

GUIDE TO DIFFERENT TYPES OF CONTRACEPTION



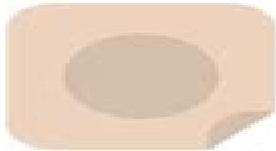
COMBINED PILL

- 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



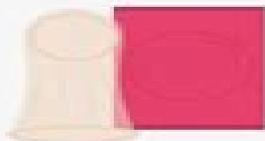
RING

- 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

Patrick Vollmar



Contraception A Users Guide:

Contraception A Users Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Contraception A Users Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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