

# Birth Control & Emergency Contraceptives: The Basics



**CALIFORNIA**

**SCHOOL-BASED  
HEALTH ALLIANCE**

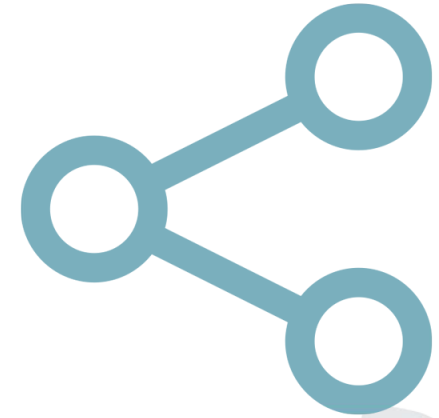
Putting Health Care Where Kids Are



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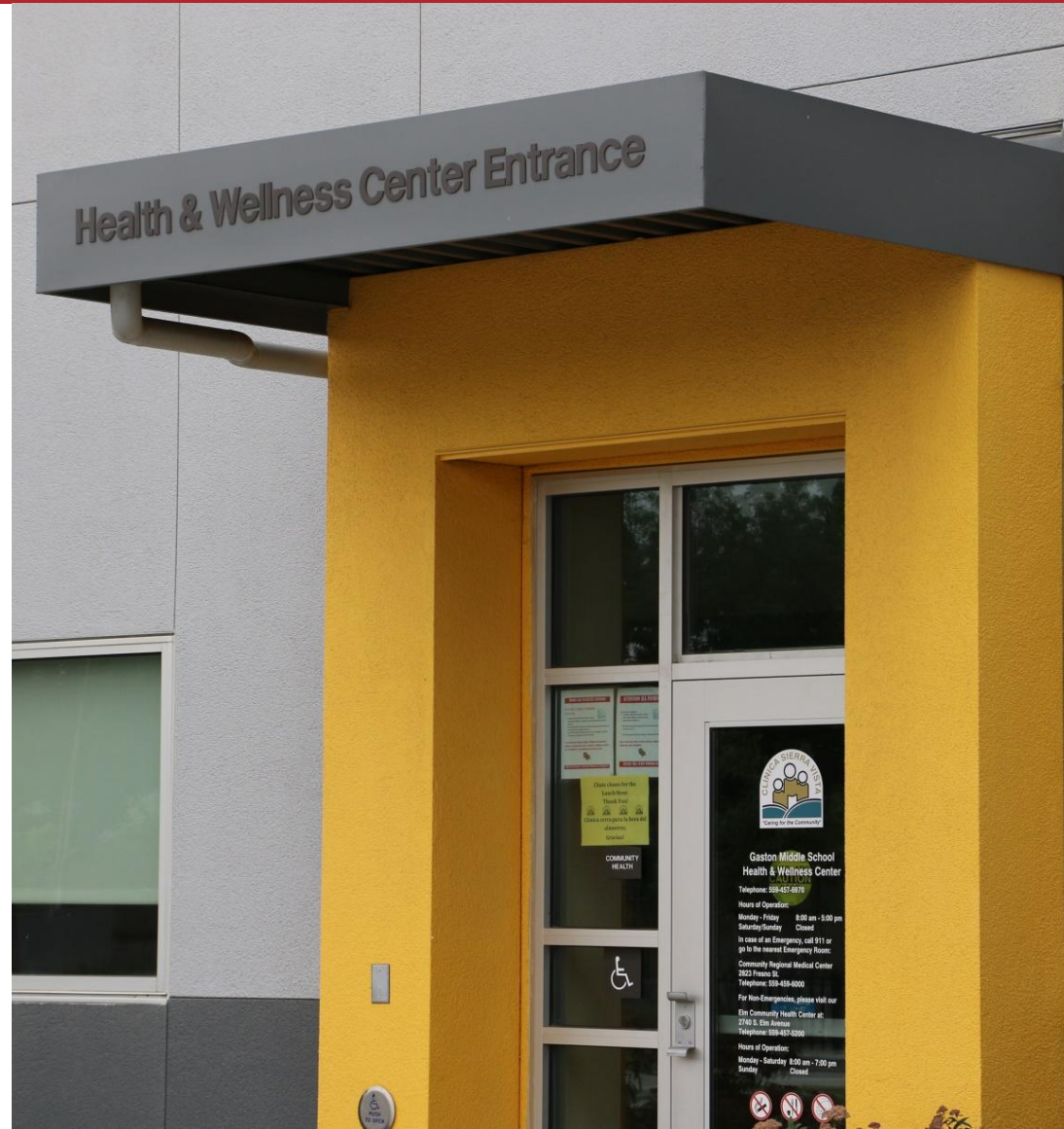


