

# GUIDE TO DIFFERENT TYPES OF CONTRACEPTION



## COMBINED PILL

- Hormonal
- 99% effective when used perfectly
- Remember to take it daily
- Can choose to have regular periods or skip them



## PROGESTOGEN-ONLY PILL

- Hormonal
- 99% effective when used perfectly
- Remember to take it at the same time every day
- Periods can become lighter or stop



## PATCH

- Hormonal
- 99% effective when used perfectly
- Remember to change it weekly
- Can choose to have regular periods or skip them



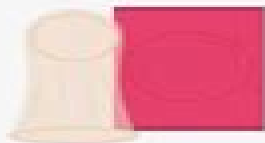
## RING

- Hormonal
- 99% effective when used perfectly
- Remember to change it every 3 weeks
- Can choose to have regular periods or skip them



## MALE CONDOMS

- No hormones
- 98% effective when used perfectly
- Remember to use every time you have sex
- Protection against STIs



## FEMALE CONDOMS

- No hormones
- 95% effective when used perfectly
- Remember to use every time you have sex
- Protection against STIs



## IMPLANT

- Hormonal
- Over 99% effective
- Works for 3 years
- Periods may be lighter or stop



## INJECTION

- Hormonal
- Over 99% effective
- Works for 13 weeks
- Periods may be lighter or stop



## DIAPHRAGMS AND CAPS

- No hormones
- 92-96% effective when used perfectly and with spermicide
- Remember to use every time you have sex



## IUD (NON-HORMONAL COIL)

- No hormones
- Over 99% effective
- Works for 5-10 years
- Periods can become heavier



## IUS (HORMONAL COIL)

- Hormones
- Over 99% effective
- Works for 3-5 years
- Periods may be lighter or stop

# Contraception A Users Guide

**O García**



## **Contraception A Users Guide:**

## Embracing the Tune of Appearance: An Psychological Symphony within **Contraception A Users Guide**

In a world eaten by displays and the ceaseless chatter of instant communication, the melodic splendor and emotional symphony developed by the written term often diminish in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Contraception A Users Guide** a marvelous literary treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that charming masterpiece conducts viewers on a mental trip, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths with this poignant examination, we can investigate the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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