






Birth Control Methods - Hormonal Contraceptives

	Effectiveness	Options	Frequency	Interruptions	Chance of Pregnancy After Stopping Use	Health Care Advisory	Prescription Required?	HIV/STD Protection
The Patch 	99%	Only 1 type	Applied weekly for 3 weeks. Not used during Week 4	None	Once stopped, may take a few cycles before you can become pregnant	Must learn how to apply correctly	Yes	No
Oral Contraceptive (The Pill) 	99%	Available in different doses	Take pill daily at approximately the same time each day	None	Once stopped, may take a few cycles before you can become pregnant	May need instruction to take pills correctly	Yes	No
Contraceptive Injections 	99%	Monthly injection or every 3 months	Monthly or every 3 months	None	Ovulation may be delayed up to a year	Health care professional administers injection	Yes	No
Progestin-Releasing Intrauterine Device (IUD) 	99%	1 hormone-releasing IUD currently available	Suggested length of use is 5 years or less	None	Once removed, fertility can return within a year	Health care professional inserts and removes IUD	Yes	No
Vaginal Ring 	99%	Only 1 type	Inserted monthly; left in place for 3 weeks. Not worn during Week 4	None	Once stopped, may take a few cycles before you can become pregnant	Must learn how to insert and remove	Yes	No

To learn more about these methods, talk to your health care professional

避孕方法 - 激素避孕藥



效用	選項	頻率	阻礙物	停止使用後懷孕機會	專業醫療建議	需要處方嗎？	艾滋/性病防護
99%	只得一種	連續三周使用，跳過第四周	沒有	停止後可能需要幾個周期後才會懷孕	需要學習如何正確使用	需要	不會
99%	有不同劑量選擇	每天同一時間服用一粒避孕藥	沒有	停止後可能需要幾個周期後才會懷孕	需要學習如何正確吃藥	需要	不會
99%	可選擇每個月或每三個月注射	每個月或每三個月注射	沒有	排卵可能延遲一年	需由專業醫療人士注射	需要	不會
99%	只得一種激素宮內植入器選擇	建議不使用多於五年	沒有	移除後，生育力會在一年內恢復	需由專業醫療人士放入或移除	需要	不會
99%	只得一種	每月插入三周，跳過第四周不使用	沒有	停止後可能需要幾個周期後才會懷孕	需要學習如何正確放入或移除	需要	不會

如想認識更多避孕資訊，請向你的醫療保健專業人士諮詢！