

Family Planning Services Include:

Medical Services

- Yearly Check-Up
- Immunizations
- Basic Infertility Counseling
- Birth Control
- Emergency Contraception
- STD Testing and Treatment
- Select Cancer Screenings

Available Information and Education

- Family Size and Birth Spacing
- Reproductive Goals
- Birth Control Options
- STD/HIV
- Infertility

REFERRALS FOR OTHER SERVICES

All services are voluntary and confidential and no one will be turned away regardless of ability to pay.

The Choice is Yours

For more information or to make an appointment for family planning services call your local health department.



To read more on Frequently Asked Questions please visit:

tn.gov/health/health-program-areas/fhw/family-planning.html

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Family Planning

It's **More** Than You Think

















Committed to providing quality services to men and women of reproductive age



The Choice Is Yours

Birth control, also called contraception, is any method, medicine or device used to prevent pregnancy. Women, men and couples have a lot to consider when choosing the contraceptive method best for them. Considerations can include safety, effectiveness and side effects. While birth control prevents pregnancy, not all methods protect against sexually transmitted diseases, including HIV.

To protect yourself from STDs and HIV, always use a condom along with your chosen form of contraception.

	 ABSTINENCE	 STERILIZATION	 NON-HORMONAL IUD	 HORMONAL IUD	 IMPLANT	 SHOT	 VAGINAL RING	 PATCH	 PILL	 DIAPHRAGM	 INTERNAL (FEMALE) & EXTERNAL (MALE) CONDOM	 PULLING OUT/ WITHDRAWAL	 FERTILITY AWARENESS BASED METHODS (FABMS)	 SPERMICIDES
Typical use effectiveness	100% effective	More than 99% effective				96% effective	93% effective			83% effective	79-87% effective	80% effective	85% effective (varies depending on method used)	79% effective
How the method is used	Not have sex	Surgical procedure	Placement inside the uterus		Placement into upper arm	Shot in arm, hip or under the skin	Put in the vagina	Put a patch on skin	Take a pill	Use with spermicide and put in vagina	Put over penis for men and put in vagina for women	Pull penis out of the vagina before ejaculation	Monitor fertility signs. Abstain or use condoms on fertile days.	Put inside vagina
How often the method is used	Daily	Permanent	Up to 3-10 years (varies by brand)		Up to 3 years	Every 3 months	Each month	Each week	Daily	Every time you have sex			Daily	Every time you have sex
Menstrual side effects	None	May have heavier periods	Spotting, lighter or no periods.			Periods may become lighter.			None					
Other possible side effects to discuss	None	Discomfort, bleeding, infection.	Discomfort with placement.			Discomfort at injection site.	Breast tenderness			Allergic reaction, irritation.		None		Allergic reaction, irritation.
Other considerations	Only method that is 100% effective.	Not easily reversible, considered permanent.	No hormones. May cause more cramps if periods are heavier.	Does not contain estrogen. May reduce cramps with lighter periods. Must be placed and removed by a provider.			May improve acne. May reduce cramps and anemia. Lowers risk of ovarian and uterine cancer.			No hormones. May need to be fitted by a healthcare provider.	No hormones.	No hormones. Nothing to buy.	No hormones. Can increase awareness and understanding of women's fertility signs.	No hormones. No prescription necessary.

The type of birth control method you use depends on your health, desire to become pregnant now or in the future and your need to prevent STDs and HIV.

Ask your provider if you need more information to decide which method is best for you right now.

Other Methods of Birth Control: (1) Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Reference for effectiveness rates: Trussell J, Aiken ARA, Micks E, Guthrie KA. Efficacy, safety, and personal considerations. In: Hatcher RA, Nelson AL, Trussell J, Cwiak C, Cason P, Policar MS, Edelman A, Aiken ARA, Marrazzo J, Kowal D, eds. Contraceptive technology. 21st ed. New York, NY: Ayer Company Publishers, Inc., 2018.