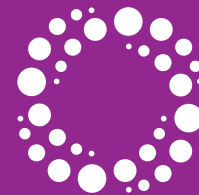


# What Contraceptive Methods Should Family Planning Providers Stock?



All clients should have access to the full range of contraceptive methods. According to the U.S. Department of Health and Human Services, and in line with [Institute of Medicine recommendations](#), this means that clients should be able to obtain any of the [18 types of contraceptive methods](#) approved by the Food and Drug Administration (FDA). When multiple products are available within a category (e.g., the hormonal intrauterine device or IUD), [at least one should be accessible](#). To ensure client access, the full range of methods should be stocked on site or be easily available through a pharmacy. Providers should also offer services or referrals for FDA-approved sterilization procedures.

## Provider-Dependent Contraceptive Methods

Given the additional barriers that clients face to obtain **provider-dependent methods**(\*), sites should have at least one of each provider-dependent method in stock.

**Copper IUD\***

**IUD with progestin\***

**Implantable rod\***

**Progestin shot/injection (Depo-Provera)\***

## Contraceptive Methods Available by Prescription or Over the Counter

Methods that do not require provider intervention may be dispensed on site or at a nearby pharmacy.

Combination oral contraceptives

Oral contraceptives (Progestin-only)

Patch

Vaginal contraceptive ring

Diaphragm

Sponge

Cervical cap

Male condom

Female condom

Spermicide

Emergency contraception (EC) pills

Levonorgestrel 1.5 mg (1 pill) or Levonorgestrel .75 mg (2 pills)

Ulipristal Acetate

## Sources

- » Food and Drug Administration (FDA). "Birth Control." Last Updated: March 6, 2018.
- » Institute of Medicine. "Clinical preventive services for women: closing the gaps." Washington, DC: National Academies Press; 2011.
- » HealthCare.gov "Birth Control Benefits." <https://www.healthcare.gov/coverage/birth-control-benefits/>
- » Kaiser Family Foundation. "Minimum Contraceptive Coverage Requirements Clarified by HHS Guidance." May 11, 2015.



**For related tools and tips, see**  
[Same-Visit Contraception: An Implementation Guide for Family Planning Providers](#)



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