Could nexplanon side effects be different this time? I had a nexplanon implant for a year and a half and spotted nearly every single day for the entire time that I had it, which is why I had it taken out. While I had it, I was told to wait a year to see if the spotting would stop and it did not. I have had significant problems with the iud that I have now and Im trying to figure out which birth control method to try next. I cannot take the pill or the mini pill or use the ring or the depo shot, so it seems like my two options are trying the implant again or trying a different iud. Is it possible to have different symptoms with the implant? Or am I more likely to have the exact same symptoms as last time? For what reasons cant you use the minipill? I ask because the pill (combined or mini) is frequently given alongside the implant to try to help bleeding problems. The reason I cant use the mini pill isnt really a medical reason, but because I was SAd when I was taking the mini pill before and immediately changed birth control afterwards. The thought of having to return to it makes me feel kind of sick, but if its the best option, maybe I could see if therapy would help make that easier on me. Maybe thats kind of a silly reason… Not silly! Im sorry that happened to you and of course its understandable. Maybe choosing a different type might help to make it less of a direct trigger? Even the same formula might have many different generics (so different packaging), plus the branded version. Hope you figure something out! Thank you It is possible but maybe not likely. You could ask your doctor for ways to control the bleeding if it occurs. The two most common options are an ibuprofen trial or taking 1-3 months of the combo pill. Depending on why you cant use the combo pill your doctor may still approve it for short term use under monitoring. Its worth discussing. Other than that, the depo shot is also progestin only. Are you limited to progestin only due to medical concerns? Yes, I have a history of migraine with aura, so I am limited to progestin only. I tried an ibuprofen trial the last time and it did not help with the bleeding. Ive heard from a few people that certain types of mini pill may also help with bleeding, so maybe that would work? I have seen people on this sub have success with using the mini pill alongside their implant. It would be worth discussing with your doctor so you know all your options before deciding to get a second implant. If none of the progestin methods work out you could also consider using barrier methods in a buddy system for increased efficacy. Im on mobile but theres a link about it in the side bar. Essentially, its using two non-hormonal options at once. Some examples: spermicide + condoms, condoms + withdrawal, FAM + condoms (I would recommend condoms 100% of the time, abstaining around ovulation). I hope you find something that works for you and that makes you feel comfortable. Thank you so much What IUD did you have? Liletta Oh, my reply isnt helpful then… sorry! I had a Kyleena that was tough on me and now a Mirena that isnt \*great\* but is a lot better.

Bad reaction to Nexplanon- Looking for an alternative Hi! I was on Nexplanon for about 1 1/2 years, I got off the pill and switched to that, and I experienced prolonged periods, and prolonged breaks (a month of bleeding, then 2 months w/o), and obviously, a month-long period was not great, so I decided to get off birth control all together, as my bf and I were long-distance. Ive been off all birth control for about 1 1/2 years now, and Im looking to get another IUD. I was just wondering if anyone had a similar experience to Nexplanon, and what birth control option worked well for them! I know all IUDs have their own side effects, but I figure if someone had a similar bout with Nexplanon, their insights might be valuable while I consider! Thanks

Does anyone take two forms of hormonal birth control? I currently have the Skyla IUD for birth control, but it has not stopped my period. I am getting tired of having my period and was considering getting on a second form of birth control (the pill) to stop my period. I know the pill doesnt always stop periods but I want to try. If I dont take it consistently (ex: taking it at night but not at the exact time, or forgetting it and taking it in the morning), will I still be protected because of my IUD? Will it still stop my period? As a bonus, I have (what I suspect) to be hormonal acne. I am seeing a dermatologist next week so they might prescribe that as treatment. Im planning on asking my gyno these questions, but I wanted to see if anyone had personal experience about this! How long have you had your iud? It can take a bit, mine took about 6-8 months for it to fully disappear. I know the depo shot stops periods. Taking 2 forms of hormonal BC is just asking for some wacked out horomones, creating such an imbalance. I have heard of doctors prescribing additional hormonal therapies if you have excessive bleeding/prolonged bleeding on a long acting method. That said, just adding another form of HBC wont necessarily help and would probably increase the risks of side effects. If youve only had the IUD a little while, give it a couple months to see if things are improving. If youre having heavy or long bleeds, let your doctor know so they can help. (Note. This doesnt cover using hormonal BC with a copper iud like Paragard, since thats a different option entirely.) I have been on it for 6 months, so maybe I just need to wait it out longer I know people that stayed on pills after having their IUD in and then eventually got off of them. They just didnt want the sporadic bleeding a lot of people experience in the first few months Skyla has 13.5mg and releases 6mcg a day of levonorgestrel(which is the lowest dose iud) so if your period still isnt disappearing maybe try going to a higher level iud like Mirena which has 52mg and releases 20mcg a day or kyleena with has 17.5mg and releases 9.8mcg a day.

