

Birth Control

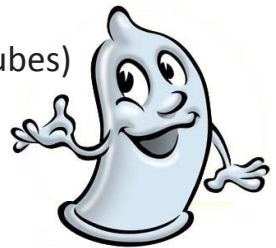
What is it?



- **Birth Control**- to prevent unplanned pregnancies
 - **Intrauterine Device (IUD)**- plastic or metal device inserted into the uterus by a Physician; copper kills sperm and no protection against STD's, some IUD's release a hormone to prevent conception
- **Barrier Method**- keep sperm from entering the uterus
 - **Example**- male condoms used with spermicidal foam

Permanent Surgical Methods:

- **Vasectomy**- for the male; the tubes (vas deferens) that carry the man's sperm cells are cut off, clamped off or burned
- **Tubal Ligation**- for the female; cut or close off the tubes (fallopian tubes) that carry a woman's eggs from the ovaries to the uterus



Facts:

- **Male Condom**- flexible tube of latex rubber placed on an erect penis before sexual intercourse to trap ejaculated sperm; condoms can be used with other birth control methods
- **Most Reliable Condoms**- latex, polyurethane; not total protection against STD's/HIV
- **Spermicides**- jellies, foams, suppositories that usually contain nonoxynol-9
 - **Allergic to Nonoxynol-9**- may develop sores in the vagina or on the penis
- **Cervical Cap/Diaphragm**- small rubber caps that are filled with spermicide; inserted into the vagina before sexual intercourse to cover the opening of the uterus (cervix); left in place for > 6 hours after intercourse

What can I do?

- **See your Health Care Provider**- need a prescription for the Diaphragm
- **See a Registered Dietitian for help as needed**
- **See FFF RD on line for help**

