Birth Control & Emergency Contraceptives: The Basics
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The webinar is being recorded

Supporting materials will be shared
The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health & academic success of children & youth by advancing health services in schools.

Learn more: schoolhealthcenters.org
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Birth Control & Emergency
Contraceptives: The Basics

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Women’s Health Department Chair
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Contraceptive Options

- Long-Acting Reversible Contraceptives
  - Intra-uterine device (IUD)
  - Implant
- Hormonal Methods
  - IUDs
  - Implant
  - Injection/Shot
  - Oral Contraceptives
  - Patch
  - Ring
- Barrier Methods (Non-Hormonal)
- Fertility Awareness-Based
Long-Acting Reversible Contraceptives

Intrauterine Devices (IUDs)
• Hormonal & Non-Hormonal (Cooper)
Long-Acting Reversible Contraceptives

Nexplanon

- 3 years
Hormonal Contraceptives

Injection
• Every 3 months
Hormonal Contraceptives

Oral Contraceptive/“birth control pill”

• Take 1 pill daily
Hormonal Methods

Contraceptive Patches

• Change every week x3 weeks then no patch for 1 week
Hormonal Methods

Contraceptive Ring

• Stays inside for 3 weeks and no ring for 1 week
Barrier Methods

Condoms
• Female
• Male
Barrier Methods

- Diaphragm
- Cervical caps
Barrier Methods

Spermicides

The 6 Types of Spermicide

- Spermicidal foam
- Contraceptive film
- Contraceptive sponge
- Spermicidal jelly
- Contraceptive inserts, tablets, or suppositories
- Spermicidal creams and gels
Fertility Awareness
Contraceptive Effectiveness

How Well Does Birth Control Work?

<table>
<thead>
<tr>
<th>Most Effective</th>
<th>99% effective</th>
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<tbody>
<tr>
<td>Sterilization</td>
<td></td>
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<tr>
<td>Implant</td>
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<tr>
<td>IUD</td>
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<tr>
<td>Shot</td>
<td>92–97% effective depending on the method</td>
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<tr>
<td>Pill</td>
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<td>Ring</td>
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<tr>
<td>Patch</td>
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<tr>
<td>Diaphragm</td>
<td>78–82% effective depending on the method</td>
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<td>Condoms (Internal/External)</td>
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<tr>
<td>Sponge</td>
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<td>Cervical Cap</td>
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<tr>
<td>Spermicide</td>
<td>71–76% effective depending on the method</td>
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<td>Fertility Awareness</td>
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<td>Withdrawal</td>
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Emergency Contraception (EC)

- Paraguard/Copper IUD
- One dose pill – “morning after pill”
Myths on EC

• It causes abortion
  • EC does not cause abortion. It prevents pregnancy from occurring & will not work if you are already pregnant

• It only works the morning after
  • Ideally the sooner the better, however it can be taken up 5 days after depending on the type.

• There is only one type of EC
  • There are 2 pills and 1 IUD

• You need a prescription from your doctor to get it
  • Pills are available over the counter

• It is always effective
  • Unfortunately, not, it is most effective if take 12-24 hours from unprotected intercourse but are less effective the longer you wait.

• You are protected for the rest of your cycle
  • It does not, if you have unprotected sex again prior to your period

• It will still work if you vomit after
  • If you vomit within 3 hours of taking it, you may need a further dose. Please contact a medical provider

• It increases my risk of infertility if taken too often
  • Studies have not demonstrated there is any long-term effects on fertility

• It increases the risk of ectopic pregnancy
  • There is no evidence that EC pills increase risk of ectopic pregnancy
How effective is EC

- IUD approx. 99% effective
- Pills 75-89% effective
Which one is most effective?

- Paraguard IUD “copper IUD” (most effective of all)
- Ulipristal pill
How does the IUD work as EC

- It should be inserted within 5 days of having unprotected sex.
- Decreases sperm's ability to fertilize the egg.
- Can use it for long-term birth control for up to 10 years (some studies have noted effectiveness until 12 years)
How does the EC pill work

It works by delaying ovulation
How much does the EC cost?

- Emergency contraceptive is covered by most insurance
- Family Pact program – covers
- Over the counter cost range from approx. $12 - $50
- IUD – covered by most insurance & Family Pact
Find a provider

• Borrego Community Health Foundation
  • https://www.borregohealth.org/

• Family Pact
  • https://familypact.org/provider-search/

• Planned Parenthood
  • https://www.plannedparenthood.org/health-center

• Title X Clinic Locator
  • https://opa-fpclinicdb.hhs.gov/
QUESTIONS
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