First time on birth control - trying to anticipate Hello, Im getting married next July and have never been on birth control (Im still a virgin). Im trying to anticipate things but have many doubts. I was planning on taking the pill 4 to 5 months before our wedding to let my body adapt to the change. But Ive been reading (here and elsewhere) about all the side effects and how its a bad idea to take the pill. What worries me the most is some testimonies about a low libido and weight gain. Also, Ive read some very positive testimonies about IUDs, but I feel like its more of a long term solution. I want to have kids in about 2 years maybe, so Im not sure if its a good thing. Plus Im a virgin, and it seems painful. Of course Im planning to see a doctor but Id like to see them with many options in mind to be able to defend what I want . What do you guys think ? Also, is there any better option? Im a total ignorant about all this! Its not a bad idea to take the pill. Some people absolutely have negative side effects or dont tolerate it well, many many people do not have that experience. The people who do not generally dont write about it on the internet because its overall an unremarkable experience for them. So just keep in mind that what you read here will basically always be biased towards the negative. I think IUDs are great too, but you can certainly have negative side effects from them as well. Its mostly a matter of figuring out what works well with your body and its totally different for everyone. I was on the pill for 9 years without much issue. I liked the pill because it was noninvasive, simple, and I could stop it whenever I wanted. It also gave me control over the heavy and irregular periods I had which was quite beneficial. My periods came predictably every 28 days and lasted 4-5 days instead of 10 days. Not trying to bias your towards the pill just trying to refute the idea that its generally bad. Everything has benefits and risks. What works for you depends on your priorities, your needs, and your bodys response to a given contraceptive. I loved the pill. I was on ortho tri cyclen for many years and only had good side effects- improved skin, lighter and regular period. Many, many women have a wonderful relationship with the pill. Dont get too scared by the bias for people to report bad side effects online!! Talk it over with your doc. Also, smart idea to give your body some time to adjust! Best of luck! The pill works for me, Im on lo loestrin fe. Talk to your gynecologist about it. If youre over the age of 21 they will run a Pap and pelvic exam for the sake of your health. Ive tried tri feymnor once didnt work out. It may take one or two prescriptions to find the right one, but it just depends on the person. Thanks a lot for your feedback! And how do you know that you found the one? Oh nice! I did hear of teenagers taking the pill to improve their skin. Thanks for your feedback! Thanks for your reply! What type of pill do you take if I may ask? The combo pill kind of worked for me for years, it definitely killed my libido and gave me anxiety and mood swings though. I just didnt know it was the pill causing that as I started on it so young, so I thought that was just how I was. So I think as long as you are in tune with your normal mental state, libido, weight, etc. Then you can keep tabs on how it is affecting you. I went off the combo pill and then tried lolo (mini pill) and then was able to notice it didnt jive with me at all really quickly (way worse with a hormonal IUD). Also, make sure to think about timing because with some people they will get acne, or side effects when going off birth control too (I had horrible acne after stopped the combo pill for about 6 months before it calmed down. No acne or anything after stopping the mini pill or hormonal IUD.) Combination pill! Ive been on several brands. I tend to do better with monophasic pills. I was on it from 16-35 give or take a few gaps here and there. I never had a problem. I noticed my libido dropped recently but everybody is different. And its effective the first week you take it. Personally for me it stopped my pms (im such a b\*tch now im off), and made me calmer overall, also i get the odd spot when pill free. Good luck in your marriage. It a 3-6 month adjustment period but there shouldnt be any heavy negative side effects left [deleted] I had terrible experiences with every birth control pill so no advice there. But I do have an IUD and highly recommend it. In a way its less long-term than the pill if you get a copper one - because there are no hormones so as soon as you get it taken out, its out and your ovulation cycle isnt impacted. You also dont have to wait for your hormones to go back to normal if you have negative side effects. Just take it out and youre back to normal. Thats just my experience, though. Different things work for different people! Definitely not a bad idea. Remember, people with really bad experiences are \*way\* more likely to post (vent) about them. I am also a virgin and I have an IUD. Ive been through 3 insertions and theyve all been totally manageable. [deleted] Currently on Zamine, and its great. Im taking it for acne and contraception. I found that when I first started, my boobs got a bit bigger. I went from a C to DD and I was like 20 so I wasnt still going through puberty. Boobs also tend to get quite swollen each time I have my period. Otherwise, I have no other side effects, and it really helps alleviate some of the period side effects I used to get (terrible cramping, headache, nausea). Personally I find it a great option, but I think starting asap is a good idea to get used to it. I cant speak to IUDs, but Ive heard good things about them from friends too. Good luck!! Im on Nuvaring for years now and I feel great. I think you should at least try, you can just stop taking it if it doesnt suit you. I wouldnt mind this side effect 😏

Need help deciding Hello everyone. I am having some serious turmoil over deciding what birth control option would be best for me. I have been on the combination pill Alesse since late March. Its is the first and only hormonal birth control I have ever been on and I feel like its not right for me. I have a family history of depression and anxiety and I feel like hormonal birth control isnt helping it. However I also think it is my best option. I am afraid to try other pills because Im worried they will be worse for me and I hate how it would take 3 months to see if I like it or not. And if I dont like it then Im back to square one. I have been going back and forth on deciding if I want to continue with hormonal birth control. So I have started making my list of pros and cons of the 3 forms of birth control I am considering: the pill, condoms, and a copper IUD. Pros of Alesse - my periods are only 5 days long - I can skip a period if I want to - the tatas look amazing - I enjoy unprotected sex - havent had a change in libido Cons of Alesse - have to remember to take the pill every day - I get bad mood swings and cry all the time - havent seen a different with my acne I have considered just going back to using condoms but I dont think theyre a good long term solution. Pros of condoms - less messy - prevent UTIs, STIs and yeast infections - doesnt cause mood swings or disrupt cycle Cons of condoms - less spontaneous - I dont like how they feel - I can only use latex free - only form of birth control I have to pay for I am deeply considering a copper IUD. I think its the best of both worlds but all of the horror stories I have heard about them are preventing me from going forward with it. Pros of copper IUD - set it and forget it - no hormones to mess with me - lasts for years - can enjoy unprotected sex Cons of copper IUD - hurts upon insertions - am worried itll make the positions I like hurt - no more nice tatas - have heard periods are heavier and last 7 days Basically, from these lists I would just like some input on what could be best for me. Maybe put some misconceptions about the IUD to rest. Is it really worth switching? Or should I just put up with the side effects of the pill, since Im not even sure if thats what causing my moods swings. Im also considering stopping the pill just to see what happens before I move onto other forms of birth control. Im sorry if this is long winded, but the trial and error of different birth controls is so stressful and exhausting and I need help. The IUD insertion, for me, was intense and I feel like my doctor down played how much it would hurt for a person thats never given birth, but it wasnt one of the horror stories you read about. The procedure is pretty quick and mine probably wouldve been even quicker if the nurse assisting my doc was more prepared. They slotted me for a 30min appointment, less than 10mins were the actual insertion. The rest was waiting around. I was back to doing my usual activities the next day. There is an adjustment period. I was very crampy and a little nauseous the same day and spotted for a few weeks after. I had -horrible- cramps the first couple periods after my insertion, but theyve gotten better. Still more noticeable than before, but manageable. My flow is noticably heavier (not longer) , but Ive been able to manage by going up a tampon absorbancy. I feel like I could notice the string from time to time before it softened up, now its like its not there. However, I think it was very worth it. It gives me peace of mind that the pill and condoms cant and I dont have to deal with hormonal side effects. Ive never been more comfortable with sex than I am now. Havent encountered any painful positions so far, either. If you do go the IUD route, I recommend taking a strong dose of pain killers before the insertion and bring someone for emotional support if you can. Your doctor might prescribe a cervix softener to help things go smoother. Not sure how the Roe V Wade situation might affect that in the US, though. Get a heating pad for the cramps, too, its a life saver! Tl;dr: insertion painful but worth it, maybe dont get the copper iud if you already have really bad cramps and heavy flow.

