Nexplanon effectiveness Im on day 13, would it be okay if my partner finished in me? I was told to wait a week and Im extremely paranoid that the nexplanon wont do what its supposed to. Thanks! Yes, its designed to prevent pregnancy even if your partner finishes in you. I have nexplanon and Ive done this countless times and never got pregnant

had unprotected sex day before IUD insertion [deleted] Although not listed in the full prescribing information, the [Planned Parenthood website](https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/how-do-iuds-work-emergency-contraception) claims that Paragard, Mirena, and Liletta can actually be inserted as emergency contraception up to five days after sex. I think youre good. Were you still taking the pill the day before (or the day of) insertion? If so you were protected.

on day 18 of my period after iud removal? [deleted] Covid vaccines do not interact with birth control :) \*I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](/message/compose/?to=/r/birthcontrol) if you have any questions or concerns.\*

Experience with tubal removal? I (28f) have been on nuvaring and am now on nexplanon and have suffered on both from depression. Of course, it could be separate but Ive been on bc so long that its hard to know. I am considering sterilization as an alternative because I am really tired of not feeling well and in the past year I have been increasingly feeling like I should not have children someday anyway. I am wondering what, if any, symptoms or side effects are associated with tubal removal. I would love to hear anyones experience, especially if they also had negative side effects on traditional birth control methods. It would really help me make a pros and cons list for my decision. I believe I would be okay making such a permanent decision if my outlook of feeling better is good. I would consider giving up the potential of motherhood (which Im not sure I really want anyway) to not be depressed. I have posts pinned to my profile detailing my experience receiving a bilateral salpingectomy. Its been over a year and a half, and Im so happy with everything. There have not been any side effects of the procedure. There are lots of posts on r/sterilization about it :D It can be incredibly hard to find doctors willing to give you sterilisation at that age and no kids, even if you are 300% you do not want kids. So beware of that. I assume you also considered the copper IUD. I had mine done at 25 in 2019. The only change is the peace of mind I have that I cant get pregnant. If you are young and dont have kids, it may be hard to find a doctor. I brought up potentially fostering in my appointment so they thought I had a child plan in place, even though I will never parent a kid. I think that helped. Its WONDERFUL, also no side effects, hormone free and no clips like tubal ligation potentially floating around Removed. As unwelcoming, not tactful, and disrespectful. Removed Rule 7. Some of the research disproving the fake syndrome - they didnt even find correlation, let alone causation: http://www.ncbi.nlm.nih.gov/pubmed/7982548 http://www.ncbi.nlm.nih.gov/pubmed/11106717 http://www.ncbi.nlm.nih.gov/pubmed/15865627 http://www.ncbi.nlm.nih.gov/pubmed/23071889 Why? Because it cant /wont restrict the blood flow after surgery. This explains it quite well: https://www.google.com/amp/s/drjengunter.wordpress.com/2012/06/07/tubal-ligation-does-not-cause-early-menopause-beware-the-hormone-experts/amp/?client=safar Tubal ligation is an extremely safe procedure. I just got a bilateral salpingectomy on 9/29 as a single 29F, and I live in a red state. Im lucky and didnt have issues getting the procedure done. I had been on OCPs in my teen years, but went on a med where progesterone only was necessary. I did depo for 4ish years, came off because I thought it was making me gain weight (it wasnt, just bad habits!). I had Nexplanon put in about 2 years later and it threw my formerly well controlled depression into overdrive. I was also bleeding non stop. Went on depo again after I got the implant removed after 9 months and have stayed on it for 6ish years. My last shot was in August because it covered my bisalp window. My recovery has been fairly easy- Im on my feet most of the day at work, and I didnt need any pain meds at all after the procedure. I took ibuprofen for my throat, as that was the most inflamed and sore after intubation! I have known I dont want kids for a long time, but the combo of my GYN not wanting me to be on depo forever and Roe v Wade getting overturned, I figured it was time. Less than a month out from surgery, I still have some bloating, but my doctor says its my internal organs settling down (gross, but makes sense bc they push them out of the way to see). I also have some pain/tightness around my belly button incision, but nothing long lasting, just a reminder that I need to ease up and take it easy. I havent had any negative side effects so far, just things to be expected post procedure. Dont fall for the fake Post Tubal ligation Syndrome. The doctor that created it, lost her license (http://www.casewatch.org/board/med/hufnagel/order\_2004.shtml or http://caselaw.findlaw.com/ca-court-of-appeal/1230512.html) for being crazy. Neither a tubal ligation (tubes tied), bilateral salpingectomy (tube removal), nor Essure (blocking your tubes) will effect your hormones. Women usually stop hormonal birth control when they get their tubes tied. As in they return to their natural period. Hormonal birth stops your cycle so you neither ovulate nor have a period so when you are on it you have a lighter fake bleed. Correlation is NOT causation. Some of the research disproving the fake syndrome - they didnt even find correlation, let alone causation: http://www.ncbi.nlm.nih.gov/pubmed/7982548 http://www.ncbi.nlm.nih.gov/pubmed/11106717 http://www.ncbi.nlm.nih.gov/pubmed/15865627 http://www.ncbi.nlm.nih.gov/pubmed/23071889 Why? Because it cant /wont restrict the blood flow after surgery. This explains it quite well: https://www.google.com/amp/s/drjengunter.wordpress.com/2012/06/07/tubal-ligation-does-not-cause-early-menopause-beware-the-hormone-experts/amp/?client=safar Need a doctor? Doctor list from /r/childfree: https://www.reddit.com/r/childfree/wiki/doctors?utm\_source=reddit&amp;utm\_medium=usertext&amp;utm\_name=birthcontrol&amp;utm\_content=t5\_2snsq Also studies is on regret for childfree friends :) &gt;For women aged 30 or younger at sterilization, the cumulative probability of regret decreased as time since the birth of the youngest child increased (2-3 years, 16.2%, 95% CI 11.4, 21.0; 4-7 years, 11.3%, 95% CI 7.8, 14.8; 8 or more years, 8.3%, 95% CI 5.1, 11.4) \*\*and was lowest among women who had no previous births (6.3%, 95% CI 3.1, 9.4).\*\* https://www.ncbi.nlm.nih.gov/m/pubmed/10362150/ Also &gt; There did not appear to be a significantly higher rate of regret in nulliparous women undergoing tubal ligation than that seen in studies of parous women. https://www.ncbi.nlm.nih.gov/m/pubmed/7409229/ [deleted] Sorry, unfortunately several anti birth control people have posted misinformation so I need to lock the post. Me and several other real life childfree friends got sterilized at that age (and much younger). Please dont say it isnt possible, it is a 100% possible ( in the deep religious South). . By saying it isnt possible you are preventing people from even asking. When several of us have been sterilized at that age or even younger.

Has anyone used VCF? I dont want to use hormonal bc or an iud — does anyone have any experience using VCF strips? The most common thing I am coming across is steady use causes irritation. I dont know anyone who has used them personally. Anything helps, thanks! Yes, it can cause irritation (mild to severe). It also means you would be at a higher rate for STIs due to the irritation. Are you planning on using it with condoms (male or female) or a diaphragm? Alone the pregnancy rate is quite high. I use the FAM method, but am trying to find something to use while during my ovulation stretch. I dont like the way condoms feel, and my partner uses the pull-out method well - but I still want to be safe. We both test, and are good to go. I have been considering the cervical cap/ diaphragm— but my next available gyno appointment is December :/ I would only be using them once, maybe twice (three times would be rare) in a 4 week period. Hey op any updates? feel like I relate to everything you said and am curious ! Havent found anything still that works - tried the VCF strips but couldnt get them in. They kept turning into mushy balls. So I tried the VCF gel, which wasnt terrible but leaks out and I wouldnt be able to use it consistently. Thanks for the update! Never thought about the leaking aspect as I almost tried the gel once, I guess the search continues!

