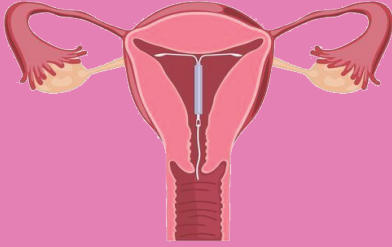


Birth Control Waiting Period

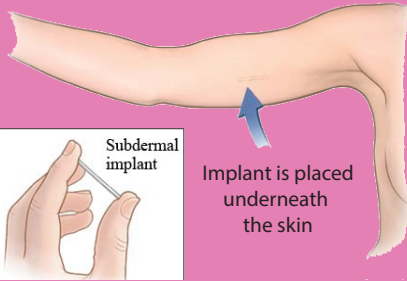
The Intrauterine Device (IUD)



The non-hormonal IUD is effective immediately after it's inserted.

The hormonal IUD is effective immediately if you get it inserted within 7 days of the start of your period. Otherwise it takes a little longer to become effective, so you should use a back-up method, such as condoms or internal condoms, for 7 days after insertion.

The Implant



Implant is placed underneath the skin

If you get an implant during the first 5 days of your period, you're protected from pregnancy right away.

If you get the implant at any other time in your cycle, use some other form of birth control (like condoms) during the first week. After that first week, the implant starts working and you're protected from pregnancy for up to 5 years.

The Shot



You can start using the birth control shot whenever you want. If you get your first shot within the first 7 days after the start of your period, you're protected from pregnancy right away. If you get it at any other time in your cycle, you need to use another form of birth control (like a condom) for the first week after getting the shot.

Choosing the Right Birth Control for YOU

Most Effective and Convenient



The Implant

99% Effective
Cost \$0 to \$1500
Lasts up to 5 years



IUD

99% Effective
Cost \$0 to \$1300
Lasts 3 to 12 years



Tubal Ligation

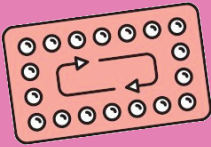
99% Effective
Cost \$0 to \$6000
Permanent



Vasectomy

99% Effective
Cost \$0 to \$1000
Permanent

What Works Okay



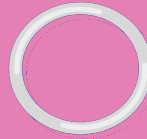
Birth Control Pill

91% Effective
Cost \$0 to \$50
Take daily



The Patch

91% Effective
Cost \$0 to \$150
Replace weekly



The Ring

91% Effective
Cost \$0 to \$200
Replace monthly



The Shot

94% Effective
Cost \$0 to \$100
Every 3 months

What Somewhat Works



Pullout Method

78% Effective
Cost \$0
Use everytime



Diaphragm/Cervical Cap

88% Effective
Cost \$0 to \$90
Use everytime



Condoms

95% Effective
Cost \$0 to \$10
Use everytime



Fertility Awareness

76% Effective
Cost \$0 to \$20
Use daily