IS THERE BC THAT I CAN LIVE WITH? \*\*\*Hey, so about 2 years ago I started my BC experience and its been a rollercoaster and I need any advice I can get.\*\*\* I started with \*\*BC pills\*\* (cant remember the name), which made me vomit every morning. So after 2 months I went to my gyno and they changed my pills for Daylette, ones that have less estrogen in them. Now Ive been on them from about 1.5 years. They definitely did better by me as I wasnt feeling as sick anymore. However, a year with these pills, and I was still hoping that every month will get better and my body will start to tolerate them, as I began having crazy strong migraines that would make me sick in the middle of the night, my moods started going out of control. So I decided to try out the \*\*IUD Mirena\*\*. Unfortunately, the Mirena box is still on my shelf collecting dust. As I went to a few gynos wanting to get it in, but all of them refused. As I am very sensitive down there and I easily get \*BV and Yeast infections\*. So as the doctors were scared to put in the IUD, due to not wanting to bring in a bigger infection, they offered me to try the \*\*NuvaRing\*\*, so I did. The first few days I was happy with it, but then everything started going downhill. It started to hurt me, the yeast infection popped up and also after having sex with my bf, \*even he got a rash\*. After the 3 weeks, it was so painful to take out. So that ended there and I went back on the pill as then it seemed to me, that its better to deal with my psychological in-balance than physical pain. So since then Ive been back on the pill (the same one \*\*Daylette\*\*), but the psychological stress that its bringing me, I dont even feel safe anymore. \*\*My side effects:\*\* \*\*\*daily anxiety, panic attacks, heart pain, migraines every 2 or 3 days, Im crying every fucking day.\*\*\* The most scary thing about this is that I acknowledge the fact that Im crying for no fucking reason or panicking or loosing air when a minor inconvenience happens, but \*\*I cant control it\*\*. Ive been trying to overcome it and learn to live with it for months, as I know its the hormones and not me, but \*\*\*you loose such a sense of reality\*\*\*, were you dont know what feelings are real and what are fake. This is starting to bring out depression in me as I started to doubt my self, every step of the day, Ive developed trust issues, with myself and others, I am other thinking daily as I know due to the hormones from BC Ive lost my rational thinking. And it scares me to fucking death. So 2 days ago I started my last box of pills (hopefully), even though its been only 2 days I am already regretting that I even started this one. But I am stopping because I just cant take it anymore and with hope that I can find something better for my body. So my plan is now to try out the the \*\*birth control patch,\*\* hoping that less hormones will get into my system having less side effects on me mentally. \*\*\*But Ive heard that in showers it can come off easily and for sure that sounds very risky. Also Im not 100% sure how reliable it is.\*\*\* Well if thats not gonna be any better, the only left option i guess will be to try out the \*\*BC Implant.\*\* \*\*\*But that still scares me as Ive hear it also can have a crazy bad impact on mental health.\*\*\* \*(And condoms, well Ive definitely tried them too, but like I said, Im sensitive down there and condoms with latex or without, I burn after which ends with a yeast infection).\* I also have \*\*crazy periods\*\* when Im off BC, thats actually the reason I even started using it. \*\*\*Id bleed for 2 weeks heavily with pain that even medication doesnt help\*\*\*. Now I am also using it for protection as I am in a relationship and dont want to feel the anxiety of waiting for my period every month. \*\*So I guess what Im looking for from you guys is your experiences and advice, that can maybe help me find the perfect BC.\*\* \*\*IS THE PATCH ANY BETTER? WHAT ARE YOUR EXPERIENCES WITH THE IMPLANT?\*\* \*\*Ive changed sooo many gynos, that I feel so lost, confused and worn out at the end of it. I just want to feel stable mentally and pain free and safe at the end of the day. Maybe its too much to ask for? Thank you in advance &lt;3\*\* i started the patch yesterday and just to let you know, the patch has 60% more estrogen than the pill so its not a good idea for less hormones Do you have migraines with aura? If yes, you shouldnt be on any birth control with estrogen including the patch. Its hormone dose is standard- slightly higher than most combined pills. Although lower dose doesnt necessarily mean less side effects, it depends on the person. Progestin-only methods like the minipill and the implant are less likely to increase migraines. They are also be less likely to worsen yeast infections since estrogen helps yeast grow. The hormonal IUD is a possible exception, but there isnt enough research to say that if you have recurrent yeast infections you shouldnt use an IUD ever. What about a progesterone-only option? There are progesterone-only pills and the implant if youre not able to get the IUD (though this seems...strange...if youre that sensitive sedation is an option for insertion). &gt;sedation Yes, I have migraines with aura and Ive told my doctors this, especially my gynecologist, it is strange to me that they never mentioned the option of non-estrogen pills, when Ive asked for suggestions of pills that might have less side effects on me. All they managed to do is write me a prescription of a pill with the least estrogen, which I can tell, hasnt helped much... Thank you, this was very helpful! Definitely reconsidering now if the patch is even an option for me. Ill be going to my gynecologist next week and will ask why I was never offered the option of the progesterone-only pill, because right now, it really does sound like a life saver for me in this situation. The implant would be an option as well, just Ive seen reviews that the body might not tolerate it and sometimes there are problems taking it out, so that kind of frightens me, but of course, everyones different and I probably shouldnt judge based on others experience. Thank you! Thank you, after your comments I am re-thinking that the patch isnt the best idea after all Migraines with aura are associated with an increased risk of stroke when on BC with estrogen..This means that according to medical guidelines the risks always outweigh the benefits. Source: https://www.cdc.gov/reproductivehealth/contraception/mmwr/mec/appendixd.html Some doctors feel that this is exaggerated/too restrictive especially for young people with no other risk factors. But at least for now these are the medical guidelines, and since you dont have any particular desire or need to take estrogen its surprising that they didnt inform you of the risk and alternatives. Im sorry for that and I hope you will find a method that works for you.

Larissia pill to Kyleena Hi friends :) Ive been on the Larissa pill for almost 5 years now. Its decreased my sex drive, given me anxiety, and feel like it made me gain some weight. I also always forget to take it on time. Ive been thinking about switching to the Kyleena IUD bc of how i never have to think about it &amp; how it has less hormones than my current BC. Has anyone made this switch? Would really appreciate if you can share your experience :) I wasnt on Larissa specifically but I was on a combo pill in the past. I have kyleena now and really like it so far. You dont even have to think about it or remember to take a pill which is great. You can keep it for 5 years. Its completely reversible so at any time you want it out you can have it removed and youll go back to your normal state of fertility. Im personally really glad I just went for it. I was so terrified of insertion I almost didnt get it. But it was not bad at all for me and Id do it again. Thank u!! Yea Ive also been really scared of the insertion. Did you feel like kyleena helped your mood?

