

MY CONTRACEPTION PLAN



PERMANENT STERILIZATION

TUBAL LIGATION
VASECTOMY

- I RECEIVED ADEQUATE INFORMATION ABOUT THIS METHOD
- I UNDERSTAND THE ALTERNATIVES, RISKS AND BENEFITS OF THIS METHOD
- I PLAN TO HAVE THE SURGERY:
 - DURING MY HOSPITAL STAY
 - AFTER MY POSTPARTUM PERIOD
 - ON THIS DATE: _____
- I UNDERSTAND WHERE I CAN GET MORE INFORMATION ABOUT THIS METHOD
- ALL MY QUESTIONS OR CONCERNS HAVE BEEN ADDRESSED

LONG ACTING CONTRACEPTIVES (LARC) - IUD OR NEXPLANON

MIRENA IUD
KYLEENA IUD
PARAGARD IUD
SKYLA IUD
NEXPLANON

- I RECEIVED ADEQUATE INFORMATION ABOUT THIS METHOD
- I UNDERSTAND THE ALTERNATIVES, RISKS AND BENEFITS OF THIS METHOD
- I PLAN TO HAVE MY LARC PLACED:
 - TODAY
 - AT MY NEXT VISIT
 - POSTPLACENTAL
 - 8 WEEKS POSTPARTUM
- I UNDERSTAND WHERE I CAN GET MORE INFORMATION ABOUT THIS METHOD
- ALL MY QUESTIONS OR CONCERNS HAVE BEEN ADDRESSED

HORMONAL METHODS

DEPO INJECTION
PILL
PATCH
VAGINAL RING

- I RECEIVED ADEQUATE INFORMATION ABOUT THIS METHOD
- I UNDERSTAND THE ALTERNATIVES, RISKS AND BENEFITS OF THIS METHOD
- I PLAN TO START MY METHOD:

- I UNDERSTAND WHERE I CAN GET MORE INFORMATION ABOUT THIS METHOD
- ALL MY QUESTIONS AND CONCERNS HAVE BEEN ADDRESSED

GREEN = MOST EFFECTIVE METHOD
YELLOW = SOMEWHAT EFFECTIVE METHOD
RED = LEAST EFFECTIVE METHOD

MY CONTRACEPTION PLAN



BARRIER METHODS

DIAPHRAGM
MALE CONDOM
FEMALE CONDOM
WITHDRAWAL
SPONGE
FERTILITY AWARENESS
SPERMICIDE

- I RECEIVED ADEQUATE INFORMATION ABOUT THIS METHOD
- I UNDERSTAND THE ALTERNATIVES, RISKS AND BENEFITS OF THIS METHOD
- I UNDERSTAND I SHOULD USE THIS METHOD **EVERY TIME** I HAVE INTERCOURSE
- I UNDERSTAND WHERE I CAN GET MORE INFORMATION ABOUT THIS METHOD
- ALL MY QUESTIONS AND CONCERNS HAVE BEEN ADDRESSED

LACTATION AMENORRHEA METHOD

METHOD EFFECTIVE ONLY IF:
EXCLUSIVELY BREASTFEEDING
INFANT <6 MONTHS OLD
PERIOD HAS NOT RETURNED
NURSING/PUMPING EVERY 4 HRS

- I RECEIVED ADEQUATE INFORMATION ABOUT THIS METHOD
- I UNDERSTAND THE ALTERNATIVES, RISKS AND BENEFITS OF THIS METHOD
- I PLAN TO START MY METHOD AT BIRTH
- I UNDERSTAND WHERE I CAN GET MORE INFORMATION ABOUT THIS METHOD
- ALL MY QUESTIONS AND CONCERNS HAVE BEEN ADDRESSED

TAKE THIS SURE TEST WITH YOUR PROVIDER....

YES	NO	S – ARE YOU SURE THIS IS THE BEST CHOICE FOR YOU?
YES	NO	U – DO YOU UNDERSTAND THE INFORMATION?
YES	NO	R – DO YOU UNDERSTAND THE RISK-BENEFIT RATIO?
YES	NO	E – DID YOUR RECEIVE ENCOURAGEMENT ABOUT YOUR DECISION?

WANT MORE INFORMATION ABOUT CONTRACEPTION?

WWW.WOMENSHEALTH.GOV/A-Z-TOPICS/BIRTH-CONTROL-METHODS

WWW.BEDSIDER.ORG/METHODS

WWW.CDC.GOV/REPRODUCTIVEHEALTH/CONTRACEPTION/INDEX.HTM

WWW.KELLYMOM.COM/BF/CAN-I-BREASTFEED/MEDS/BIRTHCONTROL/