

Birth Control Methods

SAN FRANCISCO
HEALTH PLAN



Here for you

If you want to prevent a pregnancy, there are a lot of great birth control methods you can choose from. You can get family planning services with San Francisco Health Plan (SFHP) at no cost. This includes:

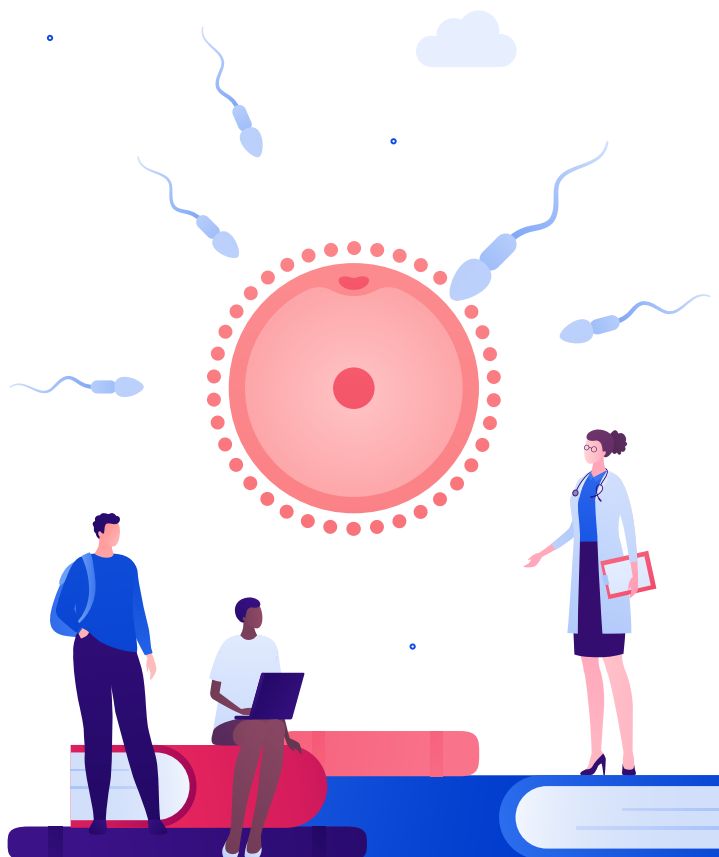
- Birth control
- Counseling
- Sterilization
- Abortion services
- Pregnancy testing and support

Talk with your Primary Care Provider* (PCP) about what birth control methods and services may work best for you.

**Your Primary Care Provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*



Birth Control Quick Facts



- **Most types of birth control are safe for most people to use.** Talk with your PCP about which methods might work for you.
- **Some birth control methods work better than others.** Some only work well if you use it the right way each time you have sex.
- **Birth control by itself does not protect you from sexually transmitted infections (STI).** Use condoms and dental dams to protect yourself from HIV and other STIs.
- **Had sex with no birth control?** You may still be able to prevent a pregnancy by using "Emergency Contraception." Learn more about **Emergency Contraception here.**



For more information call Customer Service at **1(415) 547-7800** or visit **sfhp.org/health-ed**
24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 **sfhp.org/teladoc**



Types of Birth Control



There are many types of birth control that you can choose from. You can use this **online tool** to help pick a method that is right for you.

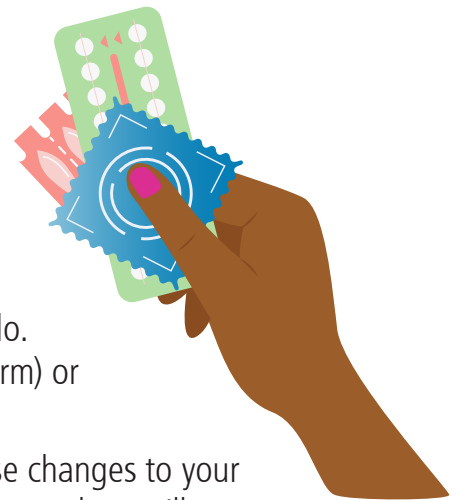
Think about what matters to you when choosing a method. Do you want a birth control that:

- Prevents pregnancy for a long time?
- Is easy to use?
- Helps with periods?
- Uses less or no hormones?
- Is easy to hide?

Talk with your PCP about which birth control method works best with your lifestyle.

There are 5 types of birth control methods

- 1. Long-acting reversible contraceptives (LARC)** work the best for people who want an effective choice for a long time. Once you get them, LARC birth controls work for years. These are also easy to undo if or when you want to get pregnant. You can get the hormonal intrauterine device (IUD), copper IUD, or implant.
- 2. Sterilization** is an effective method, and permanent. It is not easy to undo. Sterilization is either a vasectomy (cutting and sealing tubes that carry sperm) or tubal ligation (tying fallopian tubes).
- 3. Hormonal methods** work well when you use them right. They may cause changes to your period and other side effects. You can get these in the form of a shot, ring, patch, or pill.
- 4. Barrier methods** must be used each time you have sex to work well. How well these methods work depends on how you use them. Examples are contraceptive gel, internal condom, diaphragm, sponge, spermicides, and the cervical cap. Condoms and dental dams protect you from STIs.
- 5. Natural family planning methods** work based on how you use them. Examples are not having sex, withdrawal, or knowing when you are fertile.