Reliable studies about the Pill and affecting implantation Can somebody link me to a reliable study if they have one that says whether or not the Pill stops implantation of a fertilized egg? I have heard its been shown to not be a mechanism for Plan B, and was wondering if somebody had that information about the Pill (or even studies for both if possible) \*…inhibit implantation of the fertilized egg; accelerate ovum transport; and cause luteolysis, or degeneration of the corpus luteum, thereby causing the fall of serum progesterone levels, which prevents normal implantation and placental attachment.\* https://www.ncbi.nlm.nih.gov/books/NBK283/ Basically without the surge in progesterone that we naturally experience during the luteal phase, our uterus cannot build the uterine lining in preparation for a pregnancy. A thinned lining prevents successful implantation, thus acting as another method of pregnancy prevention by the pill and many other forms of hormonal birth control. This is also why a lot of women experience lighter bleeds on the pill, or lose them entirely. The thinner uterine lining can prevent implantation. But its only a possible third line of defense against pregnancy. The main ways hormonal birth control works are stopping ovulation and thickening the cervical mucus so that its hostile to sperm. We dont know exactly what percentage of fertized egg fail to implant in people who are using birth control. But we know that theyre much less likely to ovulate in the first place, and that a lot of fertilized eggs fail to implant naturally. So youre less likely to have a failed implantation if youre on birth control compared to someone who uses less reliable methods.

Nexplanon effectiveness Me and my husband would like to know if it would be okay for him to ejaculate without pulling out now that I have gotten the nexplanon put in. We obviously will be waiting the 7 days after insertion, and I know its 99.99 percent effective, I just would love other peoples opinions to console me XD. Its something we both would like to experience without risk, Im sure than can be understood by the fellow people in this group. ive had it for 3 years now and have been finished inside of since after 2 weeks of having it… no problems here! Thank you so much 🙏

NEXOPLANON, got pregnant without knowing and after 3 weeks got an implant. Accidental. [deleted] I would definitely check with your doctor as its an unusual situation but I cant think of any reason why it wouldnt work for contraception after the pregnancy. How did you got implant if you were already pregnant, do they not check for this things? Thats my question as well. I would get pregnancy tested almost every time I went to the doctor prior to having my tubes removed. Thats the thing here in Asia, especially public hospitals. Bad reputation not as what you think of hospitality. The rudest you could ever encounter aside from going to a private one. Actually I didnt know I was pregnant so I went for an implant, I know its my mistake but I was just wondering if it still works or not so I could replace it. Couldnt reach out to any doctors at the moment because the covid alert is too high. If youre not sure I would just use a back up method until youre able to speak with a medical professional. Thats weird, because I have a subdermal implant as well and having a pregnancy test before getting the implant is part of the protocol.

Am I protected? I had sex before I got medication for suspected PID Im on Slynd. Havent missed a pill. Last time I had sex was 21 January. Then on 24 January I got prescribed and started taking the following medication: Augmentin, Fluconazole 200mg, Tinidazole 500mg, Metronidazolum+Chlorquinaldolum. Am I protected? I know while you take antibiotics you should use an additional method, but what about when you had sex a few days before you started taking them? Since sperm can live up to 5 days... Only enzyme-inducing antibiotics, like rifampin, interfere with birth control. Most dont, unless they cause you to vomit or have severe diarrhea. What if hypothetically I were to take rifampin instead after having intercourse 3 days prior? Would I be at risk? How can one predict whether theyll need to start taking medication the next day? Rifampin is mostly prescribed for tuberculosis so its unlikely you would be prescribed that. In general if you are prescribed a medication that could interact with birth control you need to tell your doctor about the last time you had unprotected sex. Depending on the situation, they may recommend that you wait 7 days after unprotected sex to start the medication, or that you start immediately and get emergency contraception (ideally an IUD since they arent affected by medication).

Non-hormonal IUD I am a virgin. Is it a good idea to have non-hormonal IUD for virgins? I have never taken any birth control methods. I wanna live my life without worries about getting pregnant. I think Id want to do a similar thing! I dont want children at all! And it gives me anxiety that somehow Id get pregnant through some less reliable bc method snd that prevented me from actually doing it wirh my last bf. I have never had sex with a man and I got a copper IUD, these has been no issues because I was a virgin I really love my copper IUD! Its great for anyone, even those who havent had kids, like me. Insertion isnt the most fun, but once its done, youre set. No prescriptions or refills or taking something at a set time, no running out of condoms or hoping that the pull-out method will work. One thing to consider, is that while youre protected against pregnancy, you arent protected against STIs, so make sure you discuss testing and the like with future partners. Virginity/lack of virginity doesnt actually have any medical effect on your body (unless you catch an STI or get pregnant) so youll be fine. A lot of people start birth control before they even become sexually active

help!! not sure what to do and im not sure if anyone has any advice/tips. I recently had my IUD removed due to some serious situations. I have endo and I am on medication for it which causes me to not have a period. Both my fiancee and I are allergic to condoms and I have had a lot of bad luck with the pill. I am currently using natural cycles to track ovulation but because of my endo medication im not sure if it will be affected. Most doctors are super pushy about the pill, which I dont want to go on again(iv been on it since i was 17 and it makes me miserable). I dont want to get pregnant but im very lost. You could look into Nexplanon, the arm implant. Its a 5 minute painless appointment to have it inserted just under the skin on your upper arm and then youre all good for 3-5 years. Its super super effective, 99.95%. The most common side effect is irregular bleeding, which may or may not even out. Ive had mine for a year and Im really happy with it. Its definitely one to consider if youre not happy with the pill, IUD or cycle tracking! Your doctor is pushing the pill because it can help control the spread of endometriosis. Thats not to say you have to take it, but that is why they recommend it. There are plenty of latex-free condom options. I would recommend using those alongside fertility tracking. Natural cycles isnt really necessary. You can learn everything you need to track yourself over at r/FAMnNFP . I have seen a number of posts here from people using NC who have had a previously green day turn red after they already had sex, so I would use another method. If you have irregular cycles some types of fertility tracking are less accurate. it has been proven that the pill may help with symptoms of endo but there is nothing that can control the spread of endo Thats not really accurate from what Ive read. One of the benefits of the pill is that it thins the uterine lining. Preventing the growth of endometrial tissue can help reduce symptoms and also slow progression. [Heres](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5683134/) one paper that briefly discusses this. Its worth noting the benefit comes from progesterones. I personally dont react well to estrogen-containing contraceptives. If thats all you tried it might be worth exploring other options. More research is needed, but there are valid reasons to consider hormonal contraception if you have endometriosis. Are you using temperature based tracking with NC? yes, im using the basal body temperature That will help you out. Im assuming you either had the copper IUD, or youve been off hormonal birth control for at least 3 months? FAM can be quite reliable, but if you dont want to get pregnant I would make adjustments. NC is, in my opinion, a bit sketchy. All their research is funded and completed by the CEO, and the studies Ive read excluded a lot of participants/cycles. The methodology isnt fantastic. Im also struggling to find any studies of people with endometriosis using FAM to prevent pregnancy. Endometriosis may or may not impact the efficacy. Instead, it would be better to learn how to track solo. You could still use NC, but youll be better equipped to spot errors. I would also use a secondary method every time you have sex. Condoms would be ideal. There are plenty of latex-free options made by popular companies, and you can find them right next to latex condoms. Withdrawal is another option, but it does offer less protection. I know, iv been struggling trying to get all this information on my own. I have been doing reading on FAM as I realized after i got the NC app it isnt reliable. r/FAMnNFP has a wiki full of information and resources in the sidebar. Theyll be able to help you out. Absolutely use latex-free condoms or abstain from PIV sex while youre still learning. The biggest drawback of FAM is that mistakes are easily made and it fully relies on user-accuracy.

