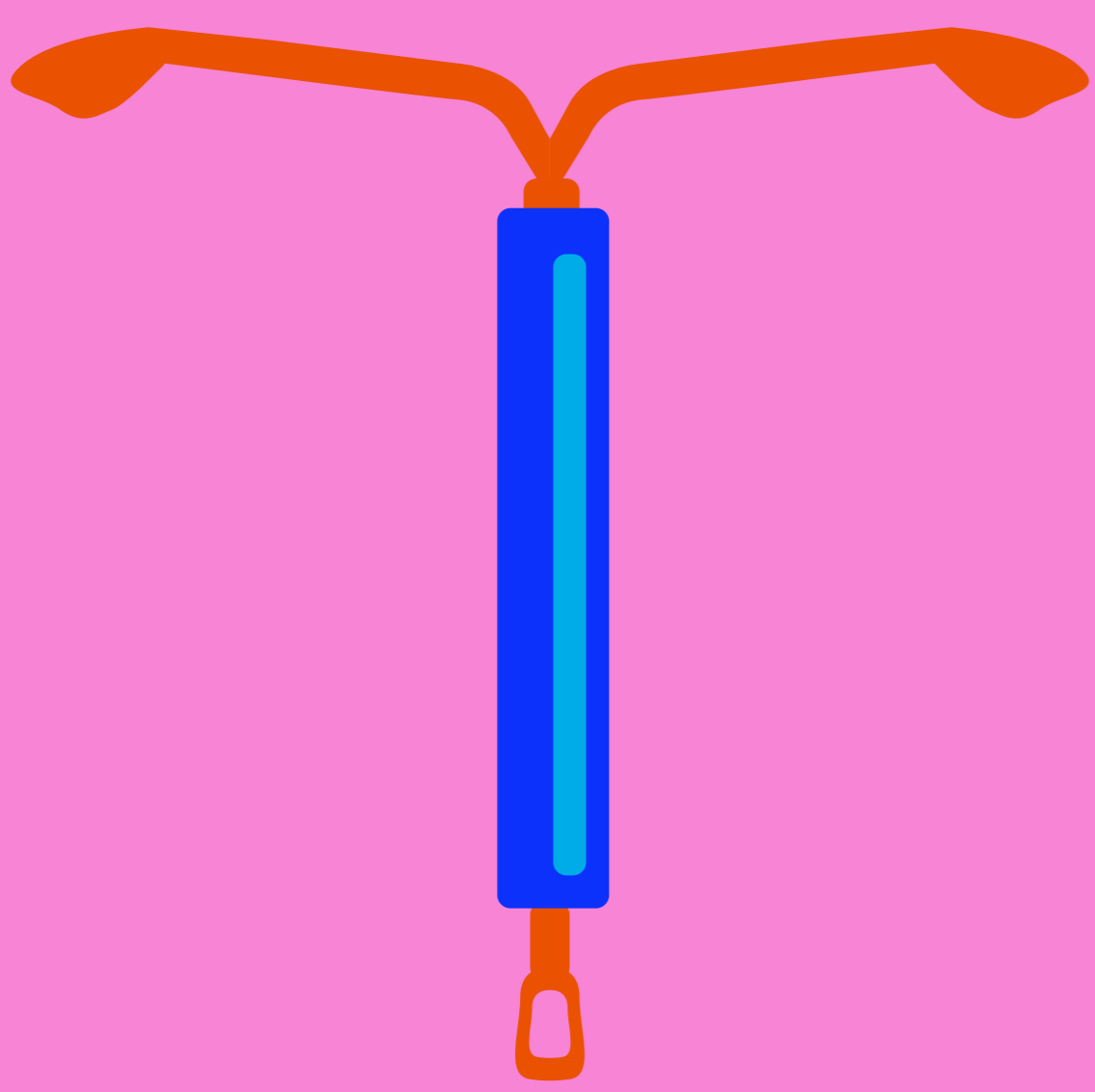


HORMONAL OPTIONS



HORMONAL IUD

PROS

- Long lasting (up to 5 years depending on the device)
- One of the most effective contraceptive methods
- No routine required
- Cost effective
- Does not interfere with sex
- May reduce total days of menstrual bleeding, heaviness, and cramps

CONS

- Insertion might be painful
- Does not protect against STIs

WHAT

Intrauterine device (IUD) that gets professionally inserted into the uterus.

HOW

Prevents the ovary from releasing an egg, thickens the cervical mucus, and thins the lining of the uterus to prevent implantation.

