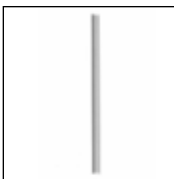


Menu of Contraceptive Options

Long acting reversible contraception, such as the implant and IUDs, are more than 99 percent effective. Often referred to as low maintenance birth control, they do not require you to do anything. These methods are also completely reversible - meaning once removed, you can get pregnant.



IMPLANT

It is inserted into your arm by a health care provider and lasts up to three years. You can have it removed sooner. Periods are usually lighter and less painful. It does not protect against STIs.



HORMONAL IUD

It is inserted into the uterus by a health care provider and last up to five years. You can have it removed sooner. Periods are generally lighter and less painful. It does not protect against STIs.



NON HORMONAL IUD

It is inserted into the uterus by a health care provider and lasts up to 10 years. You can have it removed sooner. It does not protect against STIs.



BIRTH CONTROL SHOT

The shot is given by a health care professional every three months. Periods are generally lighter and less painful. The shot does not protect against STIs.



ORAL CONTRACEPTIVES (Pills)

The pill must be then taken at about the same time every day. Periods may become generally lighter and less painful. The pill does not protect against STIs.

[continued]



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PATCH

The patch is applied to the skin one time per week for three weeks and then is removed for one week, allowing for a period. Periods are generally lighter and less painful. The Patch does not protect against STIs.



VAGINAL RING

The vaginal ring is inserted into the vagina for three weeks. After that, it is removed for one week, allowing for a period. Periods are generally lighter and less painful. The vaginal ring does not protect against STDs.



EMERGENCY CONTRACEPTION

Emergency contraception can help prevent pregnancy after unprotected sex or contraception failure. It comes in the form of a pill or copper IUD. Both methods can be used up to five days after unprotected sex. It does not replace the consistent use of contraception. It does not protect against STIs.



CONDOMS

The male condom is applied to the penis just before sexual intercourse. A new condom must be used for every sexual encounter to provide protection against pregnancy and STIs. Condoms should be used at each sexual encounter to provide protection against STIs and pregnancy. By using a condom along with a long acting contraception you are best protected against pregnancy and STIs.

BC4Teens, The Young Women's Contraceptive Services Program

The BC4Teens program provides a full spectrum of family planning services, including contraception counseling, and access to a wide range of same day contraceptives for young women up to age 22. Contraceptives, such as the implant and IUD, are provided in a teen-friendly environment. We also test and treat sexually transmitted infections. Same day appointments are available.

Learn more at NationwideChildrens.org/BC4Teens.

How to Make an Appointment

1. Visit NationwideChildrens.org and click "Request an Appointment."
2. Call us at (614) 722-6200.
3. Providers with access to EPIC can schedule appointments.

Location:

Livingston Ambulatory Center
 380 Butterfly Gardens Drive, Suite 3A
 Columbus, OH 43215
 Phone: (614) 722-6200

Linden Primary Care Center
 1390 Cleveland Ave. (2nd floor)
 Columbus, OH 43211



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