

	Combined hormonal contraceptive methods (estrogen /progesterone)			Progesterone only methods		Long-acting reversible methods	
	Pill	Patch	Ring	Pill	Shot	Implant	Intrauterine device
What is it	A pill	Clear sticker that you stick to your skin	Small bendable ring you insert in your vagina	A Pill	Shot that goes in your arm	Tiny plastic rod that goes under the skin in your arm	Little T shaped piece of plastic put in your uterus
Likelihood of no periods	70% with continuous use by 1 year	70% with continuous use by 1 year	70% with continuous use by 1 year	Up to 76% by 2 years	50-60% by 1 year 70% by 2 years	20% by 1 year	50% by 1 year 60% by 5 years
Likelihood of Irregular spotting and bleeding	Yes, but more likely in the 1 <sup>st</sup> 3 months of use	Yes, but more likely in the 1 <sup>st</sup> 3 months of use	Yes, but more likely in the 1 <sup>st</sup> 3 months of use	Yes, especially if you don't take at the same time every day	Yes, but more likely in the 1 <sup>st</sup> 3 months of use	Yes, but more common than other methods	Yes, but more likely in the 1 <sup>st</sup> 3 months of use
Frequency	Have to take medication daily	Have to change patch weekly	Have to change ring monthly	Have to take medication daily	Have to return for shot every 3 months	Lasts 3 years	Lasts 3-5 years depending on type
Contains estrogen	Yes	Yes	Yes	No	No	No	No
Effective as birth control even after starting testosterone	Yes, but may not be ideal	Yes, but may not be ideal	Yes, but may not be ideal	Yes	Yes	Yes	Yes
Need for genital/pelvic exam	No	No	No. You insert it yourself	No	No	No	Yes. Provider inserts in Clinic or with Sedation as an Outpatient Procedure
Possible side effects	Sore breasts, nausea, mood changes, headaches	Sore breasts, nausea, mood changes, headaches	Sore breasts, nausea, mood changes, headaches	Mood changes	Weight gain, Less bone mass gained while on method; , mood changes	Mood changes, irregular bleeding, pain at insertion site initially	Cramping and pain after insertion initially, irregular spotting

