**Contraception Test Study Guide**

Contraception: any method used to prevent pregnancy. May also be called birth control.

* Abstinence: The choice to not have sex at all. Only method to protect against pregnancy and STIs 100% of the time.
* Barrier methods: place a physical wall between a woman’s cervix and the male's sperm
  + Male condoms: ABC (Always, Before, Correctly)
  + Female condoms
  + Diaphragm
  + Cervical cap
  + Contraceptive sponge
  + Spermicides
* Hormonal methods: combine hormones **estrogen** and **progesterone** into the body to prevent pregnancy
  + Work one of 3 ways:
    - Inhibit ovulation
    - Increase cervical mucous to block sperm from entering uterus
    - Inhibit fertilized egg to implant in uterine wall
  + Birth control pills: most effective form of hormonal method, take everyday
  + Implanon: rod in arm, change every 3 years
  + Depo-provera (shot): give once every 3 months
  + Contraceptive patch: change once a week
  + Vaginal ring: changed once every 3 weeks
  + IUD: hormonal last 3-7 years depending on type, copper last 12 years
  + Sterilization (tubal occlusion and vasectomy): permanent, irreversible method of birth control
  + Adiana: silicone insert to block fallopian tubes
  + Emergency contraception (plan B): one pill or two can be taken up to 5 days after sex

The only two methods of contraception that protect against STIs are male and female condoms, or abstinence.

Male condoms and birth control pills are the most popular contraceptives in the United States.