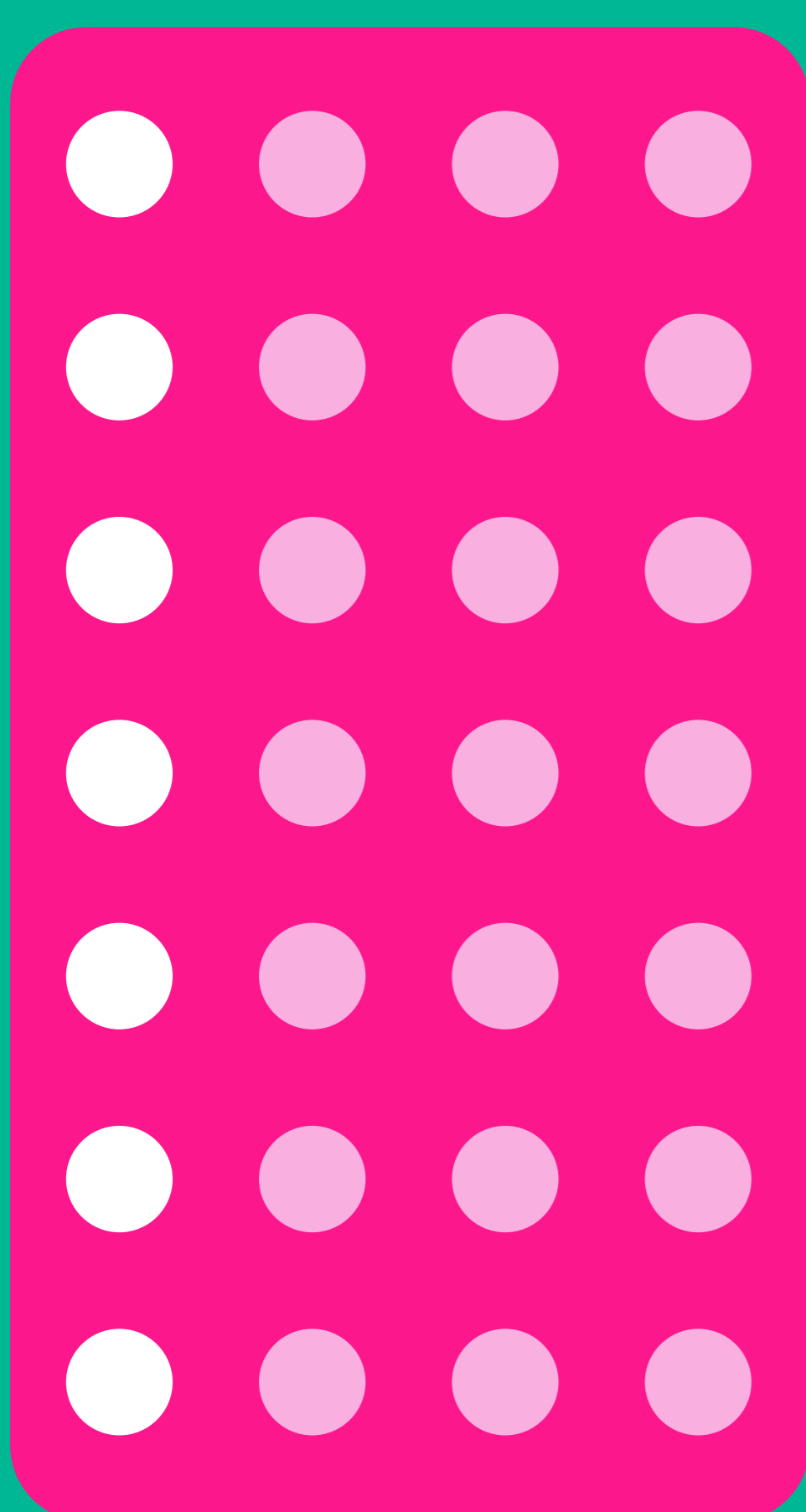


About \$400 for 3 to 6 years.
Up to 80% is covered under AMS/GSS health plan.



99.8% effective.

Intrauterine devices can be hormonal or non-hormonal (copper). You do need to get it inserted by a medical professional, but the good news is that you can get it done for free on campus. Talk to Student Health Service for details.



THE ORAL PILL

PROS

- May help regulate cycles
- May decrease PMS and acne
- Does not interfere with sex
- May reduce or stop menstrual flow and cramps

CONS

- Does not protect against STIs
- Requires a prescription and regular pick up from a pharmacy
- Must be taken at same time every day

WHAT

Hormonal pill taken at around the same time every day to prevent pregnancy. Can be a combined oral contraceptive with estrogen and progestin or progestin-only.

HOW

Prevents the ovary from releasing an egg, thickens the cervical mucus, and thins the lining of the uterus to prevent implantation.



\$40-50 per month.
Up to 80% is covered on most insurance plans, including the AMS/GSS plan.



91% effective with typical use.

The pill varies in brands and strengths. Talk to your doctor to find one suitable for you. To get started on the pill, visit Student Health Service or your family doctor to get set up with a prescription. Then, drop off your prescription at any pharmacy.