**Birth Control Options**

**Without hormones**

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CONDOMS

with or without spermicide

PARAGARD INTRAUTERINE DEVICE (IUD)

lasts 10 years, copper, inserted vaginally by your doctor

**With Hormones (estrogen and progestin)**

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BIRTH CONTROL PILLS

daily, by mouth

NUVARING

monthly, vaginally inserted at home

THE PATCH

weekly, on your skin

**With hormones (progestin only)**

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“MINI” BIRTH CONTROL PILLS

exactly same time daily, by mouth

MIRENA INTRAUTERINE DEVICE (IUD)

lasts 5 years, inserted vaginally by your doctor

NEXPLANON

lasts 3 years, implanted under the skin of your arm

DEPO PROVERA

every 3 months, injection

**Emergency Contraception**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLAN B PILL (levonorgestrel)

works up to 3 days after unprotected sex

ELLA PILL (ulipristal)

Works up to 5 days after unprotected sex

*Northwestern Women’s health Associates*

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