**Supporting  
materials will be  
shared**

# Putting Health Care in Schools

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](http://schoolhealthcenters.org)

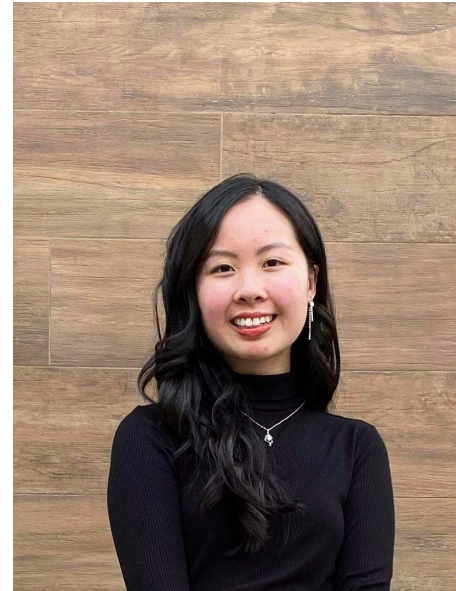




## **Presenter**

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## **Moderator**

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California School-Based  
Health Alliance

# Birth Control & Emergency Contraceptives: **The Basics**

**Dr. Theresa Lopez-Zepeda, DNP, FNP-BC, MPA**

**Women's Health Department Chair**

**Borrego Community Health Foundation**



# Contraceptive Options

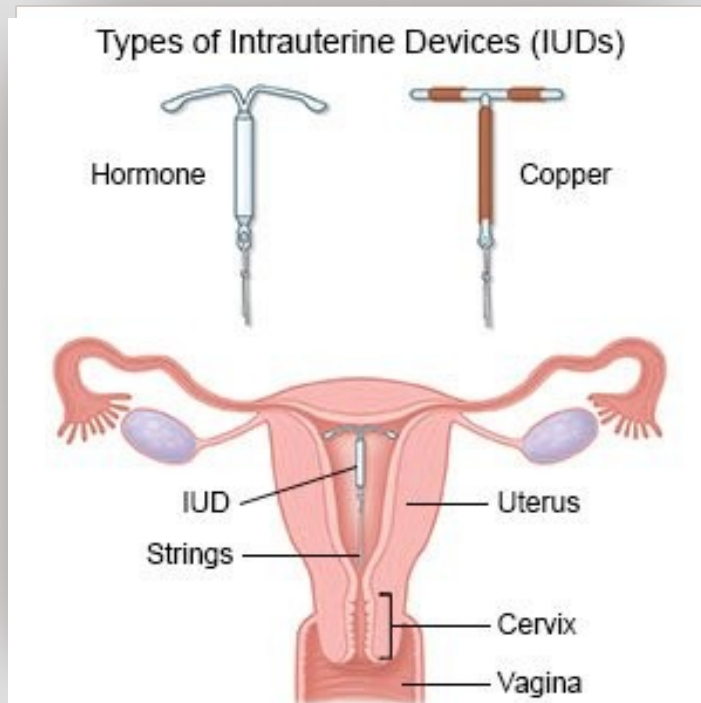
- Long-Acting Reversible Contraceptives
  - Intra-uterine device (IUD)
  - Implant
- Hormonal Methods
  - IUDs
  - Implant
  - Injection/Shot
  - Oral Contraceptives
  - Patch
  - Ring
- Barrier Methods (Non-Hormonal)
- Fertility Awareness-Based



# Long-Acting Reversible Contraceptives

## Intrauterine Devices (IUDs)

- Hormonal & Non-Hormonal (Cooper)

