

	Abstinence	Sponge with Spermicide	Condoms	Female Condom	Diaphragm / Cervical Cap	Implantable Contraceptive (Implanon)	Depo-Provera
What is it?	<ul style="list-style-type: none"> Not having sex 	<ul style="list-style-type: none"> A disc shaped object that contains sperm-killing chemicals 	<ul style="list-style-type: none"> Rubber (latex) or natural skin cover rolled on penis before sex 	<ul style="list-style-type: none"> A thin, strong plastic pouch placed in vagina before sex 	<ul style="list-style-type: none"> A thin rubber cup that holds sperm-killing cream or jelly. Placed in vagina before sex. 	<ul style="list-style-type: none"> The implant is a matchstick-sized rod that contains a hormone. 	<ul style="list-style-type: none"> A small dose of hormone injected into the female's arm
How does it work?	<ul style="list-style-type: none"> Egg and sperm are not present; therefore, a female cannot get pregnant. 	<ul style="list-style-type: none"> Kills sperm because the object is placed inside the vagina before the penis enters it. 	<ul style="list-style-type: none"> Catches semen and keeps it from getting inside the female. Condom must be put on before penetration and held when male pulls out of female's vagina. 	<ul style="list-style-type: none"> Closed end of the pouch placed inside the vagina prevents sperm from entering the cervix. 	<ul style="list-style-type: none"> Prevents sperm from getting into fallopian tubes. Sperm-killing cream/jelly is placed in diaphragm and can be put into vagina up to 2 hours before sex. 	<ul style="list-style-type: none"> Inserted on the underside of the upper arm and is effective for up to 3 years. 	<ul style="list-style-type: none"> Hormones prevent female's ovaries from releasing egg and/or makes it hard for sperm to swim into fallopian tubes
Advantages	<ul style="list-style-type: none"> 100% effective against pregnancy Allows relationship to grow without sex Eliminates risk of STIs/STDs including HIV/AIDS 	<ul style="list-style-type: none"> Easy to get Easy to use 	<ul style="list-style-type: none"> Easy to get Easy to use Reduces risk of STIs/STDs 	<ul style="list-style-type: none"> Easy to get No physical side effects May reduce the risk of STIs/STDs Another option for those whose partners won't or can't use male condoms 	<ul style="list-style-type: none"> Reusable Works if couple wants to have sex more than one time in 24 hours-- if more sperm-killing cream/jelly is put inside diaphragm. 	<ul style="list-style-type: none"> Highly effective Does not interrupt sex Reversible 	<ul style="list-style-type: none"> One injection works for 3 months Does not interrupt sex
Downsides	<ul style="list-style-type: none"> Can be hard to do all the time Requires will power 	<ul style="list-style-type: none"> Must leave sponge in place at least 6 hours after having sex Must take out sponge within 30 hours of putting it in It may not work as well for women who have given birth Does not protect against STIs/STDs 	<ul style="list-style-type: none"> Condom may break if not used right Natural skin condoms will not protect against STIs/STDs 	<ul style="list-style-type: none"> Need to practice insertion Need to make sure it is placed inside the vagina correctly 	<ul style="list-style-type: none"> Must be refitted with weight gain or loss May be hard to insert 	<ul style="list-style-type: none"> Not recommended for smokers Possible complications with removal May be less effective in women who are overweight 	<ul style="list-style-type: none"> No protection against STIs/STDs and HIV
Side Effects	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Possible irritation Although rare, if kept in place longer than 24-30 hours, there is risk of Toxic Shock Syndrome 	<ul style="list-style-type: none"> Possible irritation for male or female – Changing brands may help 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> May cause bladder infections Possible irritation – Changing brands may help. 	<ul style="list-style-type: none"> May experience irregular periods 	<ul style="list-style-type: none"> May cause irregular bleeding May cause similar side effects as the birth control pill
Where You Can Get It	<ul style="list-style-type: none"> It is always a choice. May need to work on refusal skills. 	<ul style="list-style-type: none"> Drug or grocery stores. 	<ul style="list-style-type: none"> Drug or grocery stores, CCDPH clinics, and vending machines. 	<ul style="list-style-type: none"> Drug or grocery stores 	<ul style="list-style-type: none"> Must be fitted by a doctor in CCDPH clinics or in a private office. 	<ul style="list-style-type: none"> Your healthcare professional inserts and removes the implant. Not available in CCDPH clinics. 	<ul style="list-style-type: none"> Must be prescribed by a doctor in CCDPH clinics or a private office.
Effects on Sex	<ul style="list-style-type: none"> May allow relationship to grow without some of the stresses that sex can add 	<ul style="list-style-type: none"> Must take time to insert before having sex 	<ul style="list-style-type: none"> Must stop for male or female partner to put condom on penis May help male to stay erect longer Made for one-time use only 	<ul style="list-style-type: none"> Can be put inside vagina before sex Allows both partners to move freely during sex Made for one-time use only 	<ul style="list-style-type: none"> Can have repeated sex if more sperm-killing cream/jelly is inserted while diaphragm is in. Must leave in for 6 hours after sex. 	<ul style="list-style-type: none"> No interruptions but does not protect you from sexually transmitted infections. 	<ul style="list-style-type: none"> Does not interrupt sex

STIs/STDs (Sexually Transmitted Infections/Sexually Transmitted Diseases); HIV (virus that causes AIDS)

