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Long Acting Reversible Contraception (LARC): IUDs and implant


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Hormonal Methods: Oral Contraception, Vaginal Ring, Patch, Injection


Dragoman MV, Gaffield ME. The safety of subcutaneously administered depot medroxyprogesterone acetate (104mg/0.65mL): A systematic review. *Contraception.* In press


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OTHER AVAILABLE METHODS

Abstinence


Breastfeeding – [Lactational Amenorrhea (LAM)]


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**Diaphragm**


**Emergency Contraceptive Pills (ECP)**

The Emergency Contraception Website

[http://ec.princeton.edu/emergency-contraception.html](http://ec.princeton.edu/emergency-contraception.html)

Trussell, J, Raymond, EG, Cleland, K. *Emergency Contraception: A Last Chance to Prevent Unintended Pregnancy*. March 2016

[http://ec.princeton.edu/questions/ec-review.pdf](http://ec.princeton.edu/questions/ec-review.pdf)

**Female Condom**


**Female Sterilization**

U.S. Selected Practice Recommendations for Contraceptive Use, 2013


**Fertility Awareness-Based (FAB) Methods**

*Fertility Awareness-Based Methods (General)*


**Standard Days Method**


Arevalo, M., I. Sinai, and V. Jennings. 1999. A fixed formula to define the fertile window of the menstrual cycle as the basis of a simple method of natural family planning. Contraception. (60) 357-360.


**TwoDay Method**


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Fertility Awareness Information


Male Condom

Centers for Disease Control and Prevention *Condom Fact Sheet In Brief*  

Male Sterilization

U.S. Selected Practice Recommendations for Contraceptive Use, 2013  

Spermicides and Sponge


Withdrawal