IUS and Withdrawal Heyo to yall that is on the wonderful life of having bc. I am just wondering about some stuff regarding my IUS (mirena I believe) and the withdrawal method. I am an overthinker by nature, and I often have sex with my partner but I aint looking to get pregnant. Besides that, I have PCOS. Is for me risky to get pregnant even without him finishing inside me, with having the IUS (that I checked prior that is in position, it is) and the fact that I have PCOS? Should I just give up and use condoms? I dont know, I just dont feel safe enough and maybe a bit of reaffirmation is needed. PCOS is not grounds to believe you have a lower risk for pregnancy. Besides, since everyone is different even within their PCOS diagnosis, nobody can give you a number as to what percentage of effectiveness against pregnancy a PCOS diagnosis can provide. So its best for you to consider yourself just as fertile as anyone else, until proven otherwise. That said, an IUS is extremely effective if placed properly - over 99% at that, and its considered without using any backup methods like pulling out or condoms. However, \*your\* personal comfort with the risk is worth more than bareback sex and/or finishing inside. So ultimately its all about how comfortable you and how comfortable your partner is with the idea of relying on the IUS alone. If you would enjoy sex more by [using backup](http://www.scarleteen.com/article/sexual\_health/the\_buddy\_system\_effectiveness\_rates\_for\_backing\_up\_your\_birth\_control\_with\_a\_), by all means feel free to do it. Sit down with your partner and discuss this, as well as what your views are on an accidental pregnancy, how you would proceed, etc. Its extremely important to be on the same page on that matter. The IUD is over 99% effective with \*no backup\* method. That means no withdrawal, no condoms. So no, its definitely not risky to add a layer of protection to it. Youre already pretty safe without withdrawal, but I understand wanting to a backup for peace of mind.

Does Nexplanon work for 4 years? [deleted] It has found to be effective for at least 5 years Thank you! Thats reassuring. Hopefully my insurance doesnt push it back again to 5 years

Pregnancy Testing How often should I be testing after having unprotected sex? I have the Mirena IUD, but I still like to test occasionally. Ive been testing ever 14-21 days after having sex, but I was wondering what everyone else did or would recommend? Online answers are bit jumpy, I questioned my Gynecologist about it on my provider app and had a nurse reply but they just said if you are worried about getting pregnant use other forms of contraceptives 💀so not very helpful. Once a month is plenty, unless youre having sex less often than that, in which case testing 3 weeks after sex is great. My partner and I are sadly long distance. So when we get to see each other its like free game for the week or so we are together before several months of not being together again. First time was three weeks ago tomorrow and the last time was last Friday. Then I would personally only test once, 3 weeks post the last sexual encounter. Thank you for the advice! Why are you having unprotected sex Because I have an IUD.. and thats kinda the point of getting one for a lot of people. Then the sex is not unprotected. If you read the post I made, I stated I had the IUD. Unprotected in this case meaning no other contraceptives such as.. condoms, spermicide, etc. Some people do like to use them for extra protection, in that case it would be protected sex. Do you understand what Im trying to say now? Lol. The Iud is your protection. Stop worrying so much. Yes, but IUDs do fail. There is nothing wrong with wanting to test every so often to be certain. I got pregnant on an iud so maybe dont comment and just skip over the thread if you arent going to give the OP a helpful answer. And instead just be condescending with all of your comments. This is a community. She shouldnt have to explain herself to. I tested monthly when I had my iud it was like paying rent for me I would take a pregnancy test the 1st of every month. I was one of those people that had a failed IUD and got pregnant which was a long painful process. Obviously I had the IUD because I did not want to be pregnant and have a child at the time. However, after finding out, I was pregnant, the first thing they did was want to remove the IUD, which caused me a miscarriage, which was extremely painful, also very mentally and emotionally damaging. I won hundred percent do not blame you for wanting to take a pregnancy test. Considering youre not sexually active every month as someone said above, I would do it about three weeks after your last sexual encounter. And as for the person telling you youre having unprotected sex dont waste your time responding to them they should have read your whole post before wasting their time commenting. Unprotected sex means NO protection. You are not having unprotected sex bc you have an iud. To answer your question, take tests however often you want. You can get like 50 tests for $20 on Amazon. Personally I have an iud but I never bother to test bc I dont have pregnancy symptoms. If I had symptoms, I would take a test then. Thank you so much for your reply. This is exactly why I test, my mother had an IUD for four years before it failed and caused her to have a miscarriage. Peoples ignorance to stuff like this baffles me, I didnt plan on responding anymore after my last reply. No use really. Amazon for the win thats where I bought mine too. I tested more for my anxiety not for symptoms in the beginning then after the failed iud I tested because of paranoia. if you end up pregnant, itll most likely be ectopic. youll definitely know. I get tested monthly, planned parenthood is great for that!

Skyla Iud [deleted] He can finish inside you since IUDs are fully effective 7 days after insertion and you are well beyond that. Its awesome that you had your IUD checked with an ultrasound too so it sounds like you are good to go! Of course, if you dont feel comfortable doing that, you shouldnt be forced into it, but technically speaking you are as safe as you can be right now. Please note, no birth control is 100% and comes with risk.

Best way to get copper IUD? possibly no insurance. I get my insurance through Blue Cross Blue Shield through a religious institution. Would they deny paying for my IUD and notify my employer, or would they not care since its such a large nationwide insurance company? If insurance is no option, where is the best place to get one? Im broke as fuck and might get a guy to help pay if its a reasonable price. Does planned parenthood have decent programs for people without insurance? If so, is it based on location or do they all provide it? And what would it cost? See if you can get a copy of your benefits booklet! Itll outline your specific institutions offered coverage for contraceptives :) Dont need to say what its for, they should have also given it to you at some point. You can also always called Blue Cross/Blue Shield and ask, they cannot tell your employer what you are being treated for - theyll just deny your claim or say you dont have coverage. If you have no insurance, the copper IUD would run you maybe $50-150, depending on the area + the appointment cost. Planned Parenthood is a great resource, definitely reach out to them if you can. Their programs probably change in each area and may have free ones for low income individuals, or a sliding scale based on what you make. Copper IUDs are the cheapest of the IUDs since theyre not hormonal, but they also tend not to be covered by some insurances since theres no medicine (hormones) involved. Best thing to do is call around to the places mentioned above and get as much info as possible! I dont have insurance either due to low income but Ive been having all of my appointments and been taken care of at my nearest planned parenthood for either BC/annual exam/breast exam/STI testing and treatment/etc, and rarely ever had to pay for something (theyve helped me get Medicare? I think it is? so all of my appointments and treatments are covered by this, but my coverage is only for these things not a general health insurance). Id suggest you go to your nearest PP and ask them about this, theyll be willing to help you get it too, Im sure! I just switched from BC pills to the copper IUD last week and didnt have to pay anything! So definitely give it a try. You can also ask for financial assistance there for these things, they can help you out with it all! i just got my copper iud at planned parenthood almost 2 weeks ago, &amp; they didnt charge me anything at all. the entire visit &amp; iud insertion was completely free. i dont have insurance either

Looking for clarification on the effectiveness of nexplanon. I had sex with this girl during the weekend. with previous partners Ive always used a condom, but this time she told me that she had the rod and assured me it was fine if I didnt have a condom. We had been drinking too so caution was thrown into the wind. I finished inside because she told me it was fine if I did it. But once I sobered up, I started getting a little worried and began googling about the rod. She told me she had the rod inserted about 3 years ago. Some searches came up with the effectiveness as being 3 years, and some with 5 years. Also wondering if drinking can affect it aswell. PS sorry if these are dumb concerns, just looking for some answers to maybe calm me down a little. Nexplanon is effective for up to 5 years, drinking wont effect the efficacy. Its about the most effective contraceptive on the market so I wouldnt worry about it at all

Copper IUD and Migraines? Your post is currently pending mod approval. \*I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](/message/compose/?to=/r/birthcontrol) if you have any questions or concerns.\* A copper IUD can not cause copper toxicity- it is an internet myth similar to vaccines causing autism (they dont).

