

NOTE: No birth control method is 100% effective against pregnancy, STDs and HIV except abstinence. Each has possible side effects that you should understand before using that method. Ask your healthcare provider for more information.



- Visit your health care provider **before** you become pregnant
- Learn the importance of living a healthy life style **now** so you and your baby stay healthy during and after your pregnancy
- Take a B vitamin (folic acid) every day **before** you become pregnant to help prevent birth defects

Protect your baby now:



If you have answered "no" to any of the above questions, then now is **not** the time to become pregnant.

- Am I ready to become a parent?
- Will I be able to finish school?
- Will I have affordable health insurance to cover prenatal care, the delivery, and care for myself and my baby after delivery?
- Will I be able to get or keep a decent job with health care benefits for my child and myself?
- Will I be able to afford a safe and healthy home for my child and myself?
- Do I have people around me that I can turn to if my baby and I need help?

Questions to ask yourself before you become pregnant:

**YOU can decide if and when to have children
Prepare for and plan your pregnancy**

Family Planning

To find family planning services in your area, contact your local health department:

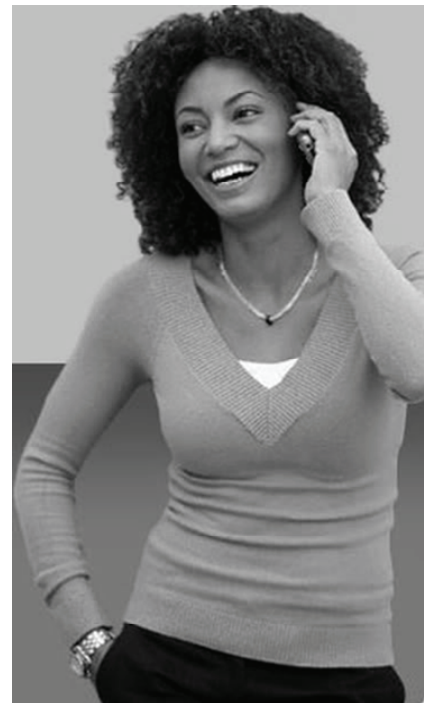
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|------------------------------------|---------------------------------------|
| Allegany County • 301-759-5084 | Harford County • 410-638-8457 |
| Anne Arundel County • 410-222-7144 | Howard County • 410-313-7500 |
| Baltimore City • 410-396-0186 | Kent County • 410-778-1350 |
| Baltimore County • 410-887-3740 | Montgomery County • 240-777-4248 |
| Calvert County • 410-535-5400 | Prince George's County • 301-883-7859 |
| Caroline County • 410-479-8000 | Queen Anne's County • 410-758-0720 |
| Carroll County • 410-876-4930 | St. Mary's County • 301-475-4330 |
| Cecil County • 410-996-5135 | Somerset County • 443-523-1740 |
| Charles County • 301-609-6900 | Talbot County • 410-819-5600 |
| Dorchester County • 410-228-3294 | Washington County • 240-313-3200 |
| Frederick County • 301-600-1739 | Wicomico County • 410-543-6962 |
| Garrett County • 301-334-7777 | Worcester County • 410-957-2005 |

Or Contact:


- Community Clinics, Incorporated at 240-790-3325 (<http://cciweb.org/programs/family-planning>)
- Planned Parenthood of Maryland at 410-576-1400 (www.plannedparenthoodmd.org)
- The Center for Maternal and Child Health at 410-767-6713 (www.fha.state.md.us/mch)

If you or your partner are pregnant, start prenatal care as soon as possible. If you need help in finding a provider for birth control or arranging for prenatal care, call:

1-800-456-8900



A Guide for You



Maryland Department of Health and Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, MD, Secretary

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations. The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

Birth Control Guide

	Methods	Number of pregnancies expected per 100 women	How to use it	Some Risks	
<p>Most Effective</p> <p>Least Effective</p>	Sterilization Surgery for Women	1	One-time procedure; nothing to do or remember.	<ul style="list-style-type: none"> • Pain • Bleeding • Infection or other complications after surgery • Ectopic (tubal) pregnancy 	
	Surgical Sterilization Implant for Women	1	One-time procedure; nothing to do or remember.	<ul style="list-style-type: none"> • Mild to moderate pain after insertion • Ectopic (tubal) pregnancy 	
	Sterilization Surgery for Men	1	One-time procedure; nothing to do or remember.	<ul style="list-style-type: none"> • Pain • Bleeding • Infection 	
	Implantable Rod	1	One-time procedure; nothing to do or remember.	<ul style="list-style-type: none"> • Acne • Weight gain • Cysts of the ovaries • Mood changes • Depression • Hair loss • Headache • Upset stomach • Dizziness • Sore breasts 	
	IUD	1	One-time procedure; nothing to do or remember.	<ul style="list-style-type: none"> • Cramps • Bleeding • Pelvic inflammatory disease • Infertility • Tear or hole in the uterus • Lower interest in sexual activity • Changes in your periods 	
	Shot/Injection	1	Need a shot every 3 months.	<ul style="list-style-type: none"> • Bone loss • Bleeding between periods • Weight gain • Breast tenderness • Headaches 	
	Oral Contraceptives (Combined Pill) "The Pill"	5	Must swallow a pill every day.	<ul style="list-style-type: none"> • Dizziness • Nausea • Changes in your cycle (period) • Changes in mood • Weight gain • High blood pressure • Blood clots • Heart attack • Strokes 	
	Oral Contraceptives (Progestin-only) "The Pill"	5	Must swallow a pill every day.	<ul style="list-style-type: none"> • Irregular bleeding • Weight gain • Breast tenderness 	
	Oral Contraceptives Extended/Continuous Use "The Pill"	5	Must swallow a pill every day.	<ul style="list-style-type: none"> • Risks are similar to other oral contraceptives • Bleeding • Spotting between periods 	
	Patch	5	Change the patch once a week for 3 weeks. During the fourth week you do not wear a patch.	<ul style="list-style-type: none"> • Exposure to higher average levels of estrogen than most oral contraceptives 	
	Vaginal Contraceptive Ring	5	Must leave ring in every day for 3 weeks. Remove ring during the fourth week.	<ul style="list-style-type: none"> • Vaginal discharge • Swelling of the vagina • Irritation • Similar to oral contraceptives 	
	Male Condom	11-16	Must use every time you have sex; requires partner's cooperation. Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs.	<ul style="list-style-type: none"> • Allergic reactions 	
	Diaphragm with Spermicide	15	Must use every time you have sex.	<ul style="list-style-type: none"> • Irritation • Allergic reactions • Urinary tract infection • Toxic shock 	
	Sponge with Spermicide	16-32	Must use every time you have sex.	<ul style="list-style-type: none"> • Irritation • Allergic reactions • Hard time removing • Toxic shock 	
	Cervical Cap with Spermicide	17-23	Must use every time you have sex.	<ul style="list-style-type: none"> • Irritation • Allergic reactions • Abnormal Pap test • Toxic shock 	
	Female Condom	20	Must use every time you have sex. May give some protection against STIs.	<ul style="list-style-type: none"> • Irritation • Allergic reactions 	
	Spermicide	30	Must use every time you have sex.	<ul style="list-style-type: none"> • Irritation • Allergic reactions • Urinary tract infection 	
	Emergency Contraception — If your primary method of birth control fails				
	Emergency Contraceptives "The Morning After Pill"	15	Must use within 72 hours of unprotected sex. It should not be used as a regular form of birth control.	<ul style="list-style-type: none"> • Nausea • Vomiting • Abdominal pain • Fatigue • Headache 	