
Centre for Sexuality



Promoting Healthy Sexuality Through Counselling,
Education and Community Outreach

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CENTRE FOR SEXUALITY OFFERS FREE:

1. Birth control information and decision making support.
2. Pregnancy tests.
3. Condoms.
4. Support with how to ask your doctor questions and how to obtain the birth control of your choice.
5. Professional counselling in the areas of sexuality and sexual health, including, but not limited to:
 - Gender identity.
 - Sexual orientation (including coming out to your family).
 - Healthy sexuality after trauma.
 - Pregnancy (all options counselling).
 - Post abortion support.
 - Relationship counselling.

Please contact us to make an appointment.

BIRTH CONTROL

It's Your Choice

At Centre for Sexuality, we recognize that people of all genders and sexual orientation deserve information about safer sex. If you are in a relationship where you would like to prevent a pregnancy, or if you're looking for birth control options to help manage your period, this resource is for you.

HOW DOES PREGNANCY HAPPEN?

For pregnancy to happen there needs to be an egg from the body of a person with a vulva/vagina and sperm (ejaculate) from the body of a person with a penis.

Sexual activity that could cause a pregnancy includes:

- Vaginal intercourse (penis inside the vagina).
- Anal intercourse (penis inside the anus) – ejaculate (sperm) could come in contact with the vulva (outside of the body of a person with a vulva/vagina).
- Sexual activities where ejaculate comes in contact with the vulva.

Note: To be inclusive of trans and intersex people, you'll notice this resource avoids gendering birth control users and instead uses "person with a penis" and "person with a vulva/vagina."

AS YOU READ THROUGH THE TYPES OF BIRTH CONTROL, ASK YOURSELF:

- Does this type of birth control fit my needs/schedule/lifestyle?
- Can I use this type of birth control, or would my partner be using it?
- Will this type of birth control change my body, and is that okay with me?
- Do I want birth control to also protect me from Sexually Transmitted Infections (STIs)?
- What other information do I need before I make my choice?

DO I NEED TO SEE A DOCTOR TO GET BIRTH CONTROL?

Sometimes. Each method in this booklet includes information on how to get it. A person can talk to their family doctor about any of the methods of birth control. If someone does not have a family doctor or requires no cost birth control options, there are walk-in or community clinics, as well as Alberta Health Services Sexual and Reproductive Health Clinics for people under 29.

TIPS TO MAKE IT EASIER TO TALK TO A DOCTOR ABOUT BIRTH CONTROL:

- Do research on the types of birth control you are interested in.
- Bring a list of questions you want to ask.
- Bring this booklet and ask questions about the types of birth control in it.
- Inquire what types of birth control also protect you from Sexually Transmitted Infections (STIs).
- Ask about the cost of birth control that you are interested in.
- If the doctor says something you don't understand, ask them to explain.
- Ask for the type of birth control you want. If the doctor is not willing to provide you with the birth control that you want you can always talk to a different doctor.

CONSENT

If a person is using birth control it does not mean that they want to have sex. Even if someone is prepared to have sex, the people involved still need to talk about what they feel comfortable with. Consent is an agreement (yes) from everyone involved that they want to have sex. A yes shows that there is comfort with what is happening.

For more information on birth control, decision making, consent and relationships, contact us at **403-283-5580** or **info@centreforsexuality.ca**.

Knowing your options will help you decide on the best method for you.

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This booklet contains general information only. It is not to be used for medical advice, diagnosis or treatment. It is not meant to replace an in-person consultation with a healthcare professional.

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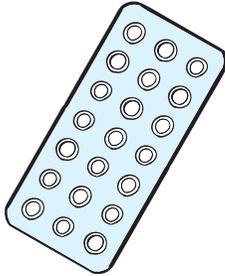
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HORMONAL METHODS

THE PILL

Combination Pill



HOW DO I USE IT?

- Visit a doctor to get a prescription.
- Take a pill once a day, at the same time each day.
- If a pill is forgotten or taken late then a back-up method, like condoms, is needed.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- It uses the hormones estrogen and progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg each cycle.
- It works 92% – 99.9% of the time.

