

## Birth Control Options

Please review available contraceptive options and mark what you would like to discuss further.

- Bilateral Tubal Ligation
  - permanent sterilization-performed in the operating room
- \* Paragard IUD-intrauterine device-lasts 10 years
  - hormone free
  - Cycles may be heavier and crampier
- \* Mirena IUD-intrauterine device-lasts 5 years
  - Irregular bleeding for the first 6 weeks, may last 3-6 months. By the end of the first year cycles may be absent or very light
- \* Skyla IUD-intrauterine device-lasts 3 years
  - May have irregular spotting or bleeding at first. Cycles are usually lighter than normal but may be irregular
- \* Nexplanon-implanted in the upper inner arm-lasts 3 years
  - May have irregular bleeding that does not resolve-some people do not have cycles
- Combined Oral Contraception-pills with estrogen
  - Pill must be taken at a similar time daily
  - Not usually prescribed while breastfeeding
- Nuva Ring
  - Vaginal ring inserted once a month and removed for a monthly cycle
  - Not usually prescribed while breastfeeding
- Progesterone Only Pill
  - Pill must be taken at the same time daily
  - May cause more irregular bleeding than the combined oral contraceptive
- Condoms
  - Must be used correctly to avoid pregnancy
- Diaphragm
  - Device is fitted in the office
  - Must be used correctly to avoid pregnancy
- Natural Family Planning
  - May be unpredictable when breastfeeding
- Rely on significant other's vasectomy

\* A device with an \* by it indicates that it needs to be ordered. You will need to sign for the device and it may take up to 6 weeks to receive this device. Verification of benefits and precertification for this device will be obtained through your insurance company prior to ordering. Payment of any estimated out of pocket expenses will be due at the time of service. You should avoid sex for two weeks prior to insertion of a device. The provider may elect to reschedule your appointment if there is concern for pregnancy.

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Name printed

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Date of birth

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Signature

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Date