

Choose 1 Primary + 1 Secondary Birth Control Method

Primary Method of Birth Control (Choose One)*	How to Use it	MORE EFFECTIVE	How Well it Works	Benefits <sup>1</sup>	Risks <sup>1</sup>
<b>Hormonal Implant</b> Placed under skin of arm by a clinician. Works for 3 years. <sup>1</sup>	>99% <sup>1</sup>		<ul style="list-style-type: none"> <li>Nothing to do or remember</li> <li>Light or no periods</li> <li>May decrease acne</li> <li>No increased risk of clots</li> </ul>	Irregular Periods	
<b>Hormonal IUD</b> Placed in uterus by clinician. Self-check monthly. Works for 5 years. <sup>1</sup>	>99% <sup>1</sup>		<ul style="list-style-type: none"> <li>Light or no periods</li> <li>No increased risk of clots</li> </ul>	Irregular Periods	
<b>Non-Hormonal IUD</b> Placed in uterus by a clinician. Self-check monthly. Works for 10 years. <sup>3</sup>	>99% <sup>1</sup>		<ul style="list-style-type: none"> <li>No hormones</li> <li>Periods remain regular</li> <li>Effective immediately</li> <li>No increased risk of clots</li> </ul>	May cause heavier periods and cramping	
<b>Tubal Sterilization</b> Surgical procedure to close the tubes between the uterus and the ovaries.	>99% <sup>2</sup>		<ul style="list-style-type: none"> <li>It is a virtually permanent method of birth control</li> <li>Nothing to do or remember</li> </ul>	If you want to have child later, it is very difficult to re-open the tubes	
<b>Male Vasectomy</b> Surgical procedure that closes off the tubes that carry a partner's sperm.	>99% <sup>2</sup>		<ul style="list-style-type: none"> <li>It is a virtually permanent method of birth control</li> <li>Nothing to do or remember</li> </ul>	If you want to have child later, it is very difficult to re-open the tubes	
<b>Hormonal Shot</b> Given every 3 months by a clinician.	>97% <sup>1</sup>		<ul style="list-style-type: none"> <li>Light or no periods</li> <li>No increased risk of clots</li> </ul>	Irregular Periods May cause weight gain	
<b>Vaginal Ring</b> You place in vagina. Replace monthly.	92% <sup>1</sup>		<ul style="list-style-type: none"> <li>Lighter periods</li> <li>May decrease acne</li> </ul>	Blood clots	
<b>Hormonal Patch</b> You place on skin. Replace weekly.	92% <sup>1</sup>		<ul style="list-style-type: none"> <li>Lighter periods</li> <li>May decrease acne</li> </ul>	Blood clots	
<b>Birth Control Pill (Combination Type)</b> Swallow at the same time daily.	92% <sup>1</sup>	<ul style="list-style-type: none"> <li>Lighter periods</li> <li>May decrease acne</li> </ul>	Blood clots		

Secondary Method of Birth Control (Choose One)	How to Use it	Benefits	Risks
<b>Condoms</b> (with or without spermicide)	Partner must be willing to use each and every time you have sex.	<ul style="list-style-type: none"> <li>Protects from STIs (Sexually Transmitted Infections) and HIV/AIDS</li> </ul>	Allergic Reactions
<b>Cervical Cap, Diaphragm</b> (must be used with spermicide). <b>Vaginal Sponge</b>	Place in vagina before you have sex.	<ul style="list-style-type: none"> <li>You are in control of its use</li> </ul>	Allergic Reactions

**One of the most common reasons that women get pregnant is that they engage in sexual activity when they planned to be abstinent**  
 Abstinence means that you commit to not having sex or sexual contact with any male 24 hours a day, 7 days a week for 1 month before, during, and for 1 month after your isotretinoin treatment.

\*Consult your doctor if you are considering choosing 2 primary methods of birth control rather than a primary and secondary method.  
<sup>1</sup>Benefits and Risks are not inclusive. Please review Full Prescribing Information for the products listed.  
<sup>2</sup>All pictograms from FDA website [www.fda.gov/downloads/forconsumers/byaudience/forwomen/freepublications/ucm356451.pdf](http://www.fda.gov/downloads/forconsumers/byaudience/forwomen/freepublications/ucm356451.pdf). Accessed January 20, 2016.  
<sup>3</sup>References 1. Werner CA, Papp MJ, Ferris LK, Schwartz EB. Promoting safe use of isotretinoin by increasing contraceptive knowledge. *JAMA Dermatol*. 2015;151(4):389-393. 2. Trussell J. Contraception failure in the United States. *Contraception*. 2011;83:397-404. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3638209/>. Accessed September 9, 2014. 3. ParaGard® Prescribing Information, Teva Women's Health, Inc., June 2013.