against sperm
- Interfering with sperm movement
- Creating a difficult environment for sperm to travel

These methods do not use hormones, so they do not interfere with your natural reproductive cycle.



Male Condom



Intrauterine Device (IUD)



Female Condom



Diaphragm



Cervical Cap



Spermicides



Contraception is most effective when the product is used exactly as directed.

For more information, visit www.orthowomenshealth.com