

## Short-Acting Reversible Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



	INJECTION	PROGESTIN PILL	COMBINED PILL	PATCH	RING
<b>How is it used?</b>	A health care provider gives you a shot in your arm or buttock <sup>1,2</sup>	You swallow a small pill <sup>1</sup>	You swallow a small pill <sup>3</sup>	You stick a small, thin patch on your body <sup>3</sup>	You put a flexible, plastic ring in your vagina <sup>3</sup>
<b>How often?</b>	Every 13 weeks <sup>1</sup>	Every day at the same time <sup>1</sup>	Every day at the same time <sup>3</sup>	Every week <sup>3</sup>	Every 4 weeks <sup>3</sup>
<b>How does it work?</b>	Releases progestin <sup>1</sup>	Releases progestin <sup>1</sup>	Releases progestin and estrogen <sup>3</sup>	Releases progestin and estrogen <sup>3</sup>	Releases progestin and estrogen <sup>3</sup>
<b>When does it start working?</b>	Immediately or after 7 days (depends on when you get the first shot) <sup>4</sup>	Immediately or after 2 days (depends on when you start taking the pill) <sup>4</sup>	Immediately or after 7 days (depends on when you start taking the pill) <sup>4</sup>	Immediately or after 7 days (depends on when you start using the patch) <sup>4</sup>	Immediately or after 7 days (depends on when you start using the ring) <sup>4</sup>
<b>How many people become pregnant in the first year?</b>					
Not always following the instructions:	6 in 100 people <sup>5</sup> ●○○○○○○○○○	9 in 100 people <sup>5</sup> ●○○○○○○○○○	9 in 100 people <sup>5</sup> ●○○○○○○○○○	9 in 100 people <sup>5</sup> ●○○○○○○○○○	9 in 100 people <sup>5</sup> ●○○○○○○○○○
Always following the instructions:	Fewer than 1 in 100 people <sup>5</sup> ○○○○○○○○○	Fewer than 1 in 100 people <sup>5</sup> ○○○○○○○○○	Fewer than 1 in 100 people <sup>5</sup> ○○○○○○○○○	Fewer than 1 in 100 people <sup>5</sup> ○○○○○○○○○	Fewer than 1 in 100 people <sup>5</sup> ○○○○○○○○○
<b>What are some of the side effects?</b>					
Unscheduled spotting or bleeding?	Possible <sup>1,4</sup>	Possible <sup>1</sup>	Possible, usually improves over time <sup>3</sup>	Possible, usually improves over time <sup>3</sup>	Possible, usually improves over time <sup>3</sup>
Heavy or prolonged bleeding?	Possible <sup>4</sup>	Possible <sup>1</sup>			
Fewer or no periods?	Possible <sup>1,4</sup>	Possible <sup>1</sup>			
Other side effects (e.g., nausea, headaches, breast tenderness)?		Possible <sup>1</sup>	Possible <sup>3</sup>	Possible <sup>3</sup>	Possible <sup>3</sup>
Bone loss?	Possible, usually improves when you stop getting the shot <sup>1</sup>				
Skin irritation?				Possible <sup>3</sup>	
Vaginal irritation or discharge?					Possible <sup>3</sup>
<b>Does it protect against sexually transmitted infections (STIs)?</b>	No <sup>6</sup>	No <sup>6</sup>	No <sup>6</sup>	No <sup>6</sup>	No <sup>6</sup>

This decision aid is for use only during a visit with your health care provider. It is not intended to give you medical advice or recommend a birth control method. For more information, including authors, information sources, and terms of use, see [www.rightforme.org/decision](http://www.rightforme.org/decision)

Version 1.1



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## Supporting Document

Version: 1.1

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### Notes:

- This decision aid includes a statement about the general safety of the birth control methods described. The *U.S. Medical Eligibility Criteria for Contraceptive Use*<sup>7</sup> and published updates<sup>8,9</sup> provide guidance on who can safely use each birth control method and may be used to facilitate the provision of individualized information on method safety.
- For the Injection, 12-month typical-use and perfect-use effectiveness data are for Depo-Provera®. For the Patch, 12-month typical-use and perfect-use effectiveness data are for Ortho Evra®. For the Ring, 12-month typical-use and perfect-use effectiveness data are for NuvaRing®.
- To enhance comprehension, 12-month typical-use and perfect-use effectiveness data are displayed both using raw numbers ("X in 100 people") and using a visual aid based on the following:

- Less than 1%: ○○○○○○○○○○
- 1% to 9%: ●○○○○○○○○○
- 10% to 19%: ●●○○○○○○○
- 20% to 29%: ●●●○○○○○○○

### Information Sources:

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