THINGS TO CONSIDER:

- It may help make periods regular, lighter and less painful.
- It can be used safely for many years.
- A person over 35 who smokes should not use it.
- It may not work well with other medication. Ask a doctor or a pharmacist.
- It may cause: bleeding, spotting, nausea, bloating, breast tenderness, headaches, and/or blood clots.
- There is a higher risk of pregnancy if the pill is not taken at the same time every day.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

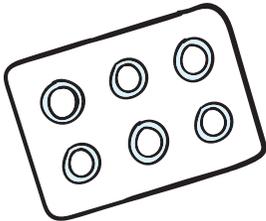
QUESTIONS TO ASK YOURSELF:

- Can I remember to take the pill once a day, every day, at the same time?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

THE PILL

Mini Pill



HOW DO I USE IT?

- Visit a doctor to get a prescription.
- Take a pill once a day, at the same time each day.
- If a pill is forgotten or taken late then a back-up method, like condoms, is needed.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- It uses the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg each cycle.
- It works 90% - 99% of the time.

THINGS TO CONSIDER:

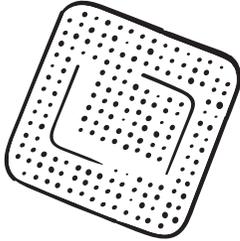
- It may help make periods regular, lighter and less painful.
- It can be used safely for many years.
- A person over 35 who smokes should not use it.
- It may not work well with other medication. Ask a doctor or a pharmacist.
- It can cause: nausea, bloating, breast tenderness, headaches, and/or acne.
- There is a higher risk of pregnancy if the pill is not taken at the same time every day.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

QUESTIONS TO ASK YOURSELF:

- Can I remember to take the pill once a day, every day, at the same time?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

THE PATCH Evra®



HOW DO I USE IT?

- Visit a doctor to get a prescription.
- A new patch is put on the skin once a week for three weeks in a row.
- On the fourth week no patch is put on. This is when a period will happen.
- If a patch is not changed on time then a back-up method, like condoms, is needed.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- The sticky part of the patch contains the hormones that enter the body through the skin.
- It uses the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg each cycle.
- It works 92% - 99.9% of the time.

THINGS TO CONSIDER:

- It may help make periods regular, lighter and less painful.
- It can be used safely for many years.
- A person over 35 who smokes should not use it.
- It may not work well with other medication. Ask a doctor or a pharmacist.
- It can cause: bleeding, spotting, nausea, bloating, breast tenderness, headaches, and/or blood clots.
- It may cause skin irritation.
- It may fall off.
- It may not work for women over 198lbs (90kg).
- It may not match a person's skin tone.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

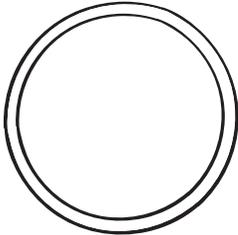
QUESTIONS TO ASK YOURSELF:

- Can I remember to change the patch once a week?
- Am I okay wearing the patch on my skin where it may be seen?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

THE RING

Nuvaring®



HOW DO I USE IT?

- Visit a doctor to get a prescription.
- The soft ring is put in the vagina. It stays in for 3 weeks. At the beginning of the fourth week the ring is taken out. This is when a period will happen.
- If the ring is not changed on time then a back-up method, like condoms, is needed.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- The hormones slowly get into the body through the vagina.
- It uses the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg each cycle.
- It works 92% - 99.9% of the time.

THINGS TO CONSIDER:

- It may help make periods regular, lighter and less painful.
- It can be used safely for many years.
- A person over 35 who smokes should not use it.
- It may not work well with other medication. Ask a doctor or a pharmacist.
- It can cause: bleeding, spotting, nausea, bloating, breast tenderness, headaches, and/or blood clots.
- It may cause discomfort or irritation in the vagina.
- It may fall out of the vagina.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

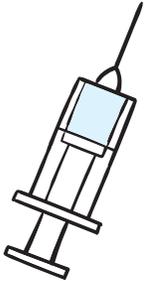
QUESTIONS TO ASK YOURSELF:

- Can I remember to change the ring once a month?
- Am I comfortable inserting the ring into my vagina?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

THE SHOT

Injection / Depo Provera®



HOW DO I USE IT?

