

IT'S NOT A MATTER OF LUCK!



WHICH CONTRACEPTIVE IS RIGHT FOR YOU?



FIU | Student Affairs
Healthy Living Program



FIU Healthy
Living Program



FIUHLP

BEFORE YOU GET BUSY....

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



KEY

AVAILABLE AT SHC



***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

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

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



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

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