

Method Options

Here is a brief overview of methods that reduce your chances of getting pregnant or causing a pregnancy. Choose the method that's right for you and use it the correct way every time. All of these methods are available from Clatsop County Public Health Department. For more information, call (503) 325-8500.

These methods don't work at all to prevent pregnancy, STDs and/or HIV:

- Having sex just once or not that often (it only takes one time to get pregnant or get an infection.)
- Douching
- Feminine hygiene sprays
- Having sex in different positions

These are the methods that do help to prevent pregnancy, STD's and/or HIV:

Abstinence

Abstinence means not having sexual intercourse. There are many ways to be close to your partner without the risk of getting pregnant or getting HIV or an STI (sexually transmitted infection). Remember, regardless of what you've said in the past, it's OK to say "not now" to sex.

IUD/IUS

We offer 2 types of IUD's one with hormone and one without. These devices are inserted in the office by a provider and are effective for 5-12 years depending on which one you choose. They work by affecting the uterine environment OR killing sperm which prevents the sperm from reaching the egg. These devices do not cause abortion. They do not protect against STD's or HIV.

Contraceptive Implant - Nexplanon

The contraceptive implant is a small rod the size of a match-stick that is inserted by a health care provider under the skin. It releases a small amount of hormone over 3 years to protect you from pregnancy at which time the provider removes it. Nexplanon does not protect against STD's or HIV

Birth Control Pills

The pill contains hormones that prevent pregnancy. Pills must be taken daily and a yearly office visit with the provider is necessary to continue your prescription. Birth control pills do not protect against STDs or HIV.

Vaginal NuvaRing®

NuvaRing® is a slender, flexible and clear ring that contains hormones and is used to prevent pregnancy. A woman puts the ring into the vagina and leaves it there for three weeks. NuvaRing® does not protect against STDs or HIV.

Depo-Provera Injection

A provider gives the woman an injection of hormone once every 12 weeks to prevent pregnancy. Depo-Provera does not protect against STDs or HIV.

Contraceptive Patch - Xulane® (The Patch)

Xulane® is similar to a large BandAid®, that a woman puts on her skin to prevent pregnancy. The patch contains hormones that are released through the skin and into the bloodstream. Three patches are used during one cycle. Change the patch every 7 days for three weeks. The 4th week is patch-free. It is available by prescription only. The Patch does not protect against STDs or HIV.

Male Condoms

Male condoms must be put on the erect penis before touching the vagina to keep semen from entering the vagina. For the best protection against pregnancy, use a latex condom and a spermicide too. Spermicides kill sperm. Remember that you must use a new condom each time you have sex. You can get free condoms at Clatsop County Public Health Department.

Emergency Contraceptive Pills

If you have unprotected sex or if your birth control method has failed, you may be able to take these pills to prevent pregnancy. They are a type of birth control pill that you take in a different way. You have up to 120 hours (or 5 days) to take these pills after having unprotected sex. Call Clatsop County Health & Human Services for more information.

Diaphragm

This is a barrier method used in the vagina. It must be inserted in a way which covers the cervix so sperm have no access to the egg. It should be used in combination with spermicide and must be inserted 1-2 hours before sexual intercourse. It will not protect against STD's or HIV.

Spermicides

Spermicides come in foams, jellies, creams, sponges and contraceptive film. Spermicides must be put into the vagina before each time you have sex. Spermicides kill sperm and work best if used with a condom or diaphragm. Spermicides do not protect against STDs or HIV.

Withdrawal

Prevents fertilization by not allowing semen (and sperm) to enter the vagina and touch the egg.

Vasectomy

Vasectomy is a simple outpatient surgery in which the tubes that carry sperm up to the penis are cut and sealed. After a vasectomy, the man will still produce male hormones and sperm, but the sperm will not be able to join with other fluids in the semen. Sex drive, ability to have sex and orgasms do not change because of a vasectomy.

Whatever method you choose, use latex condoms for the best protection against pregnancy, STDs and HIV.