Pregnancy scare I (23M) had a one night stand with a 22 year old girl and she text me 2 weeks later saying she has not been feeling very well and may be pregnant and asked me what date we had sex. I told her we had sex on the 10th and she took a test on the 29th and it came back negative, she also said her period started just after she took the test. Does she need to do another test or will this be good? Im starting to think she made it all up for attention because she is on the implant and I pulled out too. So I was thinking surely theres no way shes actually pregnant. Shes not pregnant, she can trust the negative Im not having a go at you or anything but I will just add that some women have severe anxiety when it comes to BC and it failing, regardless of how effective it is. so she might not have been attention seeking just overthinking. tag yourself: im the women with sever anxiety when it comes to BC Having a uterus is really scary, and nexplanon (the implant) (and actually all birth control) is very notorious for causing irregular bleeding and sometimes no bleeding at all. She didnt say this for attention she was simply scared and wanted to give you a heads up. She might not have been pregnant, but still offering emotional support for her anxiety would probably be a good move. Wow Pregnancy paranoia is a real thing especially when on the pill as you can hear stories about it failing and becoming pregnant. If shes on the implant, she does have protection which means the sex is protected (some can get confused) Because pms and pregnancy symptoms are so alike its easily for her to assume and panic and tell u (not that you gave her any comfort about it or even care to) until she gets her period but the only way to know for sure is to test 3 weeks after or if u may have missed your period. In this case, if its negative and then got her period shes not pregnant Take my pill perfectly I think Ive spent at least 800 dollars in first response tests through the year 2022 there is no 100% foolproof birth control method. remember that, drill it into your brain. it doesnt matter what type of birth control is being used - there is the always going to be a small risk of pregnancy. birth control is not only the womans responsibility - you still have to do your part to protect yourself from pregnancy scares. it is in your own best interest to use a condom with one night stands. you dont know her very well or whats going on with her end of birth control management. it doesnt matter what type of BC someone says theyre using - if you dont want to end up having a baby with them, than you need to do the minimum to protect yourself by wearing a condom. bc worst case scenario, she could be lying about her birth control usage. im not saying that she is, but its pretty dumb/irresponsible to just take a strangers word for it, have raw sex with them and then expect a guarantee for zero pregnancy risk. only have condomless sex with someone youre absolutely certain you feel safe taking that risk with. absolutely bro, it was my first one night stand and it could have turned out badly. thanks for the advice

Possible Mirena failure? Hello! I am throwing this thread out there because just last week I had a positive pregnancy test- very faint but very much there- since then Ive only been testing positive primarily at night and definitely not constantly every day. I think Im more worried that it is something else and not pregnancy? Ive been pregnant before and I have some symptoms but they arent anything thatd make me think Im pregnant. I guess Im curious if anyone else here has discovered they had kidney issues through their iud? Or it turned out they were actually pregnant. I think in this instance, the only way to know for sure is to go to the doctor. Ah yes I forgot to add that. Im currently waiting on a hcg test, they didnt run any other tests so I guess theyre waiting on that one to get back Yeah unfortunately the only thing to do is to get to a doctor and make sure that youre not pregnant, or that if you are, that its not ectopic. This sorta needs to be done ASAP, ectopic pregnancies can be extremely dangerous. Very true and I know I need to give my OB time to get my results in, but I think Im gonna bite the bullet and just go to another doctor or the ER.

could an IUD be considered an abortificant in a red state like TN after the overturn of Roe?? Just seriously so confused and if anyone has answers definitely help. Idk if TN would make IUDs illegal...what would people who already have them have to do? Feels like dumb questions but I seriously dont know and dont want to assume anything. A lot of things are really unknown at this time. Right now, IUDs and contraceptives are allowed. It very well could happen, but as of now, it hasnt. The only one I could see being banned is the copper IUD because it is also used as an emergency contraceptive, but if that happens, theyd have to ban plan B and Ella as well. Im not sure. I know I wont get mine taken out early. I have another 3 years on mine. Im in a blue state. If I lived in a red state Id move if I could. If I had my iud taken out and my state made it illegal I would go to another state to get one or Canada. I know not everyone can do that and Im not here to argue about it. Right now its not illegal but justice Thomas did talk about the fact that he thinks contraception should be taken away. And they certainly will classify iuds and implants as abortifacients to try and banned contraception. I have a plan b pill on hand and gonna add using condoms with my iud. Plan to get it replaced in 3 years because it also helps with my heavy periods. Maybe search what planned parenthoods are close to you in case of worst case scenarios. I just dont understand how an implant could be considered even remotely close to an abortificant...like if you get pregnant and you have an implant its safer to get it taken out without affecting a baby or inducing a miscarriage/abortion? It seems to be more likely with an IUD since its in the uterus but I honestly have no medical background and only going off of my current understanding of the medical devices. Yeah but a lot of the religious nuts think anything that intervenes with natural conception is an abortifacient. I wouldnt be surprised if they stated it as a blanket statement for all birth control because it interrupts what would naturally occur. Its literally not how they work. But of course theyre not going to listen when they think ectopic pregnancies can be transplanted. So who knows. What does it mean when they can be transplanted? Its unlikely they would be able to successfully make that argument and get the majority of legislators to go for it. IUDs expel fertilized eggs as a last resort, not as their first prong of attack, so theyd have to seriously misrepresent the facts to consider it an abortifacient. If they were to outlaw these forms of contraception, it could go to the Supreme Court again, since contraception falls under Griswold, not Roe. So, yes, its technically possible that this could happen, but dont stress about it just yet. Its so frustrating for people who clearly dont know the basics of the female reproductive system trying to make laws. Their issue is that some forms of birth control partially work by preventing fertilized eggs from implanting in the uterus. I want to scream at them and say A FERTILIZED EGG IS NOT A PREGNANCY!!! A pregnancy is when a fertilized egg implants into to uterus. You can not have an abortion if you are not pregnant and if an egg doesnt implant you are not pregnant. They are trying to rewrite scientific facts to fit their political agendas. This really shouldnt be that hard of a thing for them to understand. Considering the majority of women use birth control at some point in their lives trying to ban it would be an extremely unpopular decision even for most of their conservative supporters. People also use birth control for things like endometriosis, painful periods etc, but theres no guarantee they wont do something insane. Okay I was just curious in how it applies to this current overturn and what is considered one. Ugh wow its all so frustrating. If they were to outlaw IUDs, itd probably end up going to a higher court. Im not saying they cant, Im saying Roe being overturned wont give them the green light to do that. Calling birth control devices abortifacients directly comes from propaganda from the pro birth crowd. There is no birth control device or medication that causes abortions. Theyre trying to rewrite the definition of a pregnancy by saying a fertilized egg is a pregnancy but its not. An implanted egg is a pregnancy. If they dont like the types of birth control that prevent fertilized eggs from implanting then they dont have to use them. If you hear anyone saying birth control causes abortions theyre full of shit and have no idea what theyre talking about An ectopic pregnancy is when the embryo implants in the fallopian tube or elsewhere besides the uterus. This is not a viable pregnancy and if not removed will eventually cause the tube to burst and can be fatal. A lot of conservatives think that you can take the embryo out and move it, or transplant it, to the uterus. No, you cant do that, this is not Star Trek. Edit to add they can happen outside the tube. The science shows that levonorgestrel does not act by any post-fertilization mechanisms. Ulipristal acetate might (its actually rather similar in action to mifepristone) and copper IUDs almost certainly do given the timeframe in which they can be effective. Whether boneheaded legislators will pay any heed to the science is another story, considering some of them tried to write a bill referring to a procedure moving an ectopic pregnancy to the uterus, which isnt medically possible at this time... but we can fight as far as were able. Plan B should still be available even if this is the argument given. If the state legislature defines life as beginning at fertilization, then yes, even though its stupid and fertilized eggs cannot develop into fetuses without successful and accurate implantation into the uterus. However they will most likely only be able to make getting new IUDs illegal in that state and do nothing about people who presently have them (which is a primary reason I opted for the IUD with the longest lifespan). It could be possible that if there were a problem with an IUD requiring medical attention, the Healthcare worker may be legally bound to remove it. Im not sure if evidence of IUD use, the strings, are visible during standard preventative gynecological exams via the speculum, so that could be a concern if the state legislature codified that health are workers must remove them, but I think thats a bit of a long shot. That would mainly result in women skipping gynecological care altogether and cervical cancer rates would dramatically rise in such states. The legislature doesnt care about anyones health, only getting re-elected, increased wealth, and improving the power of their party - so its not out of the realm of possibility. I think its unlikely any DAs office has sufficient resources to prosecute women who already have IUDs in such a situation, especially given the resources they will inevitably spend prosecuting actual abortions and suspicious miscarriages. If anything, a fine would be most likely since they require much fewer resources and would persuade some women to schedule IUD removal on their own, rather than the state spending $$$ to force a smaller percentage of removals. Yeah my next question would be if they were to be in that state would the clinics have to schedule appointments with patients with already existing IUDs to get them removed?? Thats just crazy Not because of what youre thinking but if they decide to relook [Griswold vs. Connecticut](https://supreme.justia.com/cases/federal/us/381/479/) \*weve been sent good weather\* Other people have already commented on whether itll be legally changed in its classification. In my opinion, whats important is that it is already currently legal under Burwell v Hobby Lobby for private healthcare plans to choose not to cover IUDs. they dont need to be explicitly illegal to make them inaccessible What about for people who already have them and had them covered under their current healthcare plan? I guess they only dangers theyd face is the occurrence of getting pregnant with the IUD in and facing having to go through pregnancy without removal of the device which could pose complications. from what i understand IUD controversies stem from them being used as emergency contraception, similar to Plan B. Im not sure if theres precedent to their removal being banned in strict contraception states. Theres a lot of uncharted territory going on and its very state-by-state, not to mention city-by-city, dependent. Are you saying removal while pregnant or just removal in general. Theres no way they could ban removal in general, women would then have no safe way to get expired ones out. I may have misinterpreted that. Removal while pregnant, I was responding to the sentence in your comment about women going through pregnancy without removal of the device. Okay yeah then I misinterpreted. I actually already saw a video where someone got a text from a nurse telling her a woman came to them because she was having an ectopic yesterday and it took the doctors over 9 hours to actually treat her while they talked with lawyers to figure out the legal from the overtuen. She almost died apparently, so sad.... Im just worried when I go in to have mine removed I can be arrested for having an abortifacien Thats my worry too but I dont think that would happen to people who got them when they were legal. That just makes no sense. Also concerned for those who have been given pills like Ella which is emergency contraception in the past by their provider and whether that can be used against the patient/provider. If plan B is made illegal then could people be persecuted for having taken any emergency contraceptives in the past? Say a provider prescribed one to a woman who missed her pills could that happen? Anxiety has to be out of the roof. Its possible, and states like Missouri have already talked about b

