

BIRTH CONTROL ACROSS THE GENDER SPECTRUM

CAN YOU GET PREGNANT?

If you have a uterus and ovaries, you can get pregnant. This is true even if you take testosterone. Although it may stop your monthly bleeding, testosterone does not keep you from getting pregnant.

CAN YOU GET SOMEONE PREGNANT?

If you have a penis and testes, you can get someone pregnant. This is true even if you take estrogen. Estrogen may lower your sperm count, but it does not keep you from getting someone pregnant.

BIRTH CONTROL FOR PEOPLE TAKING TESTOSTERONE

There are several birth control options for people who have a uterus and ovaries and who take testosterone. The progestin pill, implant, IUD, and shot may help decrease monthly bleeding. Some people use one of these methods just to control bleeding, even if they don't need birth control. Progestin does not interact with testosterone. The copper IUD prevents pregnancy and contains no hormones. Condoms prevent pregnancy and sexually transmitted infections (STIs).

BIRTH CONTROL FOR PEOPLE TAKING ESTROGEN

People who have a penis and testes and who take estrogen can choose any birth control method.




PERMANENT OPTIONS

Permanent methods are great for people who don't ever want to get pregnant. These include tubal ligation, Essure, hysterectomy, orchiectomy, and vasectomy.

DON'T FORGET ABOUT SEXUALLY TRANSMITTED INFECTIONS!

Condoms can prevent human immunodeficiency virus (HIV) and other STIs. There are two types of condoms, internal and external. Both types help to prevent pregnancy and infections.

BIRTH CONTROL CHOICES ACROSS THE GENDER SPECTRUM

Method	How well does it work?	How to Use	Pros	Cons
The Implant Nexplanon® 	> 99%	A health care provider places it under the skin of the upper arm. It must be removed by a health care provider.	It may last up to 5 years. It often decreases cramps. After 1 year, you may have no monthly bleeding at all. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	May cause spotting. It may cause mood changes.
Progestin IUD Liletta®, Mirena®, Skyla®, and others 	> 99%	A health care provider places it in the uterus. It is usually removed by a health care provider.	It works for 3 to 7 years, depending on which IUD you choose. It may improve monthly bleeding and cramps. After 1 year, you may have no monthly bleeding at all. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	May cause spotting.
Copper IUD ParaGard® 	> 99%	A health care provider places it in the uterus. It is usually removed by a health care provider.	May be left in place for up to 12 years	May cause spotting (if you are taking testosterone, this may not be an issue).

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Method	How well does it work?	How to Use	Pros	Cons
The Shot Depo-Provera® 	94%	Get a shot every 3 months. You can get the shot at a health care office, or you can give yourself the shot.	Each shot works for 12 weeks. It usually decreases monthly bleeding. After 1 year, you may have no monthly bleeding at all. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	It may cause spotting, weight gain, depression, hair or skin changes, or change in sex drive. It may cause delay in getting pregnant after you stop the shots. Side effects may last up to 6 months after you stop the shots.
Progestin-Only Pills Camila, Nor-QD®, Micronor 	91%	You must take the pill at the same time daily.	It's easy to use. It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS).	It often causes spotting, which may last for many months. It may cause depression, hair or skin changes, or change in sex drive.
External Condom 	82%	Use a new condom each time you have sex Use a polyurethane condom if allergic to latex	Can buy at many stores Can put on as part of sex play/foreplay Can help prevent early ejaculation Can be used for oral, vaginal, and anal sex	Can decrease sensation Can cause loss of erection Can break or slip off
Internal Condom 	79%	Use a new condom each time you have sex Use lubrication as needed	Can buy at many stores Can put in as part of sex play/foreplay Can be used for anal and vaginal sex May increase pleasure when used for vaginal sex Good for people with latex allergy	Can decrease sensation May be noisy May be hard to insert May slip out of place during sex
Withdrawal Pull-out	78%	Pull penis out of vagina before ejaculation (that is, before coming)	Costs nothing	Less pleasure for some Does not work if penis is not pulled out in time Must interrupt sex
Diaphragm Caya® and Milex® 	88%	Must be used each time you have sex Must be used with spermicide	Can last several years Costs very little to use May protect against some infections, but not HIV	Using spermicide may raise the risk of getting HIV Should not be used with vaginal bleeding or infection Raises risk of bladder infection
Spermicide Cream, gel, sponge, foam, inserts, film 	72%	Insert spermicide each time you have sex	Can buy at many stores Can insert as part of sex play/foreplay Comes in many forms: cream, gel, sponge, foam, inserts, film	May raise the risk of getting HIV May irritate vagina, penis Cream, gel, and foam can be messy
Emergency Contraception Pills Progesterin EC (Plan B One-Step® and others) and ulipristal acetate (ella®) 	58-94%	Works best the sooner you take it after unprotected sex You can take EC up to 5 days after unprotected sex If pack contains 2 pills, take both together	Available at pharmacies, health centers, or health care providers: call ahead to see if they have it People of any age can get progesterin EC without a prescription, and it doesn't interact with testosterone.	May cause stomach upset or nausea Your next monthly bleeding may come early or late May cause spotting Ulipristal acetate EC requires a prescription, and we don't know whether or not it interacts with testosterone. May cost a lot

Remember, these methods do not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs). Always use condoms to protect yourself!