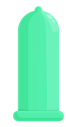


HIV and Birth Control

Women with HIV can safely use any form of birth control to prevent pregnancy.

BARRIER METHODS
are used at the time of intercourse (pericoital).



CONDOM



INTERNAL CONDOM



DIAPHRAGM/
CERVICAL CAP



CONTRACEPTIVE
SPONGE

SHORT-ACTING HORMONAL METHODS
require regular attention—daily, weekly, or monthly.



BIRTH CONTROL PILLS



VAGINAL RING



PROGESTIN SHOTS



PATCH

LONG-ACTING REVERSIBLE CONTRACEPTIVES
can last 3 to 10 years.



IMPLANTABLE ROD

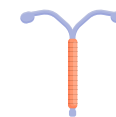


INTRAUTERINE DEVICE
(IUD)

EMERGENCY CONTRACEPTION
is most effective when started as soon as possible, ideally within 3-5 days of unprotected sex.



EMERGENCY
CONTRACEPTIVE PILLS



COPPER IUD

Condoms and internal condoms are the only method available today that can safely prevent pregnancy and HIV and other Sexually Transmitted Infections (STIs) like chlamydia, gonorrhea, and syphilis.

Condoms and other barrier methods that block sperm reaching an egg can be used with other birth control methods including:

- Short-Acting Hormonal Methods and Long-Acting Reversible Contraceptives which interfere with ovulation, fertilization, and/or implantation of a fertilized egg.
- Emergency Contraception that can be used when another form of birth control fails.

Some hormonal birth control methods may be affected by HIV medicines.

Talk to your health care provider about a birth control plan that works for you.



For more information, visit HIVinfo.NIH.gov.