

What You Should Know about Family Planning and Birth Control Options

Having children is a milestone in many people's lives. Family planning and birth control options play an important role for many women and men. Some may decide they are not ready for children. Others would like to decide how many children they want to have or how far apart their children are in age. The Healthy Texas Women program provides family planning services and birth control options.

What are your Family Planning and Birth Control Options?

There are a wide range of family planning and birth control options available to women and men, including:

<p>Short-Acting Hormonal Contraceptives:</p> <p>These methods are prescribed by your doctor or healthcare provider, and can be up to 99% effective when used or taken correctly every time. These may include:</p> <ul style="list-style-type: none"> • Oral contraceptive pills • Patch • Vaginal ring • Contraceptive shot 	<p>Long-Acting Reversible Contraceptives:</p> <p>These methods are placed or inserted by your doctor or healthcare provider. They can last for 3 to 10 years, depending on the method, and can be up to 99% effective. These may include:</p> <ul style="list-style-type: none"> • Intrauterine devices (IUD) • Implants 	<p>Barrier Methods:</p> <p>These methods are used every time people have sex to prevent pregnancy, and can be 94% to 98% effective if used correctly every time. These methods may include:</p> <ul style="list-style-type: none"> • Male or female condoms • Spermicides • Diaphragm • Cervical Cap
<p>Natural Family Planning Method:</p> <p>This method involves tracking your menstrual cycle to figure out which days you are most fertile and likely to get pregnant. This method includes:</p> <ul style="list-style-type: none"> • Taking your body temperature • Recording your periods 	<p>Permanent Sterilization:</p> <p>This method may prevent pregnancy for the rest of your life and is performed through surgery or a medical procedure. This method can be 99% effective as there are rare cases in which the procedure does not work. This method may include:</p> <ul style="list-style-type: none"> • Tubal ligation (women) • Vasectomy (men) 	<p>Abstinence:</p> <p>This method involves avoiding sex completely to prevent pregnancy. This method is 100% effective.</p>

Talk to your doctor or healthcare provider about your family planning needs and birth control options and find the one that will best work for you.

Learn more about available family planning services and birth control options at www.HealthyTexasWomen.org.