

Most Effective Forms of Birth Control

You have many, many birth control options. Check out What's My Method on the TMI-Georgia app or website to find out tons of info about what's the best contraceptive for you and to learn more about these birth control options... the most effective.

No. Not Right Now. It' Ain't Happenin'

Can't go wrong here! We know that not having sex is the most effective form of birth control.

Implant and IUD

Long Acting Reversible Contraception (known as LARCs)

They're just what the name says...long lasting and reversible. They last up to four years and are the most effective at preventing pregnancy.

With the implant a very tiny rod, invisible rod is inserted in your upper arm, and the IUD (Intrauterine Device) is inserted in the uterus. With the implant or IUD you're good to go for several years and have them taken out when you're ready.

If You're Not Forgetful, Consider These Options

- The Pill (take every day)**
- The Ring (replace every month)**
- The Shot (every 3 months)**
- The Patch (replace every week)**

Are all very effective but you have to stay on top of them. Whether it's taking a pill every day, replacing the patch every three weeks or the ring every month, or getting the shot every three months, once you're on them make sure you never forget to do what you have to do to avoid getting pregnant.

Your doctor can help you figure out what's best for you. You can also find a doctor in our clinic locator, good chance there's a clinic close to you. Most of the clinics will provide low cost birth control options. Check it out. **And remember none of these birth control options prevent STDs. Condoms! Condoms! Condom! To avoid STDs.**

