



Obstetrical  
**Gynecological**

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# BIRTH CONTROL FOR TEENS



OGA EDUCATIONAL SERIES



# WELCOME

Welcome to Obstetrical and Gynecological Associates (OGA). Thank you for choosing us for your care. We are women, mothers, sisters and daughters, just like you, so we understand your concerns and relate to your needs. Our mission is to always expect the best outcome while providing caring, competent and compassionate care.

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## BIRTH CONTROL FOR TEENS

### **What things should I think about when choosing a birth control method?**

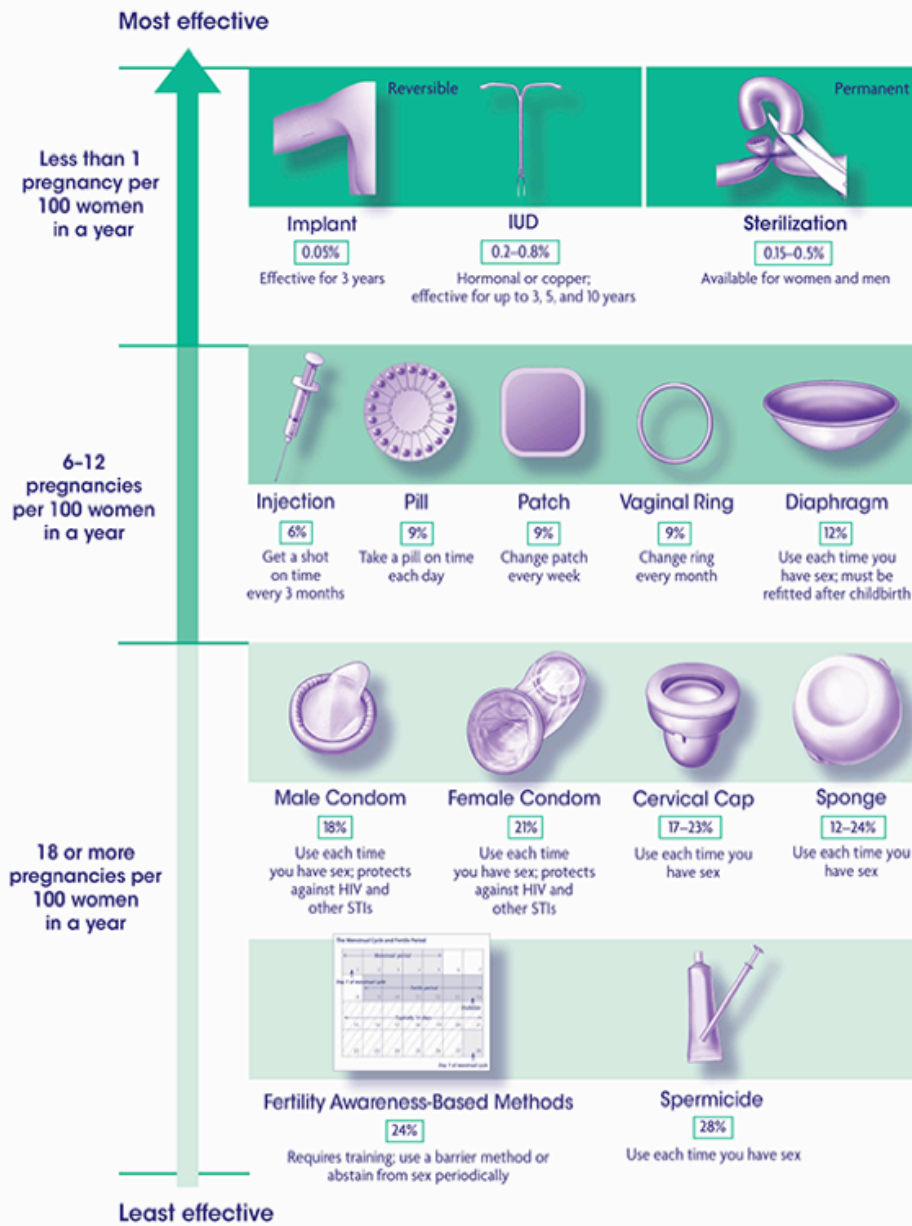
To choose the right birth control method for you, consider the following:

- How well it prevents pregnancy.
- How easy it is to use.
- Whether you need a prescription to get it.
- Whether it protects against sexually transmitted infections (STIs).
- Whether you have any health problems.

The chart below shows all of the birth control methods and how well they protect against pregnancy.



# Effectiveness of Birth Control Methods\*



Abbreviations: HIV, human immunodeficiency virus; IUD, intrauterine device; STIs, sexually transmitted infections.

\*Percentage of women who will become pregnant within the first year of typical use of the method

Other methods of birth control

Lactational amenorrhea method: This is a temporary method of birth control that can be used for the first 6 months after giving birth by women who are exclusively breastfeeding.

Emergency contraception: Emergency contraceptive pills taken or a copper IUD inserted within 5 days of unprotected sex can reduce the risk of pregnancy.

Withdrawal: The man withdraws his penis from the vagina before ejaculating; 22 out of 100 women using this method will become pregnant in the first year.

Adapted from the U.S. Department of Health and Human Services/Centers for Disease Control and Prevention; World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers [2011 update]. Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.

Designed as an aid to patients, this document sets forth current information and opinions related to women's health. The information does not dictate an exclusive course of treatment or procedure to be followed and should not be construed as excluding other acceptable methods of practice. Variations, taking into account the needs of the individual patient, resources, and limitations unique to the institution or type of practice, may be appropriate.



