

Adolescent Medicine



BC4Teens.

Find the right birth control.



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.SM

You need a plan. Here it is. BC4Teens.

Choices you make now can affect your entire life. And achieving your goals begins with staying healthy and being smart about birth control.

The BC4Teens program is a place for young women to talk with medical experts about sex, birth control, sexually transmitted infections (STIs) and get the birth control that's right for them – with no judgment.

How do I make an appointment?

1. Visit NationwideChildrens.org and click “Request an Appointment.”
2. Call us at (614) 722-6200.
3. Or, have your health care provider make you an appointment today.

We have evening appointments available. Don't forget to bring along a parent or guardian. (Minors must have a parent or guardian present during the first visit.)

Find the BC4Teens program at:

Livingston Ambulatory Center
380 Butterfly Gardens Drive, Suite 3A
Columbus, OH 43215

NationwideChildrens.org/BC4Teens

With so many birth control options, it's important to learn about them all, so you can find the best one for you. This guide is a great place to start. And remember, if you have questions, the experts at the BC4Teens program have the answers. We're here to give you information — with no judgment.

BC4Teens

There are lots of myths out there.
Get the facts.

Long acting reversible contraception, like the implant and IUD, are all more than 99% effective. They're often referred to as low maintenance birth control, because you don't have to do anything to make them work. They are also completely reversible. You can get pregnant once they are removed.

Implant

This type of birth control is a small rod placed into your upper arm by your health care professional. But don't worry – you'll barely even know it's there. This little implant is a mighty birth control method.



What do you need to know?

- More than 99% effective
- Lasts up to three years
- Effects are completely reversible once it's removed

"It hurts to get a birth control implant."



Getting a contraceptive implant inserted or removed does not hurt more than a shot. And it certainly is less painful than childbirth!

Hormonal IUD

An IUD is a small, T-shaped device placed into the uterus by a health care professional. The best part of using an IUD, besides not having to worry about birth control for years at a time, is that they are completely reversible. When you decide it's time to become a mother, simply have the IUD removed. There are a couple different kinds of IUDs.



What do you need to know?

- More than 99% effective
- Lasts between 3-5 years depending on the type
- Effects are completely reversible once it's removed
- Lasts between three to five years, depending on type

Non Hormonal IUD

A non hormonal copper IUD is just like a hormonal IUD - without the hormones. It's inserted into the uterus by a health care provider. The best part? It lasts up to 10 years. You can have it removed sooner. The non hormonal copper IUD can also be used as emergency contraception.



What do you need to know?

- More than 99% effective
- Lasts up to 10 years
- Effects are completely reversible once it's removed

"IUDs are dangerous."



Using birth control is safer than having a child. And IUDs are actually safer than using birth control pills.

The Birth Control Shot

This shot is given in the upper arm by a health care professional every three months. The shot works pretty well when taken at the right time, meaning you need to come see your health care professional EVERY THREE MONTHS – no excuses!



What do you need to know?

- 94% effective, with typical use
- Each shot lasts 13 weeks
- You need to see your health care provider every three months

“Depo will make me gain weight.”



Most girls do not gain weight when using the birth control shot.

Birth Control Pills

Birth control pills are available with a prescription from your health care professional. Pills are 91% effective with typical use. They should be taken every day at the same time. There are lots of brands and varieties of pills, so work with your health care provider to find the one that works best for you.



What do you need to know?

- 91% effective with typical use
- You should take a pill every day at the same time each day
- Available by prescription only

“The pill is the safest form of birth control.”



Many forms of birth control are more effective and safer than the pill.

The Patch

The Patch is a thin, bendable piece of plastic that looks a bit like a square bandage (color on one side and sticky on the other). One patch lasts for one week. You stick it on your skin. Then, every seven days, you remove it and put on another. After three weeks of changing the patch weekly, you leave off the patch for seven days and get your period.



What do you need to know?

- More than 91% effective with typical use
- Available by prescription only

**“Birth control pills
cause cancer.”**



There is no evidence linking birth control pills to cancer. Some birth control options, including the Patch, Ring and IUD, are actually shown to reduce the risks of some cancers!

The Ring

A small, flexible ring you put into your vagina. You leave the ring in for three weeks and then take it out for one week to get your period. After a week with no ring you insert another to start the monthly cycle all over again.



What do you need to know?

- More than 91% effective, with typical use
- Available by prescription only

"If I use birth control, it will affect my chances to have kids one day."



All of the methods listed here are completely reversible. Once you stop using them, you can get pregnant.

Condoms: Protect Yourself from STIs

Even if you use birth control, you should always use condoms to protect against STIs. There are male and female condoms available at most drug stores and online. Female condoms are similar to male condoms but a bit bigger and designed to fit into the vagina. Both male and female condoms must be put on and taken off properly during each sexual encounter to be truly effective. A new condom must be used for each sexual act. Using a condom along with another birth control method is the best way to prevent against pregnancy and STIs. Use a condom every time, the whole time.



What do you need to know?

- Condoms alone are 82% effective at preventing pregnancy with typical use
- They're available over the counter at most drug stores and free at several health departments and health clinics. Free condom delivery is available from <http://ohiv.org/learn/free-condoms/>.
- Condoms should ALWAYS be worn during all sexual encounters

"I don't need to use condoms if I'm on birth control."



To help protect you from getting a sexually transmitted infection (STI), you still need to use a condom when you have sex. The whole time. Every time.

Emergency Contraception

If you forget to use birth control or have a birth control failure (like a broken condom), you can use emergency contraception. Emergency birth control in the form of pills is available at a pharmacy or from your health care provider.

Call the pharmacy to see if they have emergency birth control pills in stock. Emergency birth control pills should not be used as a regular form of birth control. Emergency birth control pills should not be confused with the “abortion pill” – they are not the same thing.



The non hormonal IUD can also be used as emergency birth control. The non hormonal IUD must be inserted by a health care provider. The non hormonal IUD also gives you 10 years of built in birth control.

Both forms of emergency birth control must be used up to 5 days after unprotected sex — the sooner the better.

Questions?

For more information and to make an appointment, call (614) 722-2450 or visit NationwideChildrens.org/BC4Teens.



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