Iud expulsion and late pregnancy Ive had paragard for over a year, and had no issues with it until now. So my period has been about 4 days late, and Ive been experiencing some cramping lately and stomach issues. I decided to check my strings and I was relieved to have felt them( coiled nonetheless but still there). I was then shocked to feel something hard and plastic coming out of my cervix. Im almost certain this is my iud and I have no idea when it migrated. Ive been having sex pretty frequently with no other protection as I fully trusted my iud. Im just so scared guys Im freshly 18 and my possible BD is threatening to kill me or the possible baby if im pregnant. I took a test today but didnt take it super accurately as I only peed on the stick for about 2-3 seconds instead of five. Could I be pregnant?? What should I do? The title is meant to say late period not late pregnancy, I messed up typing bc Im so freaked out rn lol First of all, get away from that dude, you can file a temporary restraining order against him if hes being very aggressive. Second, get another pregnancy test or two. Take it with your first pee of the morning when its most concentrated. I find it easier to pee in a lil cup and then dip the test in for 5 seconds. If its positive, think about what you want to do. There is an abortion pill for super early pregnancies thats noninvasive but still sucks nonetheless. Heres some more on it: https://www.plannedparenthood.org/learn/abortion/the-abortion-pill And lastly, what kind of support system do you have? Doing this all alone sucks. Thank you. I already threatened him w a restraining order but he said he will get a homeless person to kill me, like hire someone 🤦‍♀️ Ive always wanted to be a mom so idk about abortion, but I also dont want to be selfish because I know Im not im not stable enough to have a baby. I also want my baby to have a father. Also my parents are very religious and African, so having a baby with a person you arent married too is taboo. I have a lot of good friends who I know would be supportive if I was pregnant, but I really hope Im not. Was the test positive? If the paragard is not in the correct place, its not functioning for birth control. Please call your provider asap so they can take a look. If it is coming out of your cervix, they will want to remove it, whether or not you are pregnant. Knowing as early as possible and seeing a provider will ensure that you have as many options as possible. Please rely on your support system to help you get through this; I would recommend calling your local domestic violence shelter to see if they have advice or help for you regarding this abusive partner. The test was negative, but I didnt take it properly, and it hasnt been a full week since I missed my period so idk how accurate it was. Okay, firstly get away from your partner and make sure youre safe. Get a restraining order, file a police report etc if you have to. If you need, call a domestic violence helpline and they can provide assistance and let you know about resources in your area. Next take a pregnancy test properly - the cheap ones are just as effective and reliable as the expensive ones. That will tell you if youre pregnant \*now\*, but to be sure you havent got pregnant, you need to take one 3 weeks after the last date you had sex to be sure. Once you know if youre pregnant right now, go to a womens clinic. Make sure you go to a proper medical one, not a religious one. If youre pregnant, they can walk you through what your options are (including things like removing your IUD or leaving it in place). If youre not pregnant, they can talk you through options for emergency contraception - one option would be replacing your IUD right now, or you might want an emergency contraceptive pill. Womens clinics can often also offer counselling, direct you to local domestic violence support, may offer resources for young/single mothers, give you STD screening if you want it, and direct to pregnancy/maternity services if you need/want them. Thank you So much I will take one today. If you are pregnant, r/abortion is here to help you.

