IT'S NOT A MATTER OF LUCK!

WHICH CONTRACEPTIVE IS RIGHT FOR YOU?

FIU Healthy Living Program

FIU Student Affairs

Healthy Living Program
BEFORE YOU GET BUSY....

<table>
<thead>
<tr>
<th>Contraception</th>
<th>Pregnancy Prevention</th>
<th>Prescription/Doctor’s Visit Need</th>
<th>Protects Against STI’s</th>
<th>Can Be Used Ahead of Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hormonal</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Pill/Patch/Ring</td>
<td>90%</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>Hormonal IUD Implant</td>
<td>99%</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>The Shot</td>
<td>99%</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Non-Hormonal</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Condoms Female Condoms</td>
<td>80%</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Copper IUD</td>
<td>99%</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>Diaphragm</td>
<td>90%</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Spermicide</td>
<td>70%</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Fertility Awareness</td>
<td>75%</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>Sterilization</td>
<td>Almost 100%</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>70%</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
</tr>
<tr>
<td>Abstinence</td>
<td>100%</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

*Pregnancy and STI prevention depends on personal consistent and correct use.*
**Hormonal**

**The Pill/Patch/Ring**
- Release hormones to inhibit the body’s natural cyclical hormones to help prevent pregnancy
- Suppress ovulation, thicken the cervical mucus, and thin the lining of the womb
  - The Pill must be taken daily.
  - The Patch must be replaced weekly.
  - The Ring can be worn for 3 weeks.

**Hormonal IUD**
- Thickens cervical mucus and thins the lining of the uterus
- Can be worn for 3-5 years, depending on the type of IUD

**Implant**
- Releases a steady dose of hormones to thicken cervical mucus, thin the lining of the uterus, and can suppress ovulation
- Inserted under the skin and can be used for 3 years

**The Shot (Depo)**
- Suppress ovulation and thickens the cervical mucus
- Must be administered at a doctor’s office every 12 weeks

**Non-Hormonal**

**Male and Female Condoms**
- Available in latex and non-latex

**Copper IUD**
- Makes uterus and fallopian tubes produce fluid that kills sperm
- Can be worn for 10 years

**Diaphragm**
- Must be used with spermicide
- Can be inserted 6 hours prior to sex and must be left in for at least 6 hours afterward
- Can be worn up to 24 hours
- Spermicide must be reapplied every time before sex

**Spermicide**
- Kills sperm
- Available in jelly, foam, cream, suppositories, and film
- Spermicide must be reapplied every time before sex
- Provides poor protection against pregnancy itself - more effective when used with a barrier method

**Cervical Cap**
- Treated with spermicide
- Can be inserted before sex, and must be left in place 6 hours afterward
- Spermicide must be reapplied every time before sex
- Requires a doctor’s visit for fitting and another to ensure correct use
- Less effective for women who have had vaginal birth

**Fertility Awareness/Natural Family Planning**
- Involves monitoring fertile ovulation days, menstrual cycles, hormones, and cervical mucus
- Daily track necessary
- Not very effective when not used consistently, during stressful times, with irregular cycles, or with hormonal changes

**Sponge**
- Less effective for women who have had vaginal birth
- Treated with spermicide
- Available without a prescription
- Used only at a time of intercourse
- Must be used for every act of intercourse

**Sterilization**
- Performed in a doctor’s office, hospital, or outpatient surgical clinic
- Women: Tubal ligation or Essure
- Men: Vasectomy

**Abstinence**
- Only way to prevent pregnancy and STI’s 100%

**Withdrawal**
- Some ejaculate released before climax may contain sperm
- Time-sensitive
RESOURCES AT THE STUDENT HEALTH CENTER

Clinical Services
- Prescription Birth Control
- STI Testing

Healthy Living Program
- Sexual Health Consultation
- Condoms, Lube, Dental Dams
- Free, Confidential HIV Testing

For More Information
- 305-348-2401 ext. 5
  SHC 180 (MMC)
- 305-919-5307
  WUC 307 (BBC)

studenthealth.fiu.edu
hlpmmc@fiu.edu
hlpbbc@fiu.edu