Your go-to guide for choosing contraceptives

With input from health professionals, The Battalion’s staff breaks down every FDA-approved contraceptive method

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It is important to understand the process of becoming pregnant. Most women will have the opportunity to become pregnant in the future. Therefore, it is important to take steps to prevent pregnancy. This can be done through the use of contraception.

There are many different types of contraception available. It is important to choose the type that is right for you. Your doctor or healthcare provider can help you decide which type of contraception is best for you.

Here are some of the most common types of contraception:

- The pill
- The pill (combined)
- The pill (single hormones)
- The IUD
- The IUD (COPPER)
- The IUD (HORMONAL)
- The implant
- The implant rod
- The sponge
- The male condom
- The male condom
- The cervical cap
- The vaginal ring
- The birth control shot
- The spermicide
- The patch
- The barrier

It is important to talk to your doctor or healthcare provider about the different types of contraception available. They can help you decide which type is best for you.

For more information, please visit the Office of Women's Health's website at www.womenshealth.gov.