- A nurse or doctor gives an injection in the arm or buttocks every three months.
- If the shot is not given on time then a back-up method, like condoms, is needed.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- It uses the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg each cycle.
- It works 97% - 99% of the time.

THINGS TO CONSIDER:

- It may stop periods.
- It can only be used for two years at a time.
- A person over 35 who smokes should not use it.
- It can be used when breastfeeding.
- Irregular bleeding is common during the first few months.
- It may cause: weight gain, depression, changes in sex drive and/or hair loss.
- It may take several months to get pregnant after shots are stopped.
- A person may need to take calcium and vitamin D while using this type of birth control.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

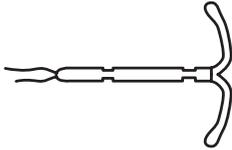
QUESTIONS TO ASK YOURSELF:

- Can I remember to go to the doctor every three months for the shot?
- How do I feel about needles?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

INTRAUTERINE DEVICE

(IUD) Mirena®
(IUD) Jaydess®
(IUD) Kyleena®



HOW DO I USE IT?

- A doctor puts a small, soft “T” shaped device into the uterus through the cervix.
- Depending on the brand, these can be left in place for 3-5 years.
- A doctor must take it out.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- It uses the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; stop the ovaries from releasing an egg.
- Depending on the brand, it works 98.5% - 99.9% of the time.

THINGS TO CONSIDER:

- It may help make periods lighter and less painful.
- It may stop periods.
- It may cause: bleeding, spotting and/or cramping.
- It can be used long term.
- It may fall out.
- It can be used when breastfeeding.
- There is a higher risk of pelvic inflammatory disease if a person gets an STI.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

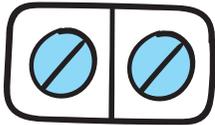
QUESTIONS TO ASK YOURSELF:

- How do I feel about an IUD inside my uterus?
- Am I comfortable checking my IUD strings once a month?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

HORMONAL METHODS

EMERGENCY CONTRACEPTIVE PILL

Plan B®



HOW DO I USE IT?

- Take the pill as soon as possible after having sex.
- It can be used after sex if a condom breaks.
- It can be used if a person thinks that a birth control method has failed.
- It can be used if someone did not use birth control.
- Can be found at drug stores, pharmacies, online or at STI and Sexual and Reproductive Health Clinics.
- A person does not need to see a doctor for a prescription.
- If you're not sure how to use emergency contraceptives, read the instructions before use.

HOW DOES IT WORK?

- It can only be used in the body of a person with a vulva/vagina.
- It uses a high dose of the hormone progestin to: make cervical mucus thicker, so sperm cannot enter the uterus; change the lining of the uterus so an egg cannot attach; sometimes stop the ovaries from releasing an egg.
- If a person is already pregnant emergency contraception does not work.
- Plan B® effectiveness:
 - First 24 hours: 95%
 - 25 - 48 hours: 85%
 - After 72 hours: 58% or less

Plan B is most effective in bodies that weigh less than 165lbs. If your weight is greater than 165 lbs (75 kg) contact a doctor or pharmacist for advice.

THINGS TO CONSIDER:

- It can be used with others forms of birth control.
- A person does not need to see a doctor for a prescription.
- It can cause: bleeding, spotting, breast tenderness, headaches, cramps, and/or nausea.
- It is not meant to be used as ongoing birth control.
- It does not protect against STIs.
- All hormonal birth control methods come with different health risks and benefits. Talk to your doctor or a pharmacist to find the method right for you.

QUESTIONS TO ASK YOURSELF:

- Am I comfortable talking to a pharmacist or doctor about this type of emergency birth control?
- Does this method fit with my values and beliefs?

NON-HORMONAL METHODS

INTRAUTERINE DEVICE

Copper IUD



HOW DO I USE IT?

- A doctor puts a small, soft “T” shaped device wrapped in copper wire into the uterus through the cervix.
- It can be left in place for up to 12 years.
- A doctor must take it out.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- The copper wire: changes the lining of the uterus so an egg cannot attach; makes vaginal mucus thicker, so sperm cannot get to the uterus.
- It works 99.2% - 99.4% of the time.