Know Your Choices for Birth Control

	Birth Control Pills	Ring	Patch	I.U.D (Intrauterine Device)	Natural Family Planning	Spermicides	Sterilization (Females/Males)
What is it?	<ul style="list-style-type: none"> A pill containing hormones that a female takes each day at same time 	<ul style="list-style-type: none"> A ring inserted into the vagina for three (3) weeks that releases hormones 	<ul style="list-style-type: none"> A patch placed on skin once a week for three weeks that releases hormones 	<ul style="list-style-type: none"> Small plastic object with copper or hormones that is put in a female's uterus by a doctor 	<ul style="list-style-type: none"> A way to predict the female's most fertile time 	<ul style="list-style-type: none"> Sperm-killing chemicals put inside the vagina before sex 	<ul style="list-style-type: none"> A medical procedure performed by a doctor so that pregnancy cannot happen
How does it work?	<ul style="list-style-type: none"> Hormones prevent female's ovaries from releasing egg and/or makes it hard for sperm to swim into fallopian tubes 	<ul style="list-style-type: none"> Hormones prevent female's ovaries from releasing egg and/or makes it hard for sperm to swim into fallopian tubes 	<ul style="list-style-type: none"> Hormones prevent female's ovaries from releasing egg and/or makes it hard for sperm to swim into fallopian tubes 	<ul style="list-style-type: none"> Exact way it works is not known. 	<ul style="list-style-type: none"> Female keeps track of her periods and body fluids to tell fertile time and avoids having sex at this time. 	<ul style="list-style-type: none"> Kills sperm because chemicals are placed inside the vagina before the penis enters it. 	<ul style="list-style-type: none"> Females – Fallopian tubes are cut or a tube is inserted Males – Vas deferens are cut so sperm can't be released
Advantages	<ul style="list-style-type: none"> May result in lighter, more regular periods May protect against some forms of cancer Does not interrupt sex 	<ul style="list-style-type: none"> No daily pill to take Does not interrupt sex 	<ul style="list-style-type: none"> No daily pill to take Does not interrupt sex 	<ul style="list-style-type: none"> Once put in, it needs to be checked monthly by user and replaced every 5-10 years based on type Does not interrupt sex 	<ul style="list-style-type: none"> Okay method for most religions Helps to tell fertile time if couple wants to get pregnant 	<ul style="list-style-type: none"> Easy to get Easy to use 	<ul style="list-style-type: none"> Procedure is considered highly effective Does not interrupt sex once person heals from operation
Downsides	<ul style="list-style-type: none"> Females who smoke are at risk for complications when taking pill No protection against STIs/STDs 	<ul style="list-style-type: none"> Some women may feel uncomfortable inserting ring into their vagina Ring may slip out Increases risk of stroke and heart attacks No protection against STIs/STDs and HIV 	<ul style="list-style-type: none"> Possible skin irritation from patch Increases risk of stroke and heart attacks No protection against STIs/STDs and HIV Less effective for women weighing more than 198 lbs. 	<ul style="list-style-type: none"> Not recommended for females who have not had children No protection against STIs/STDs and HIV 	<ul style="list-style-type: none"> Must take time each day to use method in a right way No protection against STIs/STDs 	<ul style="list-style-type: none"> Not very effective when used alone; Should be used with a condom Not effective form of protection against STIs/STDs Film/Suppositories must have time to melt. 	<ul style="list-style-type: none"> Procedure is considered permanent. Couple must be sure they do not want to get pregnant in future. No protection against STIs/STDs and HIV
Side Effects	<ul style="list-style-type: none"> May cause nausea, mood changes, bloating, or spotting b/w periods and in rare cases blood clots & liver/eye problems. 	<ul style="list-style-type: none"> Vaginitis or vaginal discomfort Hormone related side effects are few, but may include headaches, nausea, and breast tenderness 	<ul style="list-style-type: none"> Irritation and increased skin color under patch application site Breast tenderness, spotting, and painful menses especially during the first 2 cycles of use 	<ul style="list-style-type: none"> May cause infections Can cause heavier periods and cramping 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Possible irritation for male or female – Changing brands may help 	<ul style="list-style-type: none"> Possible complications from operation
Where You Can Get It	<ul style="list-style-type: none"> Must be prescribed by a doctor in CCDPH clinics or a private office. 	<ul style="list-style-type: none"> Must be prescribed by a doctor in CCDPH clinics or a private office. 	<ul style="list-style-type: none"> Must be prescribed by a doctor in CCDPH clinics or a private office. 	<ul style="list-style-type: none"> Must be inserted by a doctor. Ask at CCDPH clinics or a private office. 	<ul style="list-style-type: none"> Classes are available through naturalfamilyplanningchicago.com or Chicago Archdiocese (familyministries.org) 	<ul style="list-style-type: none"> Drug or grocery stores, CCDPH clinics Examples include: Foam, Film, Jelly, Suppositories, and Cream 	<ul style="list-style-type: none"> Must be performed by a doctor. Not available at CCDPH clinics.
Effects on Sex	<ul style="list-style-type: none"> Does not interrupt sex 	<ul style="list-style-type: none"> Does not interrupt sex 	<ul style="list-style-type: none"> Does not interrupt sex 	<ul style="list-style-type: none"> Does not interrupt sex 	<ul style="list-style-type: none"> Must be willing to not have sex or use another method during fertile time 	<ul style="list-style-type: none"> Must take time to insert and most effective if placed inside vagina close to time of having sex 	<ul style="list-style-type: none"> Operation does not affect sexual desire or ability Once done, does not interrupt sex

Emergency Birth Control Pills are available in CCDPH Family Planning Clinics. Ask the nurse or clinician about this option. Pills must be taken within 72 hours after unprotected sex.

District Office Phone Numbers – Call to schedule an appointment.

North Suburbs
847-818-2860
847-818-2023 TDD

West Suburbs
708-786-4000
708-786-4002 TDD

Southwest Suburbs
708-974-6160
708-974-6043 TDD

South Suburbs
708-232-4500
708-232-4010 TDD

