

What of type of birth control methods are offered at the Campus Health Center, and how well do they work?

Eighty-five percent of women who use no contraceptives during vaginal intercourse will become pregnant each year. The only guarantee against pregnancy is not having vaginal intercourse. Many contraceptive methods are available to reduce the risk of pregnancy. We offer many different types of birth control options at the Campus Health Center . The student may need to get some of them at an outside pharmacy, because we may not carry everything here at our pharmacy.

- **Emergency Contraceptive Pill (ECP or “morning after” pill)** - can be used up to 120 hours since the incident of unprotected intercourse. However, the Emergency Contraceptive Pill is most effective if taken within the first 72 hours. We offer Plan B and it is available at our pharmacy. You should call or come in as soon as possible to be seen by the treatment nurse.



- **Condom-male and female** - 97% effective for the male condom, 95% for the female one. Both are available here, lubricated and unlubricated.



- **Patch** - worn 3 weeks out of every month. It is 99% effective and costs \$10 with the student insurance. There is a potential increased risk of blood clots when using the patch, compared with 35 mcgm pills. Please visit this link for more information <http://www.fda.gov/bbs/topics/news/2005/NEW01262.html>.



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The Pill - taken 3 weeks, non-active pill one week. It is 99% effective and our pharmacy has several types. Prescriptions for the pill costs \$10 each month, with only one month available at one time.



- **Depo shot** - an injection given every 3 months. It is 99% effective. This is available at no charge if you have the student insurance.



- **Vaginal Ring - (Nuva-ring)** - inserted into the vagina 3 weeks out of every month and is about 99% effective. A prescription must be taken to an outside pharmacy.



- **Intrauterine Device** - placed into the uterus for long term use and is 99% effective. It is free with insurance, but costly without. It is ordered after your initial visit.



- **Spermicides** - inserted in vagina at the time of intercourse. They are more effective if used with a condom. They include sponge, film, suppositories and foam. We offer many here at our pharmacy.



- **Diaphragm** - placed in vagina at the time of intercourse. We carry this in our pharmacy and it is 94% effective. You need to be fitted for this by the provider.



- **Withdrawal (pulling out)** - better than nothing. Even though it is widely used, it is not very effective.
- **Abstinence** - works well!