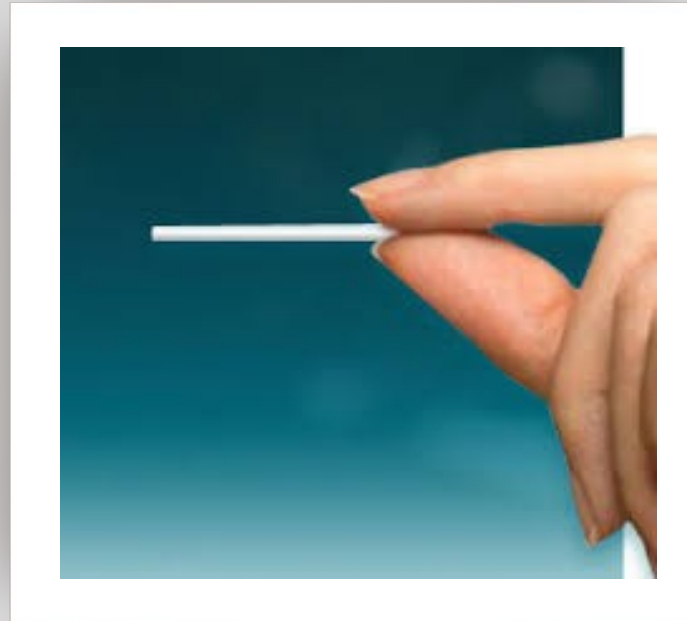




# Long-Acting Reversible Contraceptives

## 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

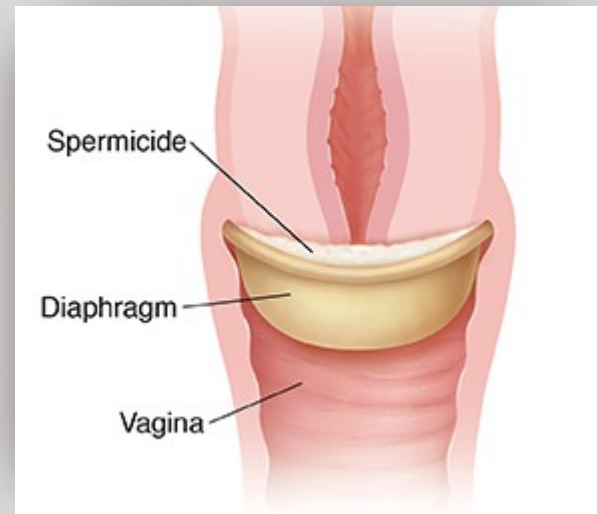
## Condoms

- Female
- Male



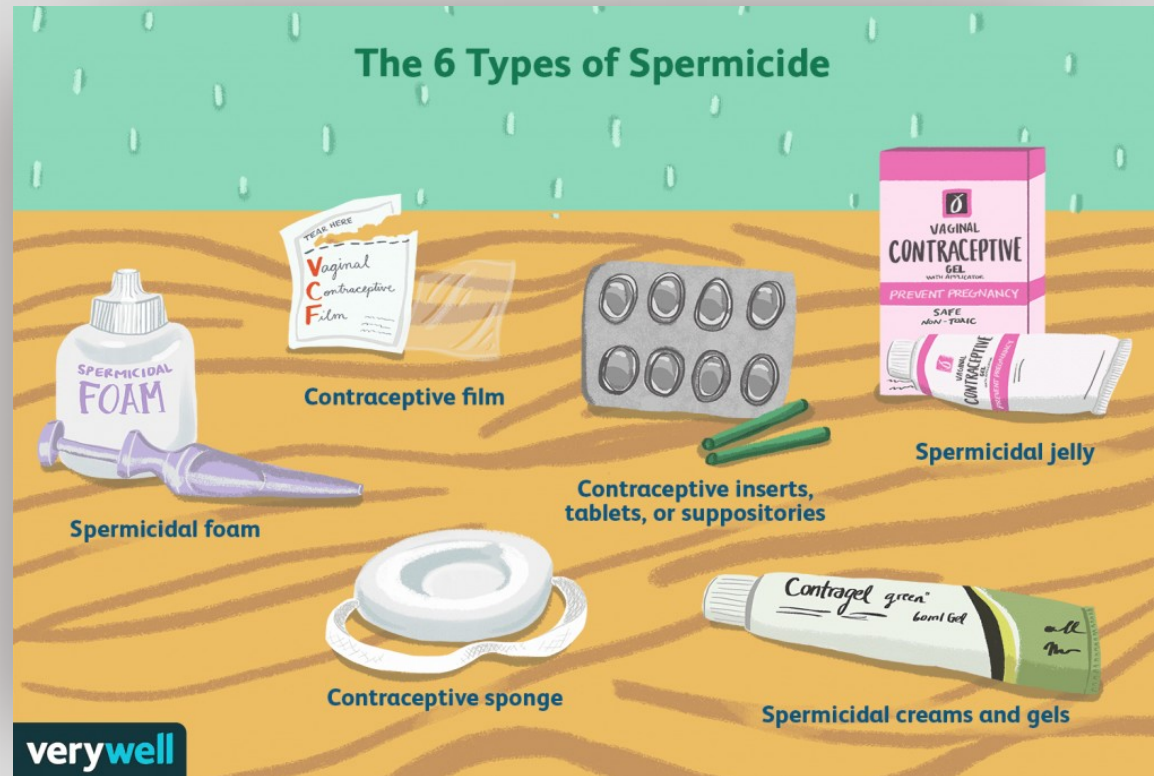
# Barrier Methods

- Diaphragm
- Cervical caps



# Barrier Methods

## Spermicides















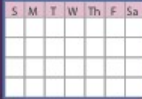


# Fertility Awareness



# Contraceptive Effectiveness

## How Well Does Birth Control Work?

<div>Most Effective</div> <div></div> <div>Less Effective</div>	 <div>Sterilization</div>	 <div>Implant</div>	 <div>IUD</div>	99% effective	
	 <div>Shot</div>	 <div>Pill</div>	 <div>Ring</div>	 <div>Patch</div>	92–97% effective depending on the method
	 <div>Diaphragm</div>	 <div>Condoms (Internal/External)</div>	 <div>Sponge</div>	 <div>Cervical Cap</div>	78–82% effective depending on the method
	 <div>Spermicide</div>	 <div>Fertility Awareness</div>	Withdrawal		71–76% effective depending on the method

# Emergency Contraceptive (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

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX				
Types of Emergency Contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
