



## WELLNESS WORKSHEET 40

### Which Contraceptive Method Is Right for You and Your Partner?

If you are sexually active, you need to use the contraceptive method that will work best for you. A number of factors may be involved in your decision. The following questions will help you sort out these factors and choose an appropriate method. Answer yes (Y) or no (N) for each statement as it applies to you and, if appropriate, your partner.

#### Y or N

- \_\_\_\_\_ 1. I like sexual spontaneity and don't want to be bothered with contraception at the time of sexual intercourse.
- \_\_\_\_\_ 2. I need a contraceptive immediately.
- \_\_\_\_\_ 3. It is very important that I do not become pregnant now.
- \_\_\_\_\_ 4. I want a contraceptive method that will protect me and my partner against STDs.
- \_\_\_\_\_ 5. I prefer a contraceptive method that requires the cooperation and involvement of both partners.
- \_\_\_\_\_ 6. I have sexual intercourse frequently.
- \_\_\_\_\_ 7. I have sexual intercourse infrequently.
- \_\_\_\_\_ 8. I am forgetful or have a variable daily routine.
- \_\_\_\_\_ 9. I have more than one sexual partner.
- \_\_\_\_\_ 10. I have heavy periods with cramps.
- \_\_\_\_\_ 11. I prefer a method that requires little or no action or bother on my part.
- \_\_\_\_\_ 12. I am a nursing mother.
- \_\_\_\_\_ 13. I want the option of conceiving immediately after discontinuing contraception.
- \_\_\_\_\_ 14. I want a contraceptive method with few or no side effects.

If you answered "yes" to the numbers of statements listed on the left, the method on the right might be a good choice for you:

|                              |  |
|------------------------------|--|
| 1, 3, 6, 10, 11, 12*         | Oral contraceptives                        |
| 1, 3, 6, 8, 10, 11           | Contraceptive patch, vaginal ring          |
| 1, 3, 6, 8, 10, 11, 12*      | Contraceptive injections                   |
| 1, 3, 6, 8, 11, 12, 13       | IUD  |
| 2, 4, 5, 7, 8, 9, 12, 13, 14 | Condoms (male and female)                  |
| 5, 7, 12, 13, 14             | Diaphragm with spermicide and cervical cap |
| 2, 5, 7, 8, 12, 13, 14       | Vaginal spermicides and sponge             |
| 5, 7, 13, 14                 | FAM and withdraw                           |

\*Progestin-only hormonal contraceptives (the minipill and Depo-Provera injections) are safe for use by nursing mothers; contraceptives that include estrogen are usually *not* recommended.

Your answers may indicate that more than one method would be appropriate for you. To help narrow your choices, circle the numbers of the statements that are *most* important for you. Before you make a final choice, talk with your partner(s) and your physician. Consider your own lifestyle and preferences as well as characteristics of each method (effectiveness, side effects, costs, and so on). For maximum protection against pregnancy and STDs, you might want to consider combining two methods.

(over)

**INTERNET ACTIVITY**

To help in your decision about contraception, research one of the methods that the quiz indicated would be appropriate for you and your partner. Alternatively, research a method that is currently under study or has only recently been approved. Visit one or more of the following sites, or do a search. (If you want further guidance in choosing a method, take the interactive contraception questionnaire located at the Web site for the Association of Reproductive Health Professionals: <http://www.arhp.org>.)

Ann Rose's Ultimate Birth Control Links Page: <http://www.ultimatebirthcontrol.com>

Family Health International: <http://www.fhi.org>

Global Reproductive Health Forum: <http://www.hsph.harvard.edu/organizations/healthnet/contra/info.html>

Managing Contraception: <http://www.managingcontraception.com>

Planned Parenthood Federation of America: <http://www.plannedparenthood.org>

Reproductive Health Online: <http://www.reproline.jhu.edu>

Contraceptive method to investigate: \_\_\_\_\_

Site visited (URL): \_\_\_\_\_

What new information about the method did you find?

Has what you've learned made you more or less likely to choose this method? Why?

What other useful information or materials does the site provide?