Learn more about each birth control method with the chart on the next page, or visit **CDC** or **Family PACT**.

Types of Birth Control (continued)

Before starting or switching a birth control method, you must give informed consent to your provider. This means you know what options you have, how well they work, how they are used, and the most common side effects or risks. See the chart below to know your options. Talk with your provider about any questions before giving informed consent to start or switch birth control methods.

| Method | Typical Use Failure Rate** | Use | Possible Risks or Side Effects |
|-------------------------|----------------------------|--|--|
| LARC | | | |
| Implant | 0.1% | Placed inside uterus by provider. Lasts up to 3 years. | <ul style="list-style-type: none"> • Period changes • Mood swings • Weight gain • Headache • Acne |
| Hormonal IUD | 0.1%–0.4% | Placed inside uterus by provider. Lasts up to 8 years, based on type. | <ul style="list-style-type: none"> • Lighter or no periods • Spotting • Stomach or pelvic pain |
| Copper IUD | 0.8% | Placed inside uterus by provider. Lasts up to 12 years. | <ul style="list-style-type: none"> • Cramps • Heavy or longer periods • Spotting between periods |
| Sterilization | | | |
| Vasectomy | 0.15% | 1-time method. Permanent. | <ul style="list-style-type: none"> • Pain • Bleeding • Infection |
| Tubal Ligation | 0.5% | 1-time method. Permanent. | <ul style="list-style-type: none"> • Pain • Bleeding • Infection |
| Hormonal Methods | | | |
| The Shot | 4% | Shot in arm or buttocks every 3 months by provider. | <ul style="list-style-type: none"> • Spotting • Period changes • Headaches • Weight gain • Feeling dizzy • Feeling nervous • Stomach pain |
| The Ring | 7% | Put ring into the vagina yourself. Keep ring inside for 3 weeks, then take out for 1 week. | <ul style="list-style-type: none"> • Vaginal discharge • Irritation • Headache • Mood swings • Nausea • Tender breasts |

Types of Birth Control (continued)

| Method | Typical Use Failure Rate** | Use | Possible Risks or Side Effects |
|-------------------------------------|---|--|--|
| Hormonal Methods (continued) | | | |
| The Patch*** | 7% | Put on new patch each week for 3 weeks (21 days total). Don't put on patch for 4th week. | <ul style="list-style-type: none"> • Spotting • Nausea • Stomach pain • Tender breasts • Headache • Irritation |
| The Pill*** | 7% | Must swallow pill each day, sometimes the same time each day based on type. | <ul style="list-style-type: none"> • Spotting • Nausea • Tender breasts • Headache |
| Barrier Methods | | | |
| Condom | 13% | Must use each time you have sex. Protects against some STIs. | <ul style="list-style-type: none"> • Irritation • Allergic reaction |
| Diaphragm | 17% | Must use each time you have sex. | <ul style="list-style-type: none"> • Irritation • Allergic reaction • Urinary tract infection (UTI) |
| Cervical Cap | 17% | Must use each time you have sex. | <ul style="list-style-type: none"> • Irritation • Allergic reaction • Abnormal pap test |
| Contraceptive Gel | 21% | Must use each time you have sex. | <ul style="list-style-type: none"> • Irritation • Allergic reaction • UTI |
| Spermicides | 21% | Must use each time you have sex. | <ul style="list-style-type: none"> • Irritation • Allergic reaction • UTI |
| Internal Condom | 21% | Must use each time you have sex. Protects against some STIs. | <ul style="list-style-type: none"> • Pain when put in or during sex • Burning • Rash • Itching |
| Sponge | 14% if never had baby 27% if have had baby | Must use each time you have sex. | <ul style="list-style-type: none"> • Irritation |

Types of Birth Control (continued)

| Method | Typical Use Failure Rate** | Use | Possible Risks or Side Effects |
|--------------------------------|----------------------------|---|--------------------------------|
| Natural Family Planning | | | |
| Fertility Awareness | 2–23% | | |
| Other | | | |
| Emergency Contraception*** | | Take within 3 or 5 days after sex, based on type. | |

**Typical Use Failure Rate is the percent of people who may still get pregnant while using a birth control method.

***Based on type of prescription.

Get Sensitive Care with SFHP

Birth control services are part of “sensitive care.” This means if you are above the age of 18, you can choose any provider and go to them for birth control services without a referral or pre-approval (prior authorization). The provider or health center does not have to be part of the SFHP network.

If you are age 12–18, you can go to a doctor for birth control services without permission from your parent or guardian. You can also get care for sexual assault or rape. Minors can talk to someone in private about their health concerns

by calling the 24/7 SFHP Nurse Advice Line at **1(877) 977-3397**. Or you can use Teladoc® for a phone or video visit with a doctor at **1(800) 835-2362** or **online**.

For more details on benefits, please go to **SFHP**.



Sources:



“What Birth Control Method is Right for Me?”
California Family PACT
familypact.org



Birth Control Chart
U.S. Food and Drug Administration
fda.gov



Birth Control Methods & Options
Planned Parenthood
plannedparenthood.org



Contraception
Centers for Disease Control and Prevention
cdc.gov

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