

CHOOSING BIRTH CONTROL AND CONDOMS



WHEN CAN I START USING BIRTH CONTROL?

You can start or switch at any time, including any time during your menstrual cycle, and right after giving birth or having an abortion.

WHERE CAN I GET IT?

You can get birth control at health centers, family planning clinics or through your health care provider. Health centers and family planning clinics also provide free condoms. Teens do not need permission to get birth control and other sexual health services.

HOW MUCH WILL I HAVE TO PAY?

Many health care providers offer free or low-cost birth control options – check with your insurance provider to see what's covered. You may also be eligible for the Medicaid Family Planning Benefit Program, a public health insurance program that pays for family planning services.

Call 1-800-541-2831 to find a place to enroll.

Search “Birth Control” at nyc.gov or call 311 to learn more, including where to get birth control.

For more information, visit bedsider.org or talk with a health educator at plannedparenthoodchat.org



Choose a birth control method that works for you. Know your options and pick one that fits your lifestyle.

There are many safe and effective methods that you can use to prevent pregnancy. Without birth control, more than 8 in 10 sexually active women will get pregnant. Condoms are the only birth control method that help prevent STIs, including HIV. Use a condom and another birth control method every time you have sex.



NON-HORMONAL IUD (COPPER)

Use up to 10 years
(Once inserted)



HORMONAL IUD

Use up to 3 to 5 years
(Once inserted)



IMPLANT

Use up to 3 years
(Once inserted)

99%+
effective at preventing
pregnancy

These methods can be removed at any time



SHOT (DEPO-PROVERA)

Use every 3 months



RING

Use every month



PATCH

Use every week



THE PILL

Use every day

91-94%
effective at preventing
pregnancy



DIAPHRAGM

Use every time
you have sex



CERVICAL CAP

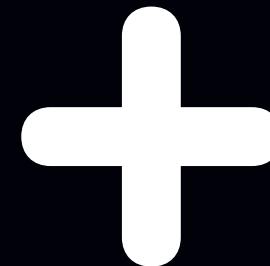
Use every time
you have sex



SPONGE

Use every time
you have sex

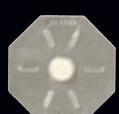
71-88%
effective at preventing
pregnancy



MALE CONDOM



FEMALE CONDOM



EMERGENCY CONTRACEPTION PILL

The emergency contraception pill can prevent pregnancy - it is NOT an abortion pill. Take it up to five days (120 hours) AFTER having unprotected sex, forgetting to use birth control, or having a condom break, leak or slip off. Buy it at a drugstore without a prescription, or get it at a clinic. The sooner you take it, the better it works.