Can a IUD be covered by Medicaid? Does anyone have any experience paying for an iud with Medicaid? Did it cover the whole thing or only part of the service? Also is there any way to use my parents insurance to pay for it without them finding out? If youre on a parents health plan, the parent is the subscriber and you are a dependent. If youre enrolled in Medicaid, youre the subscriber, even if youre under 18. You might be able to call either health plan and ask for a confidential communication indicator and request no mail. (This is common in situations like domestic abuse, or when a court has ordered a non custodial parent to cover healthcare.) Laws vary by state. Coverage varies by health insurance plan. Your insurance card will probably have a website on the back where you can find out what is covered. You have a right to privacy for your protected health information (PHI) under HIPAA - which allows a doctor and the insurance company to share information, but prohibits the doctor from discussing your care with friends or family without your permission. Another good option might be Planned Parenthood. Mine was fully paid by Medicaid here in Texas , you can also call and ask 😊 Did you get yours done at a planned parenthood or your gynecologist? This explanation is really helpful but just for clarification if Im the subscriber for the Medicaid that means that any medical procedure I pay for with it is confidential and my parents wont see it on any information regarding their insurance ? Im 19 btw. Scenarios: 1. You have Medicaid only, because no parent has kept you on their policy (which could go through age 26 but theyre not required to keep you on their policy.) In this case, if youre an adult with one insurance plan, youre totally in control. You can request confidential communication, no mail, online access only for any paperwork. 2. You have Medicaid AND are also a dependent on a parent plan. Trickier because Medicaid is automatically a payer of last resort which means the provider bills that parents plan first, then Medicaid pays the balance of the bill. This would result in $0 (zero dollars) from you. Risk is the EOB (explanation of benefits) being mailed to their address. The most important thing you can do is make a call to each insurance company thats covering you and ask for Member Services. Explain the concern and get it set that you dont want anything mailed to you. Tell them you want to interact ONLY through a patient portal (website) for all communication. What would happen if I choose to go to planned parenthood? Im not sure. Call PP and ask if you can pay directly without billing a parents insurance. PP are pros at protecting privacy and can assist you in getting the correct info and care you need. Thank you so much, youve been a great help Gynecologist

Terrified my Kyleena IUD will make me infertile ^ Why? Ive just heard horror stories. I dont know how likely it is that itll actually make me infertile. But I want kids so bad, just not yet If it was making people infertile left and right, we wouldve heard about it and it most probably wouldnt be on the market - or at least it wouldve been listed as a sterilization method rather than a LARC. Anecdotally, I got pregnant two months after removing my kyleena so theres that 🤷‍♀️ No form of birth control can make anyone infertile. It may take a while for your bodys natural hormonal cycle return to normal after getting off birth control but birth control does not make anyone infertile in the long term. Fertility normally returns within 12-18 months after stopping birth control. If someone is telling stories about how difficult its been for them to conceive after getting off birth control, its either their bodies havent regulated yet or its due to one of the numerous other causes of infertility. People get pregnant on those, dont believe the assholes trying to scare you. If theyre friends its a good time to realize that they actually arent friends, if its articles on the internet its probably religious wackos who want to prevent anticonception. Thanks for this, helped a lot ❤️ Helped, thank you 💓 Ha! Some have said you can get pregnant immediately after getting it out while others have said it takes a while for your body to regulate I had Mirena IUDs for 9 years, which have a higher hormone dose (and I think are slightly larger?) than Kyleena. TW for pregnancy: &gt;!I had no trouble getting pregnant after having it removed in November 2020; I conceived in February 2021 (which ended in a very early loss, which is extremely common, and I dont think had anything to do with the IUD) and then again in August 2021. Im now expecting a baby literally any day now. !&lt; Most people do not have fertility issues following LARC; the horror stories are easy to remember because people share when things go wrong but youre much less likely to hear from someone whose experience was totally fine and boring. When I had my IUD removed, the doctor told me it might be a couple months before my cycle regulated, but that was it! This helped a lot, thank you so much!! Ive had 3 Mirena iuds and been pregnant 3 times…not long after getting the iud out. You are fine. [deleted] Ok thank you, helped Thank you! Helped I guess this is anecdotal, but I had the kyleena and Ive now conceived twice. One was a loss, and Im a little over 4 weeks pregnant right now so I cant tell you Ive had successful births or anything, but Im definitely not unable to conceive. On the science side, there is absolutely no medical evidence to support that birth control can cause infertility. So that should (hopefully) make you feel confident! Thank you!! &gt;Thank you!! Youre welcome! Why? Theyre probably better for fertility than the pill True. Im just an overthinker lol, and I would be heartbroken to find that its lessening my chances of getting pregnant successfully I had a Skyla IUD for close to 3 years. Had it removed so we could try for a baby and conceived within that first month. I now have a 3 month old and have a Kyleena that was placed at my 6 week postpartum appointment. Everyone is different but youll find most people dont post about how awesome an experience is and instead you see bad reviews since those that are unhappy tend to be the loudest and everyone else just is living their life without any issue. I can understand why youre worried but really, dont it. Its just hormones and once theyre out your system, things go back to normal Got pregnant (unintentionally) just fine after having my liletta removed. Overall, IUDs are some of the most effective and easy birth controls available. Additionally, the return to fertility is fasted with IUDs compared to other types (though most women have no trouble with any method). I dont know why youre getting so downvoted here OP 🤷🏻‍♀️ I got pregnant with the skyla iud perfectly intact, hopefully that answers your question 🙃🙃 I have the Kyleena IUD they are reversible forms of birth control you can get pregnant once it is removed

Just got Liletta inserted - should I also take Plan B? [deleted] Liletta can be used as EC, the reason why Lilettas pamphlet and website say otherwise is because Liletta EC effectiveness was established by third party researchers. Planned Parenthood has approved it as an EC method after this study along with the Mirena. You can see that study [here](https://www.nejm.org/doi/full/10.1056/NEJMoa2022141). Thank you for the link. Pretty small (but still statistically significant) study group. I wonder what would be the rate of pregnancy without any intervention. We could probably get that data from the general population, out of 100 uterus having people, how many would get pregnant from one instance of unprotected sex? Gotta go stats hunting. In case anyone of following, looks like risk of pregnancy is 20-25% with one sperm delivering sex occurrence. That seems higher than I expected. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4374046/ (Couldnt find on mobile any better results)

How do I get an IUD? How did the process go? I want to get a copper IUD but Im not really sure how to. Im in a flip state that allows abortions for now, but elections are coming up soon and its uncertain if it will even stay legal. Im 20 but Im still living with and on my parents insurance, who are devoutly Christian and pro-life. I want to avoid them knowing about this at all, so Im going to avoid using their insurance. I have the money for it and transportation. But I have no idea how to make an appointment or if I would get any payment plan or insurance. I tried checking out my local Planned Parenthoods online, but the closest ones were closed until further notice and the next closest one to me with regular hours is in the city. Again I have the transportation and money but I have no idea how any of this works to even schedule something. I checked out the scheduling for the one in the city, but they had no options for a birth control/IUD appointment online. Do I have to call them? And would I have a consultation first? How would I even schedule that? If I could get some help or an outline of how I should go about this, it would be wildly helpful, thank you I had an option on my closest PP locations website for IUD insertion on the appointment scheduler. So you may want to call them since that is not available for some reason. There was no consultation appointment. I got my IUD the first time I ever went there. I did not use insurance and it was about $650 in MI I would definitely call and explain your situation and see what they have for appointments. They may not have online appointments listed for a variety of reasons (it also may be possible that theyre booked up right now, with everything going on). It cant hurt to call, and they would also be able to answer any questions about payment plans or insurance. Youre absolutely not the first person in that situation to contact them for help. Theyll have all the information you need. Also, it may be a good idea to look into other local clinics. I know everyone thinks of Planned Parenthood, because they know the name, but there may be smaller, local orgs that might have more availability. As far as the procedure, its not pleasant. (I take issue with what medical professionals call a pinch.) I would recommend having a friend drive you or go with you, if you have that option. I felt fine immediately after, but I have friends who werent comfortable driving after the procedure. Definitely take ibuproufen or something beforehand, and if youre really nervous, you can ask for a local anesthetic. I also had really nasty cramping for a few days after, so if you can schedule your appointment at a time when youll be able to recover for a day or two, that would be super helpful.

