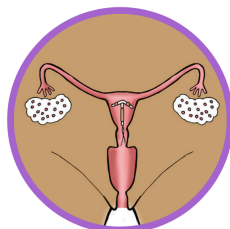


Consider the methods that are right for you!



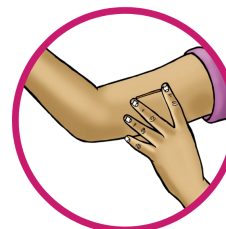
IUD



Small flexible device placed in the womb



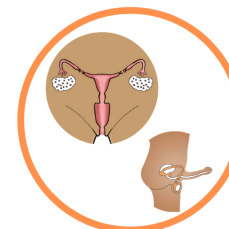
Implant



Small rods placed under the skin of the upper arm



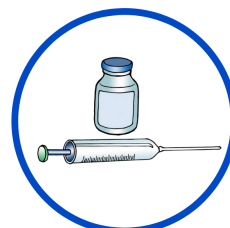
Permanent Methods



A permanent and safe surgery



Injectable



Hormonal injection, usually into the upper arm



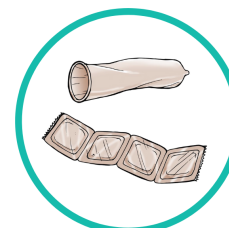
Pills



Hormonal pills taken orally every day



Condoms



A barrier placed on the genitals and used every time you have sex



When you can have your next child



What you must remember



1

2

3

4

5

6