

What is low-maintenance birth control?

Low-maintenance birth control is birth control that teens won't have to think about every day or every time they need to use it, like they do with the pill or condoms. These methods include intra-uterine devices (IUDs) and contraceptive implants (see Low-Maintenance Birth Control Comparison Chart). Encourage your teen to talk with a doctor before deciding which method is best.

Don't forget to ask the doctor...

- how effective a method is at preventing pregnancy
- how long the method lasts
- possible side effects
- any health benefits
- how the contraceptive is started or fitted and how it is removed
- when to get advice or help while using it

MYTH: If you've never had a baby, you cannot use low-maintenance birth control.

FACT: All types of women, even teens and those who have never had a baby, can use low-maintenance birth control. A doctor will check whether there is any reason a particular method may not be suitable for your teen.

Low-Maintenance Comparison Chart

Low-maintenance birth control method	Intrauterine Devices (IUDs)	Contraceptive Implants
What is it?	A small plastic device that releases a progestin hormone or a copper device with no hormones placed in the uterus.	A small, flexible rod that is placed under the skin, usually on the upper arm, that releases progestin.
How does it work?	It stops the ovaries from releasing an egg each month, prevents sperm from reaching an egg or prevents a fertilized egg from implanting in the womb.	It stops the ovaries from releasing an egg each month, prevents sperm from reaching an egg or prevents a fertilized egg from implanting in the womb.
How long does it last?	Between 3 and 10 years	3 years
What is the chance of getting pregnant while using it?	Less than 1% of women who have an IUD for 5 years get pregnant.	Less than 1% of women who have an implant for 3 years get pregnant.
How might it affect your period?	Periods could become heavier and more painful.	Periods may stop or become longer or irregular, usually until the implant is removed. Menstrual cramps may improve.

Low-maintenance birth control does not protect against STDs or STIs; condoms must always be used to reduce the risk of infection. Please speak to a doctor for more information on each of the low-maintenance birth control methods described above.

MYTH: Low-maintenance birth control is dangerous and makes you sterile.

FACT: Low-maintenance birth control is safe, reversible, and can be removed at any time. Once removed, women can get pregnant right away.

MYTH: Contraceptive implants are painful to insert and remove.

FACT: A health care provider numbs the area before inserting and removing the single rod. It only takes about a minute to insert and two minutes to remove.

BIRTH CONTROL PILLS, CONDOMS and **THE PATCH** are all effective forms of birth control, but some of these methods are **HARD TO REMEMBER** to take every day or use every time. We'd like to introduce you to another option:

LOW-MAINTENANCE BIRTH CONTROL.

These forms of birth control are **RELIABLE, SAFE** and **COST-EFFECTIVE**. They are called **LOW-MAINTENANCE BIRTH CONTROL** because you can **STOP** using them or get them removed whenever you decide. Check out our **LOW-MAINTENANCE BIRTH CONTROL COMPARISON CHART** inside for more information on these methods.

You'll be thrilled to be a grandparent someday, but Not Right Now.

Not Right Now: Put Pregnancy on Pause empowers young people to be in control of when and if they have sex.

Abstinence is the only 100% effective way to avoid pregnancy, but some teenagers will choose to have sex. These teens need age-appropriate, accurate information about contraception so they can be as safe as possible.

**NOT
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Talking with your teen about Low-Maintenance Birth Control



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