**The Intruterine Device (IUD)**

The non-hormonal IUD is effective immediately after it’s inserted.

The hormonal IUD is effective immediately if you get it inserted within 7 days of the start of your period. Otherwise it takes a little longer to become effective, so you should use a back-up method, such as condoms or internal condoms, for 7 days after insertion.

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**The Implant**

If you get an implant during the first 5 days of your period, you’re protected from pregnancy right away.

If you get the implant at any other time in your cycle, use some other form of birth control (like condoms) during the first week. After that first week, the implant starts working and you’re protected from pregnancy for up to 5 years.

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**The Shot**

You can start using the birth control shot whenever you want. If you get your first shot within the first 7 days after the start of your period, you’re protected from pregnancy right away. If you get it at any other time in your cycle, you need to use another form of birth control (like a condom) for the first week after getting the shot.
Choosing the Right Birth Control for YOU

Most Effective and Convenient

- **The Implant**
  - 99% Effective
  - Cost $0 to $1500
  - Lasts up to 5 years

- **IUD**
  - 99% Effective
  - Cost $0 to $1300
  - Lasts 3 to 12 years

- **Tubal Litigation**
  - 99% Effective
  - Cost $0 to $6000
  - Permanent

- **Vasectomy**
  - 99% Effective
  - Cost $0 to $1000
  - Permanent

What Works Okay

- **Birth Control Pill**
  - 91% Effective
  - Cost $0 to $50
  - Take daily

- **The Patch**
  - 91% Effective
  - Cost $0 to $150
  - Replace weekly

- **The Ring**
  - 91% Effective
  - Cost $0 to $200
  - Replace monthly

- **The Shot**
  - 94% Effective
  - Cost $0 to $100
  - Every 3 months

What Somewhat Works

- **Pullout Method**
  - 78% Effective
  - Cost $0
  - Use everytime

- **Diaphragm/Cervical Cap**
  - 88% Effective
  - Cost $0 to $90
  - Use everytime

- **Condoms**
  - 95% Effective
  - Cost $0 to $10
  - Use everytime

- **Fertility Awareness**
  - 76% Effective
  - Cost $0 to $20
  - Use daily

LEARN MORE ABOUT BIRTH CONTROL AND BARRIER METHODS AT WWW.BEDSIDER.ORG
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