Thinking about changing my IUD to shot or implant but not sure? Hi! Im (27f) married to my husband (28m) and I have been on an IUD for over 7 years now. I first started with the Skyla and switched to the Mirena. I have absolutely hated being on the IUD. I switched because I was hoping Mirena would be a better experience for me. Its been 3 years on Mirena and I still dont like it. My periods are abnormally long or wont show up. I really would like a birth control where my periods dont freak out every month. I was on the pill for a long time in my early 20s but, switched because it was incredibly hard for me to remember to take them everyday. I did enjoy how normal my cycle was on the pill but, I worry. I really want to switch however, we can not afford to have a child right now. Right now, Im considering the shot or the arm implant. For people who have used those, how has it been? Would people suggest them? Or should I just try the pill again? have you considered a copper iud? my periods got a little heavier and crampier on it, (im not sure how youd define your periods freaking out) but otherwise are pretty much the same. if its the hormones your worried about, the copper iud might be worth a shot, since it doesnt contain any.

My Doctor is telling me to get off of Depo Hi - Ive been on the Depo shot for about a year now and had a visit with my gyno today. I honestly love the Depo shot and never really had any bad symptoms. Going in once every three months and having no periods have been lovely. However, my gyno is advising me to switch birth control since Ive been on it for a year and Depo is known for lowering bone density. TBH, I kind of dont care… Ive been fine with what Ive been on. All the other options just dont appeal to me. Ive done the pill before and couldnt commit to taking the pill every day. Likewise, I dont think Im accountable enough to change my patch or ring on time if I chose those methods. The idea of having an IUD or anything inserted in body for long-term also freaks me out. However, I do LOVE not having my period. Im not sure what my options are going forward? My gyno is highly advising that I get off the Depo and is only allowing me to get one more refill. Should I switch gynos? Im not sure how I can convince them to let me continue taking the shot. Im already taking vitamin D and calcium to help combat the bone density issue, but not sure what else I can do. Sorry for the lengthy post, but appreciate any answers! Would you be open to taking a break on Depo?

Your experience with the patch? Im starting the patch tomorrow. Ive been off birth control for almost 3 years now and that is because I have not had any positive experiences with the birth control methods I have tried in the past. Ive tried the pill (two different brands, cant remember their names sorry), my issue was they almost immediately caused me to become depressed and also keeping track of when to take them wasnt suitable for the kind of job I have. I have tried the shot, this seemed do be doing well for me for about... 6 months. Overtime it began to worsen my anxiety and also send me into a depression as well as spotting that lasted months and totally killed my sex drive - whats the point of taking birth control if Im not even able to have sex lol. I then tried the implant and the same exact thing happened that happened with the shot. Increase in anxiety and depression after about 6 months, constant spotting, and loss of sex drive. I tried condoms but they seemed to irritate me. These experiences is what made me stop birth control all together and was just sticking with the withdrawal method, until my boyfriend and I began trying for a baby last year. We now have a 3 month old. We do eventually want more kids, but not for a few more years and we plan to adopt the next one, then well try for another biological one a few years after that. Anyways, Im terrified of getting pregnant again before I intend to, so I want to now try the patch. However given my past experiences with birth controls Im not feeling too confident about it... sorry for the long post just to ask a simple question, but what was/is your experience with the patch? Hi! The patch was the first form of bc that I ever tried and I had a pretty positive experience with it overall! I had it for about a year and only got off of it because I wanted to skip my periods and after a while I screwed my hormones up doing that. Before that scares you, let me explain! So instead of taking my patch off At the end of my pack and keeping it off to allow for the patch free period week, I would immediately replace it just like every other week. Im a super forgetful person so sometimes I would keep that old patch on for hours after I was supposed to replace it, which would trigger breakthrough bleeding/spotting because so little hormones were being released. Honestly, that was the only negative I had with the patch but even that was completely user error. I did gain about 10 pounds over that year that fell completely off after I stopped taking it, but I didnt even notice that I had gained weight because it happened so slowly. Eventually I switched to the implant which I had a horrible experience with emotionally and physically, and my gyno even recommended going back on the patch because my emotional well-being was sooo much better with the patch than on the implant. I hope this helped a little, let me know if you have any specific questions! Okay! The fact you seemed to have a similar experience with the implant that I did gives me hope that Ill have a similar experience with the patch that you had. I guess it is kinda nice you can choose to skip your periods if you want/need to (like going on a vacation that having a period on would ruin) because yeah, Im not sure if I want to skip my period or not Ive postponed my period on the patch just last month :) it worked wonderfully and the bleeding came as expected, just a week later than usual. As for mood swings/sex drive, I didnt experience any changes, but everyone is different (and there are different patch brands on the market) Im on my second month with the patch and its the best thing Ive been on! I tried an IUD, nexplanon, and 2 kinds of pills and hated all of them because of the side effects. I was a step away from getting my tubes tied when I saw the patch. My first month I had some nausea the first 2 weeks but fixed that by taking some B6 vitamins every couple days. Im having my first period on it and its such a normal period I was a little scared! Some locations work better than others for the patch. I found when I wear it on my upper arm it starts falling off after a couple days. I wear it mostly on my stomach, switching sides every week. It was recommended on this sub to wear a tegaderm patch over the BC patch and I highly recommend that too. Put it on right after you apply the new patch and it relieves a lot of stress about the patch falling off. I struggled with depression and anxiety with all of my previous birth controls, but feel the most normal with the patch. I almost feel like I did before I started taking birth control. I really hope it continues to go like this for me, and Ive been recommending the patch to all my friends looking for an alternative to OC. Hi! Ive been using it for a month now going on to my patch free week so far I have felt completely normal despite a lil nauseas here and there but its not terrible I do get scared tho that itll peel off during or after a shower but nothing Tegaderm cant fix !

Obese &amp; Considering Nexplanon I went in for a consult today to discuss birth control options with my doctor. I have been on the pill for 8 years, and am moving forwards toward weight loss surgery. After surgery, you can have absorption issues with the pill so they recommend switching to another form of birth control. Is Nexplanon still effective if you are obese/overweight? I will be \*losing\* weight, but I want to switch off of the pill as soon as possible. Experiences with Nexplanon? Will it still protect me from pregnancy being obese? Honestly, it wasnt studied so there is very limited information out there. I would speak to your doctor about it. The prescribing guide was the most information I could find on this subject. [Prescribing Information - go to page 25 and look at 8.7](https://www.organon.com/product/usa/pi\_circulars/n/nexplanon/nexplanon\_pi.pdf)

