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Training Tools – Explaining Contraception and the Birth Control Method Options chart
May 26, 2016


Long Acting Reversible Contraception (LARC): IUDs and implant


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Hormonal Methods: Oral Contraception, Vaginal Ring, Patch, Injection


Dragoman MV, Gaffield ME. The safety of subcutaneously administered depot medroxyprogesterone acetate (104mg/0.65mL): A systematic review. Contraception. In press


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OTHER AVAILABLE METHODS

Abstinence


Breastfeeding – [Lactational Amenorrhea (LAM)]


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Diaphragm


Emergency Contraceptive Pills (ECP)

The Emergency Contraception Website
http://ec.princeton.edu/emergency-contraception.html

Trussell, J, Raymond, EG, Cleland, K. Emergency Contraception: A Last Chance to Prevent Unintended Pregnancy. March 2016
http://ec.princeton.edu/questions/ec-review.pdf

Female Condom


Female Sterilization

U.S. Selected Practice Recommendations for Contraceptive Use, 2013
http://www.cdc.gov/reproductivehealth/unintendedpregnancy/usspr.htm

Fertility Awareness-Based (FAB) Methods

Fertility Awareness-Based Methods (General)

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Standard Days Method


Arevalo, M., I. Sinai, and V. Jennings. 1999. A fixed formula to define the fertile window of the menstrual cycle as the basis of a simple method of natural family planning. Contraception. (60) 357-360.


TwoDay Method


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Fertility Awareness Information


Male Condom

Centers for Disease Control and Prevention Condom Fact Sheet In Brief
http://www.cdc.gov/condomeffectiveness/docs/condomfactsheetinbrief.pdf

Male Sterilization

U.S. Selected Practice Recommendations for Contraceptive Use, 2013
http://www.cdc.gov/reproductivehealth/unintendedpregnancy/usspr.htm

Spermicides and Sponge


Withdrawal