Has anyone gotten pregnant while being on Kyleena ? Ive been on Kyleena for a little over a year; I know its 99% affective but of course theres always that 1% but Im wondering how likely that is. Maybe Im just paranoid because my partner always accidentally finishes in me quite often (hes working on it). Wondering same Im just going to say, I think maybe a conversation with your partner would help? Also, take a test whenever you get anxious. Ive seen a lot of people here but then strips in bulk on Amazon for very cheap. Its a quick way to reduce any worries you may have. Im unlucky (or maybe lucky depending on how you see it) that I still get a period on Kyleena. This last month it was light and I was freaked out. Took a test, negative. Just my IUD doing its job. Truthfully, I think a heart-to-heart with them along with discussing ways to reduce your anxiety will help tremendously. Im in the same boat of paranoia, but after talking with my partner weve figured out ways to reduce this anxiety. For me, its a combo of fertility awareness and abstinence/safer practice when Im in my fertile week. Also, reading a bunch of stories about people getting pregnant on your method will only \*feed\* that anxiety. Im speaking from experience here. My PMS makes my chest so sore and Im at my most anxious then. Even when I have my period, Ill convince myself Im pregnant. But seeing a negative test tells me everything I need to know. Reddit will have me in tears by the end of the day just because of one post.

I am finishing taking male hormonal BC Hello everyone, It has been a very long time since I posted and to those of you who messaged me, I can only apologise. Tomorrow is my last day taking birth control for a clinical trial I have been participating in. I have enjoyed every second of the process and my GF and I are gutted to be ending it. There hasnt been much to update on which is one of the reasons I havent been posting very much at all. To summarise the side effects I have felt/experienced: \* Increased libido (has remained the same since I started the trial) \* Much higher general energy levels \* Some low level mood swings (Ill expand on this later) \* Weight gain (wait for the next point before reading into this too much) \* Quite significant changes in my musculature (hard to chalk up to just the BC but again I will expand later in the post) \* Increased irritability and aggression at times (dont worry, I havent been knocking heads together in bar fights!) So not too much to write home about. I have certainly not experienced the kind of drastic side effects suffered by many women on this subreddit which I am grateful for. That being said, I am a sample size of 1 so I wouldnt draw too many conclusions from it. I have also made a few other observations about my mood swings: \* My mood has been worse at times where I have taken the gel at drastically different times of day \* When I have taken the gel in the mornings consistently, I have seen the lowest level of side effects and low mood. (I assume this MAY have something to do with testosterone releases mirroring their natural peak when not on BC) About the changes in muscle mass: \* As a disclaimer, I should add that I signed up to a gym and started regularly working out about 3-4 times per week from September. \* I had seen quite a lot of weight gain since the start of the trial but I hadnt gotten any bigger. \* After going to the gym, this weight gain increased but I am fairly certain this has all been muscle mass \* I feel much much stronger now than I did a year ago and it is very difficult to separate the gym and the testosterone in the gel to explain this. To pre-empt the questions that I feel I will get on this post: \*\*Are you nervous about finishing BC and readjusting to not having hormones in your system?\*\* I would be lying if I said I was not very nervous. I know the effect going off exogenous testosterone can have on men and this has been in the back of my mind. BUT, as far as I am aware, there have been no issues for the hundreds of other men who have been on the trial before me. \*\*What sort of BC will you be using going forward?\*\* My GF will most likely be going back on the pill although we may try out the ring or a hormonal IUD if its feasible. That being said, it is her choice entirely and I support her in making her own reproductive choices. I now know more than most men the effect hormonal BC can have on your body! \*\*How long will it take for you to be fertile again?\*\* No idea! It may be a few weeks or a few months. Sperm production is a pretty long (about 60 days-ish) cycle so this is part of what the trial is looking to discover! \*\*What will you miss most about the trial?\*\* I think for me, the control I was able to have over my own fertility felt incredibly empowering and it is something I will miss dearly. Reproductive equality is missing from sex and I think trials like these are SO important. \*\*Can I sign up still?\*\* Unfortunately the trial is now closed to new couples I believe. There will hopefully be Phase III trials at some point in the not too distant future and they will be much bigger and include more people. Unfortunately, my local trial centre has said they dont think they will be offered to run a Phase II trial due to difficulty in enrolling couples. I think this was more of a marketing problem than anything else tbh... \*\*What can I do to try this?\*\* Well this is not a straightforward question to answer. Aside from the obvious (sign up to Phase III), you should consider sharing posts like these and making as much noise around male hormonal contraceptives as possible. Unless a drug company sees an opportunity to make money, this will NEVER come to market and I think we can all agree that this would be a great shame! \*\*When will it be out on the Market?\*\* That is up to organisations like the EMA/FDA etc... and also partially up to us if we demand it! It also depends on the results of the trial but I would estimate about 10 years... It has been a pleasure to share this experience on such an inclusive and forward thinking platform and please look out for my post on other subreddits on this topic and do your best to raise awareness! As always, questions are welcome and thank you for making it this far in the post! This is extremely interesting! Do you have any info on this study or when/if the information will be released to the public? And thanks a bunch for participating in the study! I know a lot of people appreciate you putting your body through this so people might have better BC options in the future. https://clinicaltrials.gov/ct2/show/NCT03452111 Thats the link to the trial page I think! Thanks for the appreciation, I think it cant come quick enough! I made other posts on the subreddit too Thanks a lot! Thank you for sharing! This is so amazing to read. I hope for a day when its not solely the responsibility of the woman. As someone whos dating like dramatically suffers, because I cant take birth control and still be attracted to men, this is super exciting!! Wow, this is so interesting to read! Thank you for your contribution to this research!! I have a question if youre comfortable sharing — how did you handle the mental weight of not knowing the efficacy (i.e. whether youd end up with an accidental pregnancy)? Hey thank you so much for posting. This was really interesting to read what your results were. I read that something you really enjoyed about BC that you could use that wasnt condoms was the control. I dont remember what exactly its called but I know there has been another male user here who posted about his experience with this elastic band/ring thing that goes around your testicles (externally) and you wear it for so many hour a day (16 I think, I could be mistaken) and you can take it off while sleeping or showering. The guy seemed really happy with it. I apologize because I cant find if it was a trial, or even what it was called but I thought you might be interested in looking into a non hormonal external non-permanent BC that you could take. Thank you so much for taking part in this study, I appreciate the data you will be apart of. Please take care and have an amazing day! This is great info to know! My boyfriend was wondering about something similar in the past but we just settled with me getting the hormonal iud which is working fine. Just live in a place with a bunch of plastics or pesticides in the water and you wont even have to worry about birth control This was easy. I had a monthly check and always came back with a sleek count of zero. Ive never been more chill about Bc Thank you for sharing and being a part of the study! Contraceptive equality for all! I really like how you pointed out the advantage of feeling empowered to make your own hormonal and fertility choices. Even though theres downsides to my birth control method, my favorite part is feeling confident in the decision i made for my body Its probably the best part for me. I also had no idea how empowered Id feel until I started. That and the fact that I suffered very little in terms of side effects and my Gf has it much worse. I just hope it will come to market some day soon! Hey, I might coming late but if youre still interested in contracepting yourself, check out the heat based method. It works. Ive been using it for quite some time and Im very pleased with it. Check out my other posts about it or DM me directly if you want, Ill be glad to share all of it with you :)

Can you track ovulation with an iud? So I recently got the kyleena iud cus condoms kinda suck for both of us. However, Im still kind of worried about getting pregnant and was wondering if Im able to track my ovulation still to avoid having sex around that time? You dont ovulate with hormonal birth control like kyleena. But to be extra safe, you can avoid sex 14 days before your period is supposed to start, as thats when you would be ovulating if you werent on hormones. Hormonal IUDs such as kyleena have low dosages of progestin and arent intended to prevent pregnancy by stopping ovulation. Instead, they work by making the uterus a hostile environment for sperm. According to Bayer, kyleena doesnt affect ovulation in most users, so technically cycle tracking is possible. I think it just might be difficult because the hormones can affect your cycle and make it harder to track. https://www.bayer.com/sites/default/files/KYLEENA%20ENG%20PI%2023.11.17.pdf Not really. Hormonal birth control does affect your cycle and low dose progesterone only methods may prevent ovulation.