Alternatives to Yasmin, experiences with PCOS? Hi everyone! I currently take Yasmin and have been for a few years, prescribed by my endocrinologist for PCOS (I also have Hashimotos disease). I feel it has been used as a bandaid over a bullet hole for controlling my insulin resistant PCOS and I havent been prescribed metformin. I have been on other various pills since I was 18, and I am now 25. The only benefit it seems to have for me is controlling unexpected and heavy periods, but my periods are still heavy when I take a placebo week. I would really like to get off Yasmin due to its increased possibility of blood clots, and seeing my lab work with elevated platelets yesterday solidified that for me, because I feel that the elevated platelet count is due to Yasmin. Both platelet draws that Ive had on Yasmin since 2021 were elevated, and all other values were normal. I am 100% certain that I do not want children, especially biological children, and my long term partner of 7 years also does not want children, so being on birth control is necessary for me. He would like to get a vasectomy but finding the time off of work to complete the procedure has been difficult. I skip my periods with Yasmin due to incredibly heavy, lengthy, and painful periods due to PCOS, and while it seems the opinions amongst my doctors on this is varied, it keeps me out of severe pain and keeps me functioning every month. If I take a placebo week, I am bleeding sometimes into the 2nd week of my next pack. Due to how backed up my area is with doctors appointments, I cant get into my gynecologist or PCP for several months to discuss this and there is no waitlist, so in the meantime, I am reaching out here to hear everyones experiences. What experiences does everyone else have with methods such as IUDs and PCOS? I am not particularly open to the arm implant or non-hormonal methods such as condoms and copper IUDs as main forms of birth control. I would like to get sterilized so that I no longer have to use any hormonal birth control, but every doctor Ive been to in my area pushes the idea of children on me and are not open to sterilizing younger women. Thanks so much everyone and thanks for reading! :) Theres a r/childfree subreddit somewhere here that has a list of doctors that will sterilize people wishing to have this procedure done. Not sure if anyone here maybe has a link to it?

Whats the best birth control methods for females Im 23 female and Ive done multiple different types of bc pills and none really agreed with my body. Im scared to get an iud because my best friend got pregnant on one, my sis gained 20+ pounds and said it was the worst thing ever, and a girl on a sports team Im on said her periods were heavier. Ive been off bc for 3 months now since my doctor wanted to get everything out of my system. I go back for a follow up next Friday and would like to have some ideas to run by her and so I can do my own research. Help please I prefer something with little to no hormones Talking to your doctor is your best bet. I dont know if the prescription I have works for u My girlfriend uses the patch and its been working well for her. It just some weeks the patch can fall off so you might not have one for some weeks. I dont know much about the nexplanon implant but thats an option too. It is literally just trial and error to find the right method that works best for you. It took me three cumulative years of trying depo, pills, and IUDs to find something that works for me. Planned Parenthood has [a little quiz](https://tools.plannedparenthood.org/bc/birth\_control\_quiz) to help find a method, but again you really wont know your side effects until you try, and cant really use what happened to someone else as a sound basis for decision making. &gt;I prefer something with little to no hormones Less hormones doesnt mean anything in terms of side effects. You can try methods that have a lower dose of hormones and still experience a long list of potential side effects. Your hormone free options would include a copper IUD, barrier methods (condoms, female condoms, diaphragm), or sterilization. Ultimately what works best for you is going to take some trial and error to figure out. Maybe try a very low dose mini pill? That seems to be the only bc that works for me. It has minimal side effects compared to low dose estrogen pills. I cant tolerate estrogen because it makes me throw up and have migraines tho. If youre scared to have an IUD, I cant say that my experience would change your mind. It was literally the most painful experience of my life after insertion: I was in such bad pain (like a 9/10) all day and couldnt sleep because of it, so I had to get it removed the next day. However, I have gnarly chronic pain myself and my story is an outlier for sure! [deleted] There are many different options and it would be best to talk to your doctor. I find the pill works good for me, but I have plans to change to the implant. This stuff sadly takes trial and error Anything but the pill or IUD😂 Look into FAM method

Birth control besides an iud This is my THIRD time getting an iud inserted in four years but i like it because is the non hormonal kind but the obgyn was like you need a new method if your body keeps expelling it. Also if youve never gotten an iud it hurts like a mofo so take pain medication beforehand. I was cramping and bleeding and had to lay down for fifteen minutes before i could walk out of the room cuz the prior iud was kind of stuck so i had to cough to get it out. Horrible feeling. Been looking for my options and dont want one that i need to stick to a schedule for like the pill. Was thinking of the patch or nuva ring. Theres also the shot but it says could lead to bone loss so dont want that. Also thinking of the arm implant but not sure how that is inserted. Of the three which do you recommend: patch, nuva ring, or arm implant? Im also worried about the side effects as well for taking one with hormones as i havent yet If you havent taken hormones yet you may want to start with the patch or ring, theyre easier to stop if you dont feel well

Non hormonal barrier iud with combination pill? Should you combine a strictly barrier iud with combination pill? Is this too extreme or does this have negative consequences? Im not sure what you mean by barrier IUD. That said, every contraceptive has different side effects/efficacy. A copper IUD is very effective, a barrier method (like condom) is less effective. The side effects of both methods will be most likely added up, or maybe one may improve the other. A copper IUD tends to increase cramps and bleeding, a hormonal pill might alleviate that. But only condoms protect against STDs What i mean is a non hormonal iud combined with birth control Why would you want to combine a copper iud and the pill Because if the pill fails, the iud works. Theres always a chance of pregnancy on the pill from mistakes or pure bad luck. We enjoy raw intimate sex without condoms and wish to not worry about pregnancy despite taking the pill. Theres also a chance of pregnancy with a copper iud, I personally wouldnt do both. You dont need to. Dealing with the effects of a copper iud PLUS the effects of birth control is not fun Sounds excessive, to be honest. You may want to consider mirena if extremely high efficacy is important: https://www.drugs.com/medical-answers/paragard-mirena-difference-3125835/

