

# Birth Control

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

*Birth control (contraception) is a way to prevent pregnancy. Learning about the different methods can help you make an informed decision about what's best for you.*

## Barrier Methods

**Barrier methods involve putting something between the sperm and the egg.**

The **male condom\*** is a thin rubber tube that fits over the penis during sex, forming a barrier to keep blood, semen or vaginal fluids passing from one person to. The **female condom** is a loose-fitting plastic pouch that lines the vagina.

- No prescription required
- Is 85% to 98% effective at preventing pregnancy when used properly (this rate improves when spermicide is also used)
- Protects against STIs

An **IUD (Intrauterine Device)** is a small plastic object, either wrapped in copper or containing the hormone progestin, that is inserted inside the uterus by a physician to prevent pregnancy.

- Must be inserted by a physician
- Is 96% to 99% effective at preventing pregnancy
- Does not protect against STIs

**Vaginal Contraceptive Film (VCF)** VCF is a square piece of thin film that releases a spermicide. The spermicide is designed to prevent pregnancy by killing sperm. It is inserted into a woman's vagina shortly before sexual intercourse and is effective for only a short period of time. It is most effective when used with a barrier method of birth control like a condom.

- No prescription required
- 98% effective at preventing pregnancy when used with a condom
- Offer limited protection against STIs, but do not protect against HIV transmission

The **ring\*** is a flexible two-inch ring inserted into the vagina once a month to prevent pregnancy.

- Requires a prescription
- Is 99% effective at preventing pregnancy when used correctly
- Offers no protection from STIs

The **sponge** is a small, soft, bowl-shaped piece of synthetic sponge with a loop attached that contains a spermicide. It blocks, absorbs and kills sperm.

- Does not require a prescription
- Is 70% to 91% effective at preventing pregnancy
- Offers some limited protection against STIs, but does not protect against HIV transmission

## Hormonal Methods

**A hormonal method of birth control uses synthetic hormones to prevent pregnancy.**

The **pill\*** is a medication taken daily to prevent pregnancy.

- Requires a prescription
- Is 99% effective at preventing pregnancy when used correctly
- Does not protect against STIs

The **patch\*** is a contraceptive patch applied directly to the skin that delivers hormones into your bloodstream to prevent pregnancy.

- Requires a prescription
- Is 99% effective at preventing pregnancy when used correctly
- Does not protect against STIs

**Depo-Provera\*\*** is a hormone injection that prevents pregnancy for three months.

- Requires a clinic appointment every three months
- Is 97% to 99% effective at preventing pregnancy when used correctly
- Does not offer protection against STIs

**Emergency Contraception (Plan B),\*** also called the morning after pill, is a safe and effective way to prevent pregnancy up to five days after unprotected sex.

- Is available at pharmacies and Planned Parenthood Regina without a prescription
- Is 89% effective at preventing pregnancy when used correctly
- Does not protect against STIs

## Other Methods

**There are other methods out there you might hear other people talking about, but be informed before you try them.**

The **rhythm method or Fertility Awareness Method (FAM)** helps a woman know which days of the month she is most likely to get pregnant through charting physical changes. To be effective, it requires a woman not to have sex or to use a barrier method of birth control like a condom or diaphragm during her fertile time, approximately one-third of the month.

- Is 75% to 98% effective when practiced correctly
- Does not protect against STIs

There are other ways to express yourself sexually without having sexual intercourse or getting pregnant. These include kissing, touching and sexual play. You can't get pregnant doing these things, but you can get STIs, so still get tested on a regular basis.

\* You can get these at Planned Parenthood Regina. \*\*You can also get this at PPR but you need a prescription from PPR. No outside prescriptions.

## Planned Parenthood Regina

**THE SEXUAL HEALTH EDUCATION PLACE**

1431 Victoria Avenue, Regina, SK T: 306 522 0902

[www.plannedparenthoodregina.com](http://www.plannedparenthoodregina.com)

### HOURS

Monday, Tuesday	9–12	1–5
Wednesday, Thursday	9–12	1–7:30
Friday	9–12	1–5
Saturday	1–5	