

# Birth Control Methods

## *Medical Weight Management Program*

### Birth Control

You will need to be using reliable birth control before starting the Medical Weight Management Program.

Almost all of the medicines used in the program cannot be taken if you are trying to get pregnant, pregnant or breastfeeding. These medicines can cause serious birth defects.

You may be asked to take a pregnancy test before starting any medicines and every month while taking any medicines.

This information will help you choose which methods of birth control are right for you.

### Most Effective Methods

These birth control methods are the most effective when taking weight loss medicines. You only need to use one method to help prevent pregnancy.

#### Intrauterine Device (IUD)

An IUD is a small plastic T-shaped device that is placed in your uterus. It contains a hormone which helps prevent pregnancy.

Skyla<sup>®</sup>, Mirena<sup>®</sup>, Kyleena<sup>®</sup> and Paragard<sup>®</sup> are common types of hormone-releasing IUDs:

- Skyla can stay in place for 3 years.
- Mirena and Kyleena can stay in place for 5 years.
- Paragard can stay in place for 10 years and is non-hormonal.

### Important

If you are taking a weight loss medicine and you think you may be pregnant, are pregnant or you want to become pregnant, call your health care provider right away.

#### Implant (Nexplanon<sup>®</sup>)

Nexplanon is a plastic implant that is placed in your arm. It is small (about the size of a toothpick) and flexible. There are no incisions. Nexplanon releases a low dose of a hormone to help prevent pregnancy for 3 years.

#### Vasectomy (Male Sterilization)

A vasectomy is a minor surgery that makes men unable to father children. The doctor removes a piece of each vas deferens and stitches the ends. Vas deferens are long tubes that carry sperm to the penis. The tubes are located in the scrotum. **This is a permanent form of birth control.**

#### Tubal Ligation (Female Sterilization)

Tubal ligation is a surgery that blocks the fallopian tubes (also known as “getting your tubes tied”). The surgeon removes either a part of or all of the fallopian tubes to keep the egg from going into the uterus. **This is a permanent form of birth control.**

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## Acceptable Methods

These birth control methods can be used when taking weight loss medicines, but you must use two methods to help prevent pregnancy:

- one hormonal birth control (birth control pills, patches, injections or vaginal rings)
- one barrier birth control (condoms, diaphragms).

## Hormonal birth control

Choose from one of these hormonal birth control methods.

### The Pill

The pill is a medicine containing the hormones estrogen and progesterone or sometimes only progesterone. You need to take the pill at the same time every day for 21 to 28 days of your menstrual cycle, month after month.

### Skin Patch (Ortho Evra®)

A skin patch is a small patch worn on the lower abdomen, buttock or lower body that releases progesterone and estrogen into your bloodstream. A new patch is worn each week for 3 weeks and then no patch is worn for the fourth week.

### Vaginal Ring (NuvaRing®)

A vaginal ring is a soft ring placed inside your vagina that releases progesterone and estrogen. Each month a new ring is in place for 3 weeks and then removed for the fourth week.

### Injection (Depo-Provera®)

Depo-Provera is a progesterone shot into your arm or buttock every 3 months. It keeps you from having your period by preventing ovulation, making it more difficult for the sperm to fertilize the egg.

## Barrier birth control

Choose from one of these barrier birth control methods.

### Condoms

Condoms can be used by both men and women.

- A male condom is a sheath that covers an erect penis and stops the sperm so it does not meet and fertilize the egg. It is unrolled over an erect penis before sex and should be removed while the penis is still erect right after sex.
- A female condom covers the inside of the vagina. This creates a barrier that stops sperm from reaching an egg. It should be removed right after sex.

### Diaphragm

A diaphragm is a dome-shaped latex cup with a flexible rim. It fits in your vagina and covers your cervix (the opening to your uterus). When it fits right, neither you nor your partner should feel it during sex. You will need to use spermicide for the diaphragm to work.

Most Effective Methods	Acceptable Methods	
Choose 1	Choose 2 (one from each column)	
<input type="checkbox"/> Intrauterine device (IUD) <input type="checkbox"/> Implant (Nexplanon) <input type="checkbox"/> Vasectomy (male sterilization) <input type="checkbox"/> Tubal ligation (female sterilization)	<b>Hormonal birth control</b> <input type="checkbox"/> The pill <input type="checkbox"/> Skin patch (Ortho Evra) <input type="checkbox"/> Vaginal ring (NuvaRing) <input type="checkbox"/> Injection (Depo-Provera)	<b>Barrier birth control</b> <input type="checkbox"/> Condoms <input type="checkbox"/> Diaphragm