 ParaGard IUD	Almost <b>100%</b> effective 	Within <b>5</b> days 	It's placed in the uterus by a health care provider  Keeps working as super effective birth control.	From a health care provider  Say it's for EC so you are scheduled quickly.
 ella	  Less effective if over 195 pounds. Try a ParaGard IUD.	<b>ASAP</b>  Works better the sooner you take it, up to 5 days.	Take the pill as soon as you get it  Remember to use it every time you have unprotected sex.	From a health care provider  Get an extra pack for future emergencies.
 Plan B One-Step or a generic	  Less effective if over 165 pounds. Try ella or ParaGard.	<b>ASAP</b>  Works better the sooner you take it, up to 3 days.	Take the pill(s) as soon as you get it  Remember to use it every time you have unprotected sex.	At a pharmacy, no prescription needed  Get an extra pack for future emergencies.

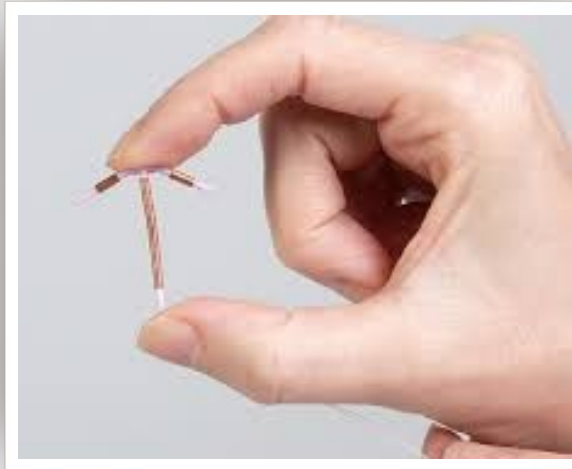
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- IUD approx. 99% effective
- Pills 75-89% effective



# 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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**Women's Health Department Chair**

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# STAY CONNECTED



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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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