THE SPONGE



- Can be found at drug stores, pharmacies, and online.
- Before using the sponge, be sure to read the directions and learn how to use it correctly.
- Before sex, a soft foam sponge is placed in the vagina against the cervix.
- It must be left in the vagina for at least 6 hours after sex.

- It only works in the body of a person with a vulva/vagina.
- The sponge is filled with spermicide.
- The sponge blocks and absorbs sperm.
- Spermicide uses the chemical Nonoxynol-9 to numb sperm so they cannot move.
- It works 68% - 90% of the time.

THINGS TO CONSIDER:

- It may cause: irregular periods, bleeding, spotting or cramping.
- It may lower the chance of getting cancer of the endometrium (inner lining of the uterus).
- It can be used as emergency contraception.
- A person can become pregnant right after it is removed.
- It may fall out.
- There is a higher risk of pelvic inflammatory disease if a person gets an STI.
- It does not protect against STIs.

QUESTIONS TO ASK YOURSELF:

- How do I feel about an IUD inside my uterus?
- Am I comfortable checking my IUD strings once a month?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

-
- A person does not need to see a doctor for a prescription.
 - It works best when used with another form of birth control such as condoms.
 - It can be used when breastfeeding.
 - Some people may have an allergic reaction that can infect or irritate the penis or vagina.
 - It can be used long term.
 - If there is a reaction it can raise the chance of getting an STI.
 - Toxic Shock Syndrome may occur if the sponge is left in the vagina longer than recommended.
 - It does not protect against STIs.

- Can I remember to insert and remove the sponge according to the package directions?
- Am I comfortable inserting the sponge into my vagina?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

NON-HORMONAL METHODS

SPERMICIDE



HOW DO I USE IT?

- Can be found at drug stores, pharmacies, and online.
- Before sex, the spermicide is put into the vagina.
- Before using spermicide, be sure to read the directions and understand how to use it correctly.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- Spermicide uses the chemical Nonoxynol-9 to numb sperm so they cannot move.
- It works 71% - 82 % of the time.

DIAPHRAGM

Caya®



- Can be found at drug stores, pharmacies, and online.
- Before using the diaphragm, be sure to read the directions and understand how to use it correctly.
- Before sex, a soft silicone diaphragm is placed over the top of the cervix.
- It must be used with the Caya® Contraceptive Gel.
- It must be left in the vagina for 6 - 8 hours after sex.
-

- It only works in the body of a person with a vulva/vagina.
- The diaphragm blocks the cervix so sperm cannot get in and fertilize an egg.
- The gel stops the sperm cells from moving through the cervix.
- It works 84% - 94% of the time.

THINGS TO CONSIDER:

- A person does not need to see a doctor for a prescription.
- It works best when used with another form of birth control such as condoms.
- It can be used when breastfeeding.
- It can help make the vagina more lubricated (wet).
- Some people may have an allergic reaction that can irritate the penis or vagina.
- If there is a reaction it can raise the chances of getting an STI.
- It does not protect against STIs.

QUESTIONS TO ASK YOURSELF:

- Can I use spermicide as outlined in the package directions?
- Am I comfortable inserting spermicide into my vagina?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

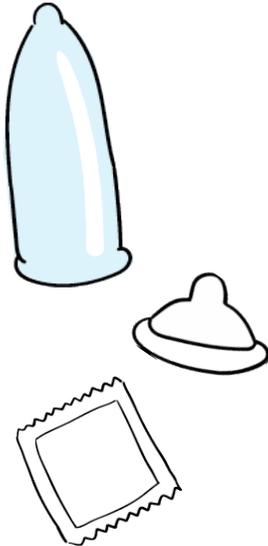
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- A person does not need to see a doctor for a prescription.
 - It works best when used with another form of birth control such as condoms.
 - It can be used when breastfeeding.
 - It can be put in the vagina many hours before having sex.
 - It is reusable for up to 2 years.
 - It does not protect against STIs.

- Can I use the diaphragm as outlined in the package directions?
- Am I comfortable inserting the diaphragm into my vagina?
- Does this type of birth control fit with my values and beliefs?
- Will this type of birth control change my body, and is that okay with me?