which form of hormonal birth control? hi! :) ive been thinking of getting a hormonal IUD, which would be considered my first form of contraception other than condoms. i was initially steered away from the pill because of having to take it every day, however a friend of mine said they started on the pill before getting an IUD so that they could gauge how their body reacted to the change in hormones does anyone have experience with getting the hormonal IUD prior to using any other kind of hormonal birth control? any and all advice is sincerely appreciated! thank you :) Pills use a different progestin (usually, and some even have estrogen), dosage, and delivery method than an IUD, so theyre not a very good good indicator of how youll do with an IUD. They may actually make the adjustment more difficult since youll be adjusting off the pill and onto the IUD a the same time. If an IUD is your end goal, go straight to the IUD. Is there a reason youre not considering mid-maintenance methods, like a ring or patch? Yes, Ive only used iuds! I had a kyleena for a year and the effects were harsh on me so I got it removed and switched to Skyla. I really like it! If youre comfortable with getting an IUD, you dont need to try another hormonal method first. The combined pill works differently than the hormonal IUD. Combined methods stop ovulation and lower testosterone, while IUDs dont- some people might stop ovulating during the first year with an IUD in, but its not their main mechanism of action. Some people are sensitive to estrogen side effects (headaches, bloating, migraines with aura) so they could react badly to the pill but not the IUD. The opposite can also happen, progestins alone can worsen acne while combined methods rarely do. The closest thing to the IUD would be the levonorgestrel minipill but that is not available in most countries and its also a different dose. I never had an IUD but I switched from the Nuvaring to a minipill which has the same progestin and the difference was significant for me. thanks so much for the help!!! my main worry was about adjusting to either form of birth control, so that answers my question perfectly :) i was considering those too, but i was looking for something that required less attention (hence the preference for an iud over the pill), but ill still keep an open mind! thanks again for your response! thanks so much for replying!! can i ask which side effects were particularly harsh on you with kyleena? It gave me shooting pains in my legs, really bad mood swings & depression, and I gained a lot of hormonal weight on it. My side effects are very minimal now in comparison with skyla, probably because the dosage is lower.

What progestin only method should I try if Nexplanon didnt work for me? I, 20F, am currently on the combined pill Junel Fe. My first method of birth control I ever tried was Nexplanon but it made me bleed for months and it made me become very dry during sex to the point where I suffered a second degree tear. I had it removed after 3 months of having it. I have been on Junel Fe for a year and a half now but I have started experiencing visual disturbances as well as headaches. I went to the doctor but they didnt attempt to figure it out so for my own piece of mind Id like to look into switching birth control methods since people with migraines + aura essentially shouldnt take methods including estrogen and migraines also run on one side of my family. Im kind of scared to switch since progestin only didnt work for me in Nexplanon. I discussed this with my gynecologist and she said the progestin in Nexplanon works a lot differently than other progestin only methods. I mentioned the possibility of an IUD and she said if I go down that route, shed recommended Kyleena. So what method should I try next? What progestin only methods have worked best for you? If I do decide to go the IUD route, Im super afraid of the experience being extremely painful and the Kyleena not working for me and having to remove it and experience more pain. Any insight would be greatly appreciated! Hi! Fellow horrible Nexplanon experience gal here. I got my nexplanon out after 7 months due to 25lb weight gain, horrible mental health, and being dry during sex. I was hesitant to do an IUD since I dont tolerate progesterone well so I moved to Lessina shortly after and did lose the weight but my acne got worse so I moved to Loryna. Loryna has been working well minus the no sex drive! Recently I have been researching the different types of progestin in birth control and wow theres tons of stuff I didnt know. Highly recommend you look into the different types and see which would work for you - personally Im looking to move to a norethindrone/first generation progestin (combo pill) as that type is less androgenic than others so its less likely to cause hair loss (concern for me after my friend had thinning hair after getting off BC). I have migraines occasionally due to a car accident I was in years ago and they havent worsened since being on the combo pill. Sorry this is so combo pill focused but I hope it helps as you look into other options out there!

Debating between Mirena or Paraguard Ive been using the NuvaRing for the last 10 years and have overall liked it. However, Ive noticed my sex drive is near absent anymore and I wanted to switch to an IUD. I am 29, have no kids, and have had pretty mild to normal periods. I originally wanted to switch to Paraguard and go without hormones. Ive had a fairly light period while on the Nuvaring and am used to 3 day periods. I think Id be okay with a longer period. Mine are mild and manageable. I do have some concerns about cramping and spotting the first few months while my body adjusts after getting it put in. My doctor was heavily pushing to choose Mirena instead. Not having a period sounds great, but I also have skipped periods before while on the NuvaRing and have felt a little wacky emotionally when I do that. So I am torn. No hormones or no periods? Some questions. If you have Paraguard - how long was it until your periods leveled out? How was the cramping and spotting during the first few months? How long and heavy is your period now? How is your sex drive? Are you more level emotionally without having hormones? If you have Mirena - Does not having periods affect your mood/temperament at all? How does the hormonal Please chime in even if your experience was fine. I know there is a tendency to share bad experiences more, but Id like to hear from people who are happy with their choice. &#x200B; I did a little research and found that Nuvaring has 6x as much Progestin as Mirena. So Im wondering if the hormones in Mirena will have less effect on my mood and sex drive. Mirena 20 micrograms/day of Levonorgestrel - Progestin Nuvaring 120 micrograms/day of Etonogestrel - Progestin 15 micrograms/day of - Ethinyl Estradiol - Estrogen You would seem like a pretty good candidate for the copper. It can make bad periods worse but you dont seem to have issues there. Id also be concerned that any effects on sex drive youre getting from the nuvaring might carry over to the mirena, but theres no way to know. Nuvaring has both estrogen and progestin, while mirena is only a progestin. I havent had an iud - so this is just from talking to others who have.

Progesterone-only pill (minipill with desogestrel) and non-stop bleeding. Any non estrogen options left for me? I am on my third month on the minipill (it contains desogestrel, so no ovulating here). My normal cycle is very regular and about 33 days. But now I essentially have 5 days without any bleeding! I started the minipill because I cant take anything with estrogen and but this bleeding every moment of my life is becoming more than I can take. I will not do any more implants either, I had the worst reaction of my life to the ring and Im not a good candidate for the cooper spiral. As far as I know, I dont have any more options to try but maybe someone has some advice for another option? Maybe minipill without desogestrel would be better? Anyone have any experience? I dont worry about the short window of time, I have absolutely no issue with taking something at the same time everyday. [deleted] I have the same experience Ive tried every pill there is to offer. Been on the injection and pull together to stop my prolonged bleeding but I didnt work. Tried the copper coil too. Now Im back to retrying pills Ive already taken Im on the same mini pill as you just now and my second cycle was 3 weeks long but hopefully Im lucky this time as my 3rd cycle was normal so Im going to try a 4th months on the minipill. Try asking your doctor do give you the pill with no breaks and see if that helps Oh thats good to hear that your third cycle was normal, maybe theres hope for me. I dont take any breaks currently (its a continuous pack). Im going to just wait 3 more weeks and if Im back to bleeding again, I guess I will just (begrudgingly) go hormone free again. I hope it works for you. I hope you find a solution Ive been dealing with it for 5 years now. It definitely takes a toll on the mental and physical health. I take mine continuously too. Theres definitely hope, I started to realise my mistake with some of the pills has been only giving them 3 months to work. Best to try one or two more months if you can bear it and see what happens. The body could just be taking longer to get used to the hormones There are other progesterone-only pills you could try with different progestins (norethindrone and drospirenone are popular ones and there are more). Other options are: the shot, the implant and hormonal IUDs (2-3 different progestin doses depending on your country). With hormonal IUDs there are only 2 sizes worldwide. The hormone dose differs, and there are currently 3 different doses. Mirena, Liletta and Levosert are the same in size and highest in hormones. Kyleena (2nd highest) and Jaydess/Skyla (lowest in hormones) are the same in size. You know I always had it in my head that Jaydess/Skyla and Kyleena were different sizes. I edited sizes to doses in my comment, thanks! All good, most people assume that Jaydess/Skyla is smaller because it has the least hormones, but its also 28 x 30mm just like Kyleena. Slynd is a relatively new minipill containing 4mg drospirenone. It has some differences from other minipills that you could look into. Thank you for the suggestion!