### **Which birth control methods also protect against sexually transmitted infections (STIs)?**

The male condom gives the best protection against some STIs, but not all. Human papilloma virus (HPV) and herpes virus (HSV) can still be transferred even with a condom. The female condom provides some protection. So with all other methods you also should use a male or female condom to protect against STIs.

### **What is the birth control pill?**

The birth control pill is a pill that you have to take every day at the same time each day. It contains hormones that prevent pregnancy. There are many types of birth control pills. A healthcare professional can help you choose the right one for you. If you miss a pill, you need to know what to do. Read the directions that came with your pack of pills. You also may want to contact your health care professional.



### **What is the skin patch?**



The patch is a small (1.75 square inch) adhesive patch that is worn on the skin. It contains hormones that are slowly released into your body through the skin. A new patch is worn for a week at a time for three weeks in a row. During the fourth week, a patch is not worn, and you will have your menstrual period.

### **What is the vaginal ring?**

The ring is a flexible plastic ring that you insert into the upper vagina. It releases hormones into your body. It is worn inside the vagina for 21 days and then removed for seven days. During those seven days, you will have your menstrual period. Then you insert a new ring.





### What is the birth control shot?

This shot is given in the upper arm or buttock every three months. It contains hormones that prevent pregnancy.



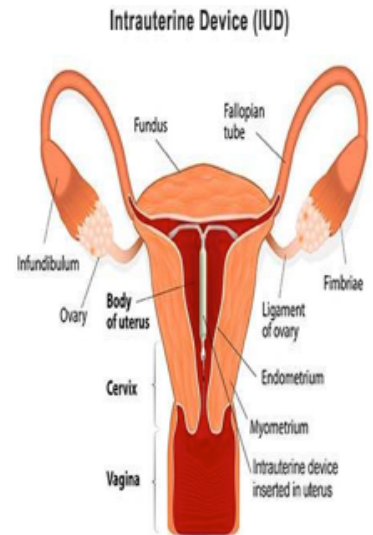
### What is the implant?



The implant is a small plastic rod about the size of a matchstick that a health care professional inserts under the skin of the upper arm. It releases a hormone that protects against pregnancy for three years.

### What is the intrauterine device (IUD)?

The intrauterine device (IUD) is a small, T-shaped, plastic device that is inserted and left inside the uterus. The IUD must be inserted and removed by a healthcare professional. Many types are available in the United States. Some contain a hormone and another is wrapped in copper wire but has no hormone. IUDs work to protect from pregnancy for a range of three to ten years, depending on the type.







### **What are spermicides?**

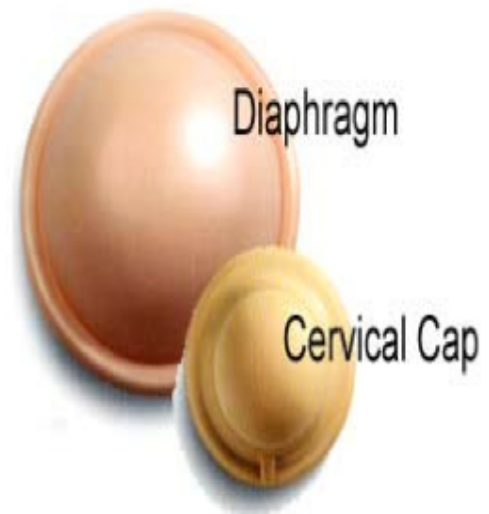
These are chemicals that are put into the vagina to make sperm inactive. There are many types of spermicides: foam, gel, cream, film (thin sheets), or suppositories (solid inserts that melt after they are inserted into the vagina).

### **What are condoms?**

Condoms come in male and female versions. The male condom (“rubber”) covers the penis and catches the sperm after a man ejaculates. The female condom is a thin plastic pouch that lines the vagina. It prevents sperm from reaching the uterus. Condoms work better to prevent pregnancy when used with a spermicide.

### **What is the diaphragm?**

The diaphragm is a small dome-shaped device made of latex or silicone that fits inside the vagina and covers the cervix. You need a prescription for it. A healthcare professional needs to do a pelvic exam to find the right size of diaphragm for you. It always is used with a spermicide.



### **What is the cervical cap?**

The cervical cap is a small, thin latex or plastic dome shaped like a thimble. It fits tightly over the cervix. You need a prescription for it. A healthcare professional needs to do a pelvic exam to find the right size for you. The cervical cap must be used with a spermicide.

### **What is the sponge?**



The sponge can be bought without a prescription at drugstores and other stores. It is a doughnut-shaped device made of soft foam that is coated with spermicide. It is pushed up in the vagina to cover the cervix.



### **What is emergency birth control?**

If you have sex without using any birth control, if the birth control method did not work (for instance the condom broke during sex), or if you are raped, you can use emergency birth control to try to prevent pregnancy. Emergency birth control is available in pill form or as a copper IUD. The pills must be taken or the IUD inserted within 5 days of having unprotected sex. The sooner you use emergency contraception after sex, the more likely it is to prevent pregnancy.

### **Where can I get emergency birth control?**

Progestin-only pills (Plan B, One-Step, My Way, One Dose, Take Action, and AfterPill) are available on pharmacy store shelves without a prescription to anyone of any age. If you need more information about emergency birth control, go to [www.acog.org/patients/faqs/emergency-contraception](http://www.acog.org/patients/faqs/emergency-contraception).

