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.

REMEMBER

CONDOMS ARE THE ONLY THING THAT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS.

IUDS AND THE IMPLANT

BIRTH CONTROL THAT REALLY WORKS
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.

**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.