NON-HORMONAL METHODS

EXTERNAL CONDOM

(Condom for a person with a penis)



HOW DO I USE IT?

- Can be found at grocery stores, drug stores, pharmacies and online.
- FREE at Centre for Sexuality, the Alex Health Centre and Sexual and Reproductive Health Clinics.
- Before using a condom, be sure to read the directions and understand how to use it correctly.
- Once the penis is hard, pinch the tip of the condom so there is not an air pocket in the tip, then roll the condom all the way down to the base of the penis.
- Condoms can only be used once.
- After sex, hold the base of the condom when removing the penis from a partner's body. This keeps the sperm inside the condom and away from a partner's body.

HOW DOES IT WORK?

- It only works in the body of a person with a penis.
- It is a thin, strong cover for the penis made of latex or non-latex.
- It stops sperm from entering the uterus.
- Do not use more than one condom at a time (doubling up).
- It works 85% - 98% of the time.

THINGS TO CONSIDER:

- A person does not need to see a doctor for a prescription.
- It can be used with other forms of birth control.
- It must be stored at room temperature and handled with care.
- It may slip off or break.
- It may lower sensations for either partner.
- It may make sex last longer.
- Oil-based lubricant will break a latex condom, it's best to use water-based lubricants.
- Condoms lower the risk of getting STIs.

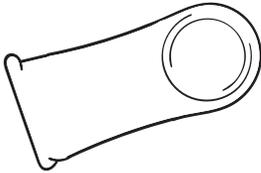
QUESTIONS TO ASK YOURSELF:

- Can I remember to check the expiry date?
- Do I have a safe place to store a condom?
- Am I comfortable talking to my partner about using condoms?
- Does this method fit with my values and beliefs?

NON-HORMONAL METHODS

INTERNAL CONDOM

(Condom for a person with a vulva/vagina)



HOW DO I USE IT?

- Can be found at grocery stores, drug stores, pharmacies and online.
- FREE at Centre for Sexuality, the Alex Health Centre and Sexual and Reproductive Health Clinics.
- Before using the internal condom, be sure to read the directions and learn how to use it correctly.
- Pinch the internal ring and place the closed end inside the vagina.
- Let the outer ring rest on the outside of the vagina.
- Each condom can only be used once.
- After sex, a person twists the outer ring to close the condom and then removes it from the vagina.

HOW DOES IT WORK?

- It is a thin, strong, non-latex cover for the vagina.
- It stops sperm from entering the uterus.
- Do not use more than one condom at a time (double up).
- It works 80% - 95% of the time.

THINGS TO CONSIDER:

- A person does not need to see a doctor for a prescription.
- It can be used with hormonal forms of birth control (ie: not to be used with external condoms).
- It can be put in the vagina many hours before having sex.
- It may slip out or break.
- It may lower sensations for either partner.
- It is safe to use with oil-based and water-based lubricants.
- It lowers the risk of STIs.

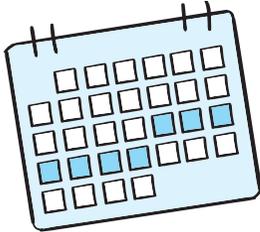
QUESTIONS TO ASK YOURSELF:

- Can I remember to check the expiry date?
- Do I have a safe place to store a condom?
- Am I comfortable talking to my partner about using condoms?
- Am I comfortable inserting the condom into my vagina?
- Does this method fit with my values and beliefs?

NON-HORMONAL METHODS

NATURAL FAMILY PLANNING

(Fertility Awareness Method, Natural Family Planning, Justisse Method, Billings Ovulation Method, Creighton Model)



HOW DO I USE IT?

- Information can be found online at sexualityandu.ca or through Centre for Sexuality.
- A person learns how to chart and understand their cycle and/or monitors their own basal body temperature.
- A person would not have sex on the days that a pregnancy may happen.
- A person would use a backup method, like condoms, on the days that a pregnancy may happen.

HOW DOES IT WORK?

- It can only be used in the body of a person with a vulva/vagina.
- The information in the chart will show when ovulation happens in a person's cycle and when a pregnancy could happen.
- A person uses this information to know which days are safe to have sex and to prevent a pregnancy.
- It works 75% - 99.6% of the time.

