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

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.

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

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

Questions to ask yourself before you become pregnant:
- Am I ready to become a parent?
- Do I have people around me that can help me if my baby is born?
- Will I be able to get enough food and clothing for my baby and myself?
- Will I be able to stop school or work?
- 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?

If you have answered “no” to any of the above questions, then now may not be the time to become pregnant.

Safe and easy ways to help you prevent an unplanned pregnancy:

- Permanent Methods: Surgical sterilization for men or women
- Implantable Devices: Implantable rod under skin, IUD
- Hormonal Methods: Hormonal injections, oral contraceptives or “the Pill,” the Patch, vaginal contraceptive ring
- Barrier Methods: Male or female condom, diaphragm, sponge, cervical cap, spermicide
- Emergency Contraception: “The Morning After Pill” should only be taken if first method of contraception fails

Conclusion: Be prepared not only for your current pregnancy, but your future pregnancies.

You can decide if and when to have children.

Family Planning

A Guide for You
<table>
<thead>
<tr>
<th>Methods</th>
<th>Number of pregnancies expected per 100 women</th>
<th>How to use it</th>
<th>Some Risks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterilization Surgery for Women</td>
<td>1</td>
<td>One-time procedure; nothing to do or remember.</td>
<td>• Pain   &lt;br&gt; • Bleeding &lt;br&gt; • Infection or other complications after surgery &lt;br&gt; • Ectopic (tubal) pregnancy</td>
</tr>
<tr>
<td>Surgical Sterilization Implant for Women</td>
<td>1</td>
<td>One-time procedure; nothing to do or remember.</td>
<td>• Mild to moderate pain after insertion &lt;br&gt; • Ectopic (tubal) pregnancy</td>
</tr>
<tr>
<td>Sterilization Surgery for Men</td>
<td>1</td>
<td>One-time procedure; nothing to do or remember.</td>
<td>• Pain &lt;br&gt; • Bleeding &lt;br&gt; • Infection</td>
</tr>
<tr>
<td>Implantable Rod</td>
<td>1</td>
<td>One-time procedure; nothing to do or remember.</td>
<td>• Acne &lt;br&gt; • Weight gain &lt;br&gt; • Cysts of the ovaries &lt;br&gt; • Mood changes &lt;br&gt; • Depression &lt;br&gt; • Hair loss &lt;br&gt; • Headache &lt;br&gt; • Upset stomach &lt;br&gt; • Dizziness &lt;br&gt; • Sore breasts</td>
</tr>
<tr>
<td>IUD</td>
<td>1</td>
<td>One-time procedure; nothing to do or remember.</td>
<td>• Cramps &lt;br&gt; • Bleeding &lt;br&gt; • Pelvic inflammatory disease &lt;br&gt; • Infertility &lt;br&gt; • Tear or hole in the uterus &lt;br&gt; • Low interest in sexual activity &lt;br&gt; • Changes in your periods</td>
</tr>
<tr>
<td>Shot/Injection</td>
<td>1</td>
<td>Need a shot every 3 months.</td>
<td>• Bone loss &lt;br&gt; • Bleeding between periods &lt;br&gt; • Weight gain &lt;br&gt; • Breast tenderness &lt;br&gt; • Headaches</td>
</tr>
<tr>
<td>Oral Contraceptives (Combined Pill) &quot;The Pill&quot;</td>
<td>5</td>
<td>Must swallow a pill every day.</td>
<td>• Dizziness &lt;br&gt; • Nausea &lt;br&gt; • Changes in your cycle (period) &lt;br&gt; • Changes in mood &lt;br&gt; • Weight gain &lt;br&gt; • High blood pressure &lt;br&gt; • Blood clots &lt;br&gt; • Heart attack &lt;br&gt; • Strokes</td>
</tr>
<tr>
<td>Oral Contraceptives (Progestin-only) &quot;The Pill&quot;</td>
<td>5</td>
<td>Must swallow a pill every day.</td>
<td>• Irregular bleeding &lt;br&gt; • Weight gain &lt;br&gt; • Breast tenderness</td>
</tr>
<tr>
<td>Oral Contraceptives Extended/Continuous Use &quot;The Pill&quot;</td>
<td>5</td>
<td>Must swallow a pill every day.</td>
<td>• Risks are similar to other oral contraceptives &lt;br&gt; • Bleeding &lt;br&gt; • Spotting between periods</td>
</tr>
<tr>
<td>Patch</td>
<td>5</td>
<td>Change the patch once a week for 3 weeks. During the fourth week you do not wear a patch.</td>
<td>• Exposure to higher average levels of estrogen than most oral contraceptives</td>
</tr>
<tr>
<td>Vaginal Contraceptive Ring</td>
<td>5</td>
<td>Must leave ring in every day for 3 weeks. Remove ring during the fourth week.</td>
<td>• Vaginal discharge &lt;br&gt; • Swelling of the vagina &lt;br&gt; • Irritation &lt;br&gt; • Similar to oral contraceptives</td>
</tr>
<tr>
<td>Male Condom</td>
<td>11–16</td>
<td>Must use every time you have sex.</td>
<td>• Allergic reactions</td>
</tr>
<tr>
<td>Diaphragm with Spermicide</td>
<td>15</td>
<td>Must use every time you have sex.</td>
<td>• Irritation &lt;br&gt; • Allergic reactions &lt;br&gt; • Urinary tract infection &lt;br&gt; • Toxic shock</td>
</tr>
<tr>
<td>Sponge with Spermicide</td>
<td>16–32</td>
<td>Must use every time you have sex.</td>
<td>• Irritation &lt;br&gt; • Allergic reactions &lt;br&gt; • Hard time removing &lt;br&gt; • Toxic shock</td>
</tr>
<tr>
<td>Cervical Cap with Spermicide</td>
<td>17–23</td>
<td>Must use every time you have sex.</td>
<td>• Irritation &lt;br&gt; • Allergic reactions &lt;br&gt; • Abnormal Pap test &lt;br&gt; • Toxic shock</td>
</tr>
<tr>
<td>Female Condom</td>
<td>20</td>
<td>Must use every time you have sex.</td>
<td>• Irritation &lt;br&gt; • Allergic reactions</td>
</tr>
<tr>
<td>Spermicide</td>
<td>30</td>
<td>Must use every time you have sex.</td>
<td>• Irritation &lt;br&gt; • Allergic reactions &lt;br&gt; • Urinary tract infection</td>
</tr>
</tbody>
</table>

### 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. <br> • Nausea <br> • Vomiting <br> • Abdominal pain <br> • Fatigue <br> • Headache |

**Maryland Department of Health and Mental Hygiene, Center for Maternal and Child Health**<br><a>http://fha.maryland.gov/mch/</a><br>**Chart Courtesy of FDA Office of Women’s Health**<br><a>http://www.fda.gov/womens</a><br>**2011**