











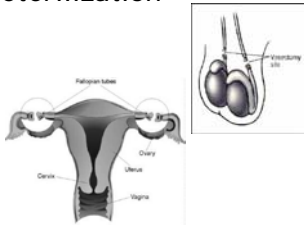



Birth Control Options

There are many different birth control options available today. All of these methods can help prevent pregnancy and some help protect against sexually transmitted infections (STI's). The chart below provides some basic information on the birth control methods currently available. Please discuss with your health care provider to determine which is best for you.

Hormonal Birth Control	How to Use	Effectiveness (Perfect Use)	Prescription Needed	Protects against STI's
Oral Contraceptive Pills (21 and 28 day packs) 	Take 1 pill every day as directed. A period occurs every 28 days	Approximately 99% Effective	Yes	No
Extended-Cycle Oral Contraceptive Pills 	Take 1 pill every day for 3 months as directed. A period occurs just 4 times per year.	Approximately 99% Effective	Yes	No
Contraceptive Patch 	Apply to skin and change weekly	Approximately 99% Effective	Yes	No
Vaginal Ring 	Insert monthly and leave in place for 21 days	More than 99% Effective	Yes	No
Injection (Depo Provera) 	Injections every 3 months	More than 99% Effective	Yes	No
IUD (hormonal) 	Inserted by a health care practitioner, can remain in place for up to 5 years	More than 99% Effective	Yes	No
Non-Hormonal Birth Control	How to Use	Effectiveness (Perfect Use)	Prescription Needed	Protects Against STI's
Spermicide 	Apply every time before sex	94% Effective	No	Some
Diaphragm 	Insert every time before sex	Up to 94% Effective when used with spermicide	Yes	Some, when used with spermicide
Cervical Cap 	Insert every time before sex	95% Effective	No	Some

Female Condom 	Insert every time before sex	95% Effective	No	Some
Male Condom 	Male partner must wear every time during sex	97% Effective	No	Yes
IUD (Copper) 	Inserted by a health care practitioner, can remain in place for up to 10 years	98.5% Effective	Yes	No
Female or Male Sterilization 	No action required after surgery	99.5% Effective (female) 99.9% Effective (male)	No	No
Emergency Contraception				
Emergency Contraceptive Pill 	Take first pill within 72 hours after unprotected sex or contraceptive failure. Take second pill 12 hours after first dose	89% Effective	No	No

Helpful Websites:

- Association of Reproductive Health Professionals
 - <http://www.arhp.org/Publications-and-Resources/Patient-Resources/Interactive-Tools/Choosing-a-Birth-Control-Method>
- Planned Parenthood
 - <http://www.plannedparenthood.org/health-topics/birth-control-4211.htm>
- Managing Contraception
 - <http://www.managingcontraception.com/index.php?go=choices>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 872-3250.



Millersville University Health Services
4 McCollough Street, Witmer Building
Millersville University, Millersville, PA 17551
(717) 872-3250

<http://www.millersville.edu/healthservices>