THINGS TO CONSIDER:

- It can help a person know their body and their period.
- It takes time to learn (usually 3 to 6 periods).
- It may take up to 10 months to know when ovulation happens to avoid pregnancy.
- It does not protect against STIs.
- It can be used to plan a pregnancy.
- Young people may have cycles that are inconsistent, making ovulation difficult to track.

QUESTIONS TO ASK YOURSELF:

- Can I chart every day?
- Am I comfortable checking my own cervical mucus?
- Am I comfortable taking my basal temperature?
- Can I choose not to have sex on days that a pregnancy may happen?
- Am I comfortable using a backup method, like condoms?

NON-HORMONAL METHODS

WITHDRAWAL (Pulling out)

HOW DO I USE IT?

- The penis is taken out of the vagina before ejaculation.
- It works best when used with other forms of birth control, like condoms.

HOW DOES IT WORK?

- If sperm does not get on the vulva or inside the vagina there is a lower risk of pregnancy.
- Partners talk about using this method and agree to work together.
- It works 73% - 96% of the time.

ABSTAINING Not Having Sex

- Take the time to consider fully what being abstinent (not having sex) will mean.
- Talk to a trusted person about thoughts, feelings and values around abstinence.
- Talk with a partner and decide together which sexual activities, if any, are okay.
- Abstinence is most effective when a person chooses sexual activities that are not penis-in-vagina or penis-in-anus sex.

- A person does not have sex.
- If sperm does not get on the vulva or inside the vagina there is a lower risk of pregnancy.
- It works up to 100% of the time.

THINGS TO CONSIDER:

- A person can practice controlling the timing of ejaculation by masturbating.
- Ejaculation can happen when a person is not expecting it.
- There can be sperm in the pre-ejaculate (pre-cum).
- Partners need to be clear with each other about how this method is going to work for them and how they are going to do it.
- It does not protect against STIs.

QUESTIONS TO ASK YOURSELF:

- Am I comfortable talking to my partner about pulling out?
- Am I comfortable masturbating to practice using this type of birth control?
- Can I pull out during sex?
- Does this type of birth control fit with my values and beliefs?

-
- People can abstain from sex at any time.
 - If a person's partner or friends don't support it, it can be hard to stick with the decision not to have sex.
 - It is important to know about other types of birth control for the future.

- Can I talk to my partner about abstinence?
- Am I comfortable talking with my partner about which sexual activities, if any, are okay?
- Does this type of birth control fit with my values and beliefs?
- If my partner is pressuring me to have sex do I know who to talk to?

PERMANENT METHODS

TUBAL LIGATION

Surgery

HOW DO I USE IT?

- A person needs to see a doctor.
- This birth control is considered permanent.
- A person would not be able to get pregnant after having the surgery.

HOW DOES IT WORK?

- It only works in the body of a person with a vulva/vagina.
- This surgery blocks the fallopian tubes so that an egg cannot be fertilized.
- It works 99.5% of the time.

VASECTOMY

Surgery

- A person needs to see a doctor.
- This birth control is considered permanent.

- It only works in the body of a person with a penis.
- The surgery blocks the vas deferens tubes so that sperm cannot leave the testicles to fertilize an egg.
- It works up to 99.9% of the time.
- It is important to use another type of birth control, like condoms, for 3 months after the surgery.

THINGS TO CONSIDER:

- It lasts forever.
- It does not change periods or the menstrual cycle.
- The person who gets it may have a slight pain for a short period of time.
- Risks of this surgery: bleeding, infection, and/or a reaction to anesthetic.
- It is usually for people over 25.
- It does not protect against STIs.

QUESTIONS TO ASK YOURSELF:

- Am I comfortable having surgery?
- Is a permanent option right for me?
- Does this method fit with my values and beliefs?

-
- It lasts forever.
 - It does not change periods.
 - Risks of surgery: pain, swelling, infection.
 - It does not start working right away. A doctor needs to check ejaculation (cum) to make sure there is no sperm after 3 months.
 - It can be used with other forms of birth control.
 - It is usually for people over 25.
 - It does not protect against STIs.

- Am I comfortable having surgery?
- Is a permanent option right for me?
- Does this method fit with my values and beliefs?

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