How long did it take you to trust your IUD? I got a copper IUD on 8/26, and I love her so far. I got my first period last week, definitely heavier, crampier, etc. but pretty manageable. Im on the tail end of it now and my boyfriend and I had sex without a condom for the first time last night. I know my chances of pregnancy would be low even without birth control, and obviously I have the IUD, but did anyone else need a little time to get over the omg what if Im pregnant?? anxiety? Does it get better with time? You know, honestly, Ive had mine for nearly 2 years, and I still have trust issues with it. Thankfully, I feel like I can trust it more now that my husband got snipped. Lol. I know the likelihood of getting pregnant on my hormonal iud is extremely low, but me and my bf also pair it with condoms as it leaves me anxiety free. I trusted it as soon as I got it and have never used condoms Gonna share my experience so far. I got my IUD 7/22, I had just ended my period days before I got it. Waited a week and a half before sex, everything felt fine and normal so continued my regular sex life (IUD being the only form of protection), tmi 😂 Got my period 8/25, and went to my OB for my scheduled post insertion checkup on 9/7, everything was fine. I know it can be tough trying to trust birth controls and the what ifs and I was definitely worried at first, but I cant feel my own strings due to having toddler sized fingers so that made me stress even more. But I feel MUCH better knowing that it was in place last week 😅 Ive had mine for a little bit over a year and sometimes I still get stressed but deff less than I used to!! i have really bad health ocd and i worry that im pregnant allllll the time. I wish i could make it stop I felt that way the first time with my iud and with my nexplanon. Its hard to trust it at first! It does get better with exposure therapy if you will haha, the more times it doesnt let you down, the less times you worry! However you definitely dont have to just trust it if it makes you feel uncomfortable or worry! Sex should be enjoyable and not make you worry :) tbh I never fully chilled until I got a little older and got a good job lol Seriously, I had 3 copper iud and always thought all the time that I would end up pregnant with it. I suspect that I had 2 or 3 early miscariage over the 5year though. May be use the pull out method with it! You can learn when you ovulate and 3days before and 2 after ovulation are risky while having no contraception . Maybe use pull out method those days. I know my ovulation symptoms and I use OPK tests and premom app to follow. That would be my advice and that there are risk with every method! Ive had mine since April of 2019. Ive always trusted it! Studies have found it more than 99% effective. Its statisticallyunlikely that i get pregnant, so I dont worry. Im on my second one and I still dont trust it\* - its nice for no periods tho. \* = Im tokophobic, paranoid, and rarely have sex, much less unprotected sex, with men. I still take pregnancy tests after I have sex with them if I have any symptoms. Im definitely an outlier and shouldnt be counted 🥲 ETA: IUDs have nearly a 0% fail rate and theyre one of the most secure forms of BC. Especially with the no periods? Hell yeah. 😂 yeah same, were just not taking any chances lol Used to be like this. Had panick attacks everytime my period was a little late which started to happen very often, so I got on the pill while I always use condoms with my bf. What really helps me is reminding myself that an IUD can be used as a form of emergency contraceptive. That always chills me out. I got my IUD on August 29th last month. I definitely have that anxiety too, I think its something well always sorta have to deal with, I still dont want him to cum inside lol. The doctor told me that its 99% effective and I cant stop thinking about that 1%. Hopefully well get comfortable soon! I had it for 4 years and was always worried I got pregnant because Im paranoid. I never got pregnant lol. I got to a point where I was like eh if it happens it happens but I still worried. Same!! I have an IUD plus my bf pulls out…. my anxieties can be so intense sometimes. And when i get so in my head about being pregnant, its like my body starts to give me symptoms…Last month my bf finished inside of me with my iud and ive been spiraling since I am content with it, but wouldnt say I trust it. I recognize how effective it is but get paranoid about it moving out of place without me noticing, so I still typically use condoms and avoid sex during what I estimate to be my fertile windows. I also take monthly pregnancy tests for peace of mind since my periods are pretty irregular. Ive had it for over a year and have had unprotected sex several times over that time period, though, no pregnancies. Tell me about it, i got on the pill because even when we use condoms my period came like 5 days late. Saying I was freaking out would be an understatement. I would say to take a test, Im sure you are not pregnant but just for your peace of mind. Sometimes I wish I didnt have to go through this. Im a child free woman living in a country in which abortions are extremely illegal (no exceptions) so it makes it even worse to know that once I get pregnant is all over for me. I feel you 100%. I took three tests and they were all negative. However, the tests stayed in my car overnight (i live in Texas) and now I am having ocd thoughts that the heat damaged them and they are incorrect. It doesnt help that I dont get my periods on my iud. But honestly, this made me feel a lot better about it; like im not alone. So once I had it I never used condoms, but it took about a year for me to be comfortable with my partner ejaculating in me. Now I take a test once a month jic how do you track your fertile window if you dont get a period ? asking for myself Do you have a scheduled follow up with your provider? Thats about when I decided to fill trust it, once I got the OK after 6 weeks that its still in the correct place. Im on the mirena and I only started to trust it after I stopped spotting, so around 8 months in. I do get a period, its just on a wildly inconsistent schedule. Cycles range from less than three weeks to 60 days, but often a happy medium of 35 days or so. I can typically tell where I am in my cycle by tracking how my bodys feeling and what my discharge looks/feels like, which isnt a perfect method, but I know my body pretty well after doing this for sevee years. I got the Skyla in July and my partner has had a vasectomy. I still have those thoughts! 🤣 9 days later. I still had some anxiety but I trust the science-backed statistics I was told to wait at least a week before having unprotected sex! I trusted it immediately but got my partner to check my strings a lot (I generally cannot reach them unless on my period) Now I get him to check if I feel a bit odd, but other than that I leave it and let it do its job. 2 years in and its worked perfectly, and have no complaints This is a great point. I had mine put in as emergency contraceptive after a condom failing. Happy to say it did its job wonderfully I got it 3 weeks ago and did the deed 1 or 2 days after insertion - full trust 🫱🏽‍🫲🏼 Well, I have to say that I live in Europe. So in the worst case of getting pregnant I can still get an abortion. Sad truth. I was a bit spooked when my wife got of birth control and we solely relied on my vasectomy. I went to all the follow up tests to make sure it worked before she got her IUD removed. It was still spooky to me. ive also taken 3 negative tests 15,17,&amp;19 days post-sex and my anxiety has me worried about if my urine was too diluted or if the test is accurate. hate this feeling. Me too !! I havent had an IUD but I felt the same way with my first Nexplanon. I think it took me at least a good 6 months to trust it, but it also elevated my anxiety so that could have contributed haha I still dont, i always use condoms lol. Lol this is me I know youve prob heard this before but therapy will help with that. For real. It did for me. I used to have absolutely horrifying anxiety about getting pregnant and therapy plus educating myself on the effectiveness of my birth control methods put all that in check in a healthy and manageable way I trusted it as soon as I got it. Before I got the IUD I was on the pill continuously. I think the last time I used a condom was in 2009 or 2010. Never had a pregnancy scare. (Im pregnant now, but I removed my IUD in May with the intention of hopefully getting pregnant since Im now in a stable, loving relationship.) I had mine for I think 3 or 4 years. My husband and I never use condoms and we never had an oops. Wasnt until I had it removed to start trying for a baby that we got pregnant! I trusted it straight away but at one point I did get pregnancy paranoia because of throwing up in the mornings Same. Ive had mirena for 5 years i trusted mine whenever my boyfriend first finished inside me while on my iud and i didnt get pregnant! we dont do that every time we have sex but maybe like once a month. As soon as I heal (I got mine yesterday) Im having condomless sex I got Liletta purposefully so boyfriend and I could have more sex without condoms. Trusted it right away and it has shown 100% protection.