
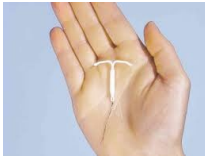

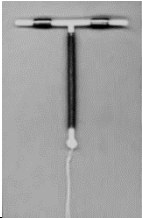





Postpartum Birth Control Options

METHOD	HOW IT IS USED	EFFECTIVENESS	MORE INFO
<p>Implant AKA Nexplanon</p> 	Inserted into your upper arm at the clinic	99.9%	<ul style="list-style-type: none"> - Can last up to 3 yrs, can be removed sooner if desired - Works by preventing ovulation - Low dose & estrogen free - causes irregular periods for many women
<p>Mirena IUD</p> 	Inserted into the uterus at the clinic	99.8%	<ul style="list-style-type: none"> - Lasts up to 5 yrs, may be removed sooner if desired - works by changing the uterine environment - Low dose & estrogen free - May illuminate your periods or cause irregular spotting
<p>Skyla IUD</p> 	Inserted into the uterus at the clinic	99.8%	<ul style="list-style-type: none"> - lasts up to 3 yrs but may be removed sooner if desired - works by changing the uterine environment - low dose & estrogen free - Causes lighter and possibly irregular periods
<p>Paragard IUD AKA Copper IUD</p> 	Inserted into the uterus at the clinic	99.2%	<ul style="list-style-type: none"> - Hormone free - Can last up to 10 yrs, but may be removed sooner if desired - may cause periods to be heavier or more painful
<p>Depo AKA The Shot</p> 	Shot provided in the clinic every 3 months	94%	<ul style="list-style-type: none"> -Estrogen-free -May cause irregular periods or no periods at all -May cause weight gain
<p>Mini Pill</p> 	Taken by mouth daily, prescription needed	91%	<ul style="list-style-type: none"> -Estrogen-free -Needs to be taken the same time every day -May cause irregular periods
<p>Condoms</p> 	Available at the clinic and over the counter	82-88%	Prevents STDs