Can a Mirena IUD cause personality changes I 23(m) have been married to my wife 23(f) for a year and a half now, when we got married she decided to get an IUD for contraception because at the time we were both still college students (i still am) and since she got it shes been super depressed. Is it likely that the IUD is the cause or part of the cause of depression? Ive read that this particular one can cause mood swings but multiple sources are saying its only 6.4% of women who get this experience it and from what Ive read it doesnt seem to be as severe as what shes going through. There are obviously other nuances to whats going on and Im aware of them, I am really just trying to take every factor into account, [deleted] In general all hormonal birth control methods can worsen mood. Its impossible to say for sure whether that happened to your wife though. Depression often manifests around the age people start using hormonal birth control (teens to mid-twenties). It also tends to be an age in which people have a lot going on in their lives which can be overwhelming. If she went from fine to depressed immediately after having the IUD placed its more likely that it was the cause. If she also thinks that it could be related, the good news is that side effects disappear quickly (in days to weeks) after stopping birth control. She could try a copper IUD if you both still want something highly effective, or you could use 2 non-hormonal methods together. If she prefers hormonal birth control, another method could work better for her. You often hear that hormonal IUDs are less likely to cause side effects because of the lower hormone dose and for many people its true. But some do better on a method that contains estrogen and/or a different progestin.

thinking about canceling my paragard insertion tomorrow [deleted] Hi! I just wanted to add - Im also thinking about getting the copper IUD and my gyno strongly encouraged going completely off hormonal birth control for at least 2 months to assess what your periods are like off it. (Ive been on it for years and dont remember what my regular periods are like tbh.) He told me to expect your periods to be crampier, heavier, and longer on the copper iud. You mentioned your periods before hormonal bc were heavy, so its worth considering. The lightening of your periods from hormonal bc is likely to go away once youre off it, and the copper will likely make it worse. Just want to save you the time if you decide you dont want to bear heavier crampier periods compared to your baseline. I hadnt thought of it that way so I thought his advice was helpful. I keep forgetting that my light pill periods are not actually how my regular period is, and that I should be judging my choice to withstand worse periods from my baseline.

Combined vs Mini Pill vs Implant Im having a bit of a conundrum over which birth control to use. Ideally I want something non-hormonal like the copper coil but I dont think I could cope with the insertion process. Ive experienced a lot of medical trauma and struggle to even get my smear done. I was on the combined pill for years (various different ones), came off it at the end of 2019. I had mixed experiences with it, sometimes it was fine, other times it gave me bad skin and made me depressed. I dont know if I would be allowed to take it anymore as I had a blood clot in 2020 while getting chemo. The other option is the mini pill or the implant. Would they have similar side effects to the combined pill such as acne and mood swings? The implant appeals to me as wouldnt need to remember to take anything but Im just wary of the impact it can have on mood. I wish I could just turn my ovary off for a few years. I dont really like any of the options available but I had a condom break during sex recently and I just think it would be safer to have a back up. Any advice would be much appreciated. :) Both the mini-pill and implant are progestin-only. Try the mini-pill first and if you are happy with it, go for the implant. Completely agree. You can easily stop the pill if you are experiencing crazy side effects. Thats a good point, thanks! :)

Thinking of trying to switch from the pill to iud/implant but Im worried about side effects Im 16f and Ive been on a combination pill for about 4 months now. Ive had an overall positive experience with it but it has impacted my appetite and mood some (not nearly as bad as Ive seen for some others though). Its also caused my periods to take a lot longer to end. I have iron deficiency anemia and very heavy periods normally, and initially the pill helped a lot but my last two periods Ive had bleeding up to 12 days. In spite of all this I would definitely keep taking the pill, its helped me with cramps, iron deficiency, and of course not getting pregnant, but its difficult for me to manage. In addition to anxiety about remembering to take it/bring it with me whenever I go somewhere, my parents are very conservative and absolutely cannot find out I am sexually active. Having to deal with picking up and concealing 2 months worth of pills and packaging has been incredibly difficult. Ive been wanting to switch to a more hands-off method for a while now but in my reaearch/conversations with people who have them it seems like some people have terrible experiences with implants (the main method Im interested in atm) and iuds and Im worried because it seems impossible to predict from person to person. Any advice/guidance would be so appreciated! thanks Idk if this will help but Ive had my implant (nexplanon) since late January and the only side effect that Ive had is that it stopped my period. Now Ik that everyones different and that you may have a different reaction but thats just what Ive experienced. Hope this helps! It does, thanks! Its nice to know not everyone just gets scary side effects lol

Pills vs IUD Right now Im on the pill and I have no side effects except I dont get my period, which is great. But Im thinking of getting a hormonal IUD so I dont have to worry about taking a pill. But that means possibly getting my period again, and/or spotting, plus the painful insertion process and Im really torn! Do you all have any guidance or advice or anything like that? Ive been using hormonal IUDs and havent had a period in many years. It is absolutely not a guarantee, but some people do not get periods with hormonal IUDs. Im also someone with a high pain tolerance that didnt find the insertion really bad, but again your mileage may vary. (I will say, it was the kind of pain that, 3 years later, Ive completely forgotten so there is that - its a one time pain for a much longer term gain.) Which is to say, I dont have advice, because everyones body is individual and unique. I am personally happy with my IUD, but obvious there are people who are unhappy. And one pretty significant downside is that it \*is\* a fairly extensive process to get one that can feel like a waste if it doesnt work out - its not as easy as just stopping pills and switching to a different brand. I had a friend who tried an IUD for like a year but bled constantly and eventually gave up and had it removed. So I am not trying to suggest that it is always good or easy. So the only advice I can give is to take stock of your personal pros and cons, speak with your doctor, and make a decision with that info in hand. If the pill is working for you without bothersome side effects I wouldnt change a thing! Hormones can be so fickle. Definitely talk to your doctor and research the pros and cons to decide whats best for you. I cant take the pill anymore due to clots, so I got an iud in March this year. Absolutely loved how it made my periods lighter and I felt pretty safe with it. Unfortunately Im getting it removed tomorrow because it got displaced somehow and is causing me pain. Im so bummed because I seriously loved the iud while I had it. I know a lot of people love theirs but a lot of people also dont. It depends on your body. What pill are you on if you dont mind me asking

