

*If you're sexually active or thinking about becoming sexually active, you should know that...*

*You have an 85% chance of becoming pregnant if you're not using any type of birth control.*

*This booklet gives you an up-to-date guide of birth control options so you can prevent unwanted pregnancy. But with so many types of birth control available, which one's right for you?*

## TAKE CHARGE OF YOUR SEXUAL HEALTH

*Taking charge of your sexual health starts with you. Learn as much as you can so you can avoid pregnancy and protect yourself against STIs. Remember, this booklet is only a guide. For more detailed information about which birth control method is best for you, talk to your doctor, pharmacist or family planning counsellor.*

Information found in this brochure is credited to SOGC  
[www.sexualityandu.ca](http://www.sexualityandu.ca)

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Birth Control Options



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	Dosing Regimen	Failure Rate (reported pregnancies per 100 women/year)	Reduces Menstrual Cramping	Usable During Breastfeed- ing	Estrogen- free	Pricing/unit	Pricing/year	Potential Unwanted Effects
Intrauterine System	Once up to every 5 years	0.2	✓	✓	✓	Hormonal IUD \$300-400	\$60-80/ years over 5 years	May cause irregular bleeding or spotting. Slight risk of perforating uterus during insertion.
Injectable Contraceptive	Once every 3 months	0.3	✗	✓	✓	\$35-45 for a 3 -month period	\$140-180	May cause irregular bleeding or spotting. May cause a decrease in bone mineral density. May cause weight gain.
Transdermal Patch	Regular weekly	1	✓	✗	✗	\$20-40/month	\$240-480	May cause irregular bleeding or spotting, headaches, breast tenderness. May increase the risk of blood clots.
Sterilization	Once only	Female (tubal ligation): 0.9 to 1.8 Male (vasectomy): 0.0 to 2.2	✗	✓	✓	Usually covered by provincial plans	N/A	May cause surgery related complications. Generally not reversible.
The Pill (Combined Oral Contraceptive)	Regular daily (21 or 28 days)	1 to 2	✓	✗	✗	\$20-30/month	\$240-360	May cause irregular bleeding or spotting, headaches, breast tenderness. May increase blood clots.
Vaginal Ring	Regular monthly (in for 21 days out for 7 days)	1 to 2	✓	✗	✗	\$20-40/month	\$240-480	Same as The Pill (COC) and the Transdermal Patch.
Progestin-only Pill	Regular daily	1 to 5	✗	✓	✓	\$20-30/month	\$240-360	Spotting.
Intrauterine Device	Once every 2.5-5 years	1 to 6	✗	✓	✓	Copper IUD: \$70-150	\$60/year over 2.5 years	May cause irregular bleeding or spotting. Slight risk of perforating uterus during insertion. May increase cramping.
Condoms	Each intercourse	2 to 12	✗	✓	✓	Male condom: \$0.50/each Female con- dom: \$3/each	\$29.80 (male); \$178.80 (female)	Male condoms: allergy to latex Female condoms: irritation from inner or outer lubricant.
Natural/Family Planning	Abstinence during fertile period	2 to 20	✗	✓	✓	No cost	No cost	N/A
Spermicide	1 hour/application	3 to 21	✗	✓	✓	\$10-25	N/A	May cause sensitivity reactions.
Sponge with spermicide	12-24 hour coverage/ sponge	3 to 28	✗	✓	✓	\$10-15 per package of 3 sponges	\$198.67- \$298.00	May cause sensitivity reactions or infections. Slight risk of "toxic shock".