

GETTING AN IUD OR IMPLANT

WILL IT HURT?

It's different for everyone.
Ibuprofen helps and you should
feel totally normal within a
week.

WHAT WILL IT COST?

It depends on where you live
and what health coverage you
have. Insurance plans must
cover birth control. If you have
no insurance, you may qualify
for programs that help cover
the cost. Ask your health care
provider to help you figure this
out.



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for Global
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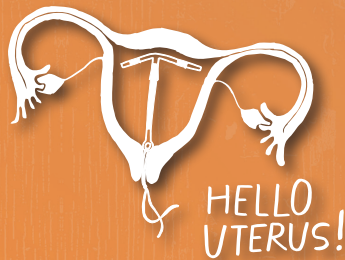
IUDS AND THE IMPLANT



BIRTH CONTROL
THAT *REALLY*
WORKS

IUDs

(INTRAUTERINE DEVICES)



← PARAGARD



← SKYLA



← MIRENA

WHAT ARE IUDs?

They're little plastic T's that a nurse or doctor places in your uterus. You can't feel them, but they prevent pregnancy better than other kinds of birth control.

» **IUDs WITH HORMONES:** Mirena and Skyla are low-dose progestin IUDs. After a few months, they cause lighter and shorter periods. Some women stop having a period at all.

» **IUD WITH NO HORMONES:** The ParaGard is a non-hormonal IUD—the only highly effective method of birth control without hormonal side-effects. For the first six months, it may cause heavier or crampier periods.

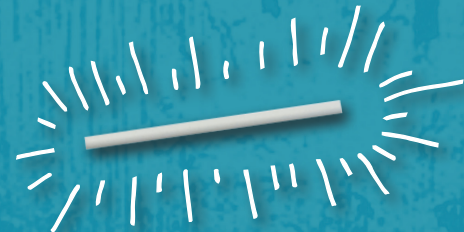
the IMPLANT

WHAT IS IT?

Nexplanon is a flexible little rod that rests under the skin in your upper arm. A doctor or nurse puts it there, but nobody else knows it's there.

» It prevents pregnancy better than other kinds of birth control.

» It may cause irregular spotting or bleeding, and some women stop having a period.



Same SIZE AS
A MATCHSTICK!

WOW!!!

CAN YOU
SEE IT?

↑
IT'S RIGHT HERE