Switching from Loestrin to Lo Loestrin for sex drive? Hi friends! Curious about others experiences. Ive been on Loestrin 1/20 since June 2019 after an emergency surgery for a giant endometrioma on my ovary. I have to be on continuous bc (no placebo pills) until I want to have kids. I have had 0 period/spotting since June 2019. I had my IUD removed as well. Sounds great right? Well I have 0 sex drive now. It takes an extreme mental effort to do it and it is upsetting for my fiance at times because we have penetrative sex like once every few months. I miss having sex and enjoying it, I used to have a huge sex drive. And it also kinda hurts now. Anyways. My OBGYN just switched me to Lo Loestrin Fe (even lower hormones?) because she said it might help with the sex drive issue. Anyone else tried this? Thanks! Im hoping for a change here.

Will changing my birth control help? So I hope this isnt TMI but when I started birth control I realized that Im always dry during sex. Right now Im on the pill. I was wondering in I changed the method of birth control like to the shot, Implant, or IUD that it would help with being dry all the time. I also feel like Im never horny anymore. Does any one know how to fix this? I experienced dryness and lack of sex drive on the pill too. That was about a year ago, and since I made the switch to a copper IUD I found that those symptoms went away. The pill can definitely cause that for certain people. Honestly I would try talking with your OBGYN, explain your concerns and try finding another form of birth control that may better suit you.

Treating IUD acne naturally - is it safe? Hello, seeking help on IUD acne treatment. So I got my Kyleena IUD inserted in August and Im loving it so far with the exception of the acne Ive gotten. I know it may be more a result of me switching off the pill but still… having hormonal acne as an adult is a real bummer. Im definitely gonna give my body 3 months to adjust but in the meantime Ive started drinking spearmint tea and taking evening primrose supplements at night in an attempt to treat the acne naturally. Is this safe and does it affect the efficacy of my IUD at all?? Also, any success stories with these treatments? Try tretinoin, not natural, but effective.

Implant ?? Hi everyone, wanting some comfort after Ive just booked an appointment to have the rod/implant put in. Overthinking and scared rn. Im currently on depo and have been for 4 years now, I absolutely love it but its suggested I have a break from it for at least a few months to restrengthen my bones (despite never having broken a bone ever but I do now have sore wrists). Im scared because my hormones are super sensitive, the depo has been life changing while being on bc with oestrogen was something that almost killed me. I know that the rod, like depo is progesterone so Im hoping that it works in similar ways and doesnt make me a psychotic, suicidal maniac and bleed for 20 days straight. Does anyone have any stories about switching to the implant after a good experience with depo? TIA xx

Im starting the mini pill I 21f am starting the mini pill (Norethindrone) I havent been on any birth control methods other than condoms for 3 years under the advisement of my doctor who thought my Xulane patch was the cause of a Neurological issue I had. But turns out, it was not but I am still a bit weary about using hormonal birth control so I opted for a low hormone birth control. I attempted getting an IUD a while ago and that was kind of traumatizing so I did not want to try that again. I havent seen many people talk about the mini pill and Im a little worried about side effects and was wondering what people have experienced with this form of birth control?

What method did you switch to after the shot? Im desperate and could use opinions/experiences from basically everyone. I have a month left before I need to decide on a birth control method. Heres what Ive tried and my side effects: Combo pills and ring - vomiting, this is a side effect I cant tolerate. I took ortho tri cyclen lo for a year and a half for heavy periods when I was 13-14. About half of the time, the first pill made me vomit. I tried taking it at night with food but I wouldnt get sick until the next day. I also tried lo ovral and had the same problem. I thought local hormones would be fine but after 24 hours with the nuvaring in, I started vomiting and couldnt stop. Ive never been so sick from anything in my life. I basically wrote off all estrogen methods after trying the ring. Kyleena Hormonal IUD - spotting. I had the IUD for 3 years. For the first 6 months, I spotted every day. I briefly didnt get my period for a few months, then got it monthly for the last 2 years. My periods were up to 12 days with spotting in between. Then they started to get heavier than before I went on the pill. I felt like the hormones werent strong enough so I had it removed in March. Depo shot - spotting again! Ive read the horror stories and I should have listened. My doctor reassured me multiple times that I wouldnt get my period at all on the shot. I was on my period during my IUD removal and got the shot the same day. My period stopped a few days later. I only skipped 1 period. Im on day 10 of my period now. I like long term, highly effective methods so I considered getting the Mirena IUD. My doctor recommended depo as a bridge between Kyleena and Mirena because I spotted for 6 months on kyleena. I was really hesitant to potentially go through that again with mirena. My doctor said using the shot in between would help... Now I have no idea what to do. I have 2 concerts coming up and of course, they fall right when Ill need a new method. I really dont wanna be bleeding at a festival. Any advice is appreciated! I HATE doctors that gaurentee a method will stop your period. Its straight up false, so step one is get a new doctor that wont lie to you. I had lots of spotting on Depo, but Mirena made my periods 2-3 weeks long and so heavy I became anemic with constant spotting and cramping. I love my Paragard but it comes with the risk of worse periods. Didnt happen to me though. How long have you been on Depo? It stopped my periods entirely for six years, then I foolishly tried Mirena which brought my periods back, gave up on it with that and chronic pain after seven months and am back on Depo, my doc warned me it may take two or three shots to make my period go back to hell where it belongs after the Mirena brought it back. The risk of worse periods on paragard is why I went with the hormonal IUD originally, but Id be willing to try it now. How long have you had it? Im on my first shot which I got in March, 59 days ago. I know it can take time to adjust but Im kinda scared to get another shot now Your choice on how to move forward is obviously your choice, but do you mind if I ask if its given you any other side effects which are negatively impacting you? No other side effects, I was enjoying it until my period went over a week. Im trying to wait it out to make my decision but I also want to make sure I can get an appointment in the right time frame. Gotcha, I hope your period knocks it off soon! I would advise you to try and wait it out through a second shot but do what feels best for you obviously. Good luck! Only three months but its \*so\* much easier than Mirena, personally.