Wondering if anyone else has the issues of constant bleeding due to birth control? I have now officially tried every form of birth control over the last 15 years of my life. -Depo -Progesterone only pill -Combined pill -Implant -Ring -Skyla, Merena and the Copper IUD I am at my wits end…but have had this issue for the last 15 years…instead of skipping a period or having very mild periods, I bleed 3 weeks out of the month…on some of the methods I bled consistently no breaks at all… I am 30 and married…and had a very serious discussion about it with my husband last night, where I said I felt trapped by having to take my birth control because Im just cycling through the same issues…its very strange to have reached this headspace as birth control is meant to be freeing not restraining…he ended up saying maybe its time to stop taking it for good, and quite frankly Im prepared to do that, though we have 2 kids and didnt plan on a 3rd until next year… I am wondering, if anyone has experienced this? Every doctor Ive seen through the years cannot explain it, nor do they have other options other than trying a new type, which Ive done…just need some input, google does not have a lot of results on this, and I am just very torn on what to do. I have added a flair, and I am looking for insight on side effects I cannot find information anywhere else on, while trying to see if anyone else has had the same experience. Ive gone through this as well. No method at all stops me bleeding between periods altogether. The ones that are supposed to make them stop altogether (hormonal IUD, stronger progesterone only pills) tend to cause constant bleeding. The second-worst offender is combined pills. The best one I have found is the traditional (3 hour) minipill. All I can figure is that it doesnt change the womb lining very dramatically, and thats the reason why it causes less bleeding problems for me. Of course thats a trade-off because I have painful ovulations/periods which it doesnt stop. I have been going through this for years. You are definitely not alone. The only thing that stops it is switching methods and that doesnt always last very long. Now I cant take estrogen, so Im on the mini-pill which is basically my last hope. It happens less frequently, but theres a good two weeks where Im spotting or on my period. But its better than constantly so I live with it.

Nexplanon + cysts? I am on my third nexplanon (started at 16, now 24) and I have been really struggling with cysts and nonstop pain in my lower abdomen for the last 2 years (since my last nexplanon got inserted. The doctors keep telling me Im fine and to just suck it up because my cysts arent big enough to be a problem but I am in constant pain. Has anyone had success switching from nexplanon to a different birth control with cysts? Anything to help cysts? So you can add a low dose pill like lo loestrin on top of Nexplanon if you are having cysts. Estrogen generally is better at preventing any ovarian function. I wouldnt necessarily remove it first, I would recommend to see if a combo pill on top helps first. Ive also started getting small ovarian cysts since starting Nexplanon. My mom used to get them too so they could be hereditary but I get them every other month or like every 4 months. Getting every single one an ultrasound seems tedious so I get an ultrasound about once a year. My doc hasnt suggested anything because theyre small and with no abnormalities but maybe Ill bring up the low dose pill. Heres hoping we both find a solution!

Wondering the side effects for oral contraceptives vs implants. Ive narrowed down my options to either the pill or the implant. Im wondering what kind of side effects youve experienced with either (or better yet, both) of these methods. Specifically- any mood, weight, or libido changes. Im also interested in hearing of any other stories or experiences I should take into consideration before making a final decision.

IUD stories Edit: Sorry everyone, I mixed up the IUD for the implant that goes into your arm. I am looking to get the implant, so sorry about the confusion! Hi all, I am currently due any day now with our second child and do not wish to get pregnant again, or at least not for a very long time if we do change our minds. With our first I went on the depo shot, but it made sex very painful and I gained quite a bit of weight. Im no good at remembering to take a pill, so an IUD seems to be the best option. I have seriously considered just getting my tubes tied as well, but thats something Id have to schedule and it would take a bit long and I cant say I am 100% for it, so I want to try the IUD, more specifically the one that goes in your arm. Im just looking for stories from those who have or have had the IUD, I keep hearing a mix of good and bad reviews, but Im not sure what other options there are besides condoms. I appreciate any replies or advice! [deleted] Sorry, my mistake! I think I mixed up the two when my OBGYN was explaining all the different birth control methods to me. Thank you for pointing this out and for your reply!

What do I do if I have limited options for birth control because of a hormone disorder? Im in a relationship with my partner and recently was told I need to avoid hormonal birth control due to an extreme high risk for blood clots. The women in my family have had really bad/traumatic experiences with the non-hormonal IUDs and I dont want to go through that. My partner isnt comfortable with only relying on condoms and I dont know what to do. What about mini pill (progesterone only birth control)? I believe it has significantly less blood clotting risk compared to combined pill. I would say the progesterone pill and also depo shot! What about combining condoms with other things, like spermicide, pullout, and FAM? Those are not as good as the hormonal methods or a vasectomy but every additional method helps. You didnt mention your ages but could a vasectomy potentially be on the table? If you dont want kids and are over 30 its a good option. Probably the progesterone only pill or depo shot. If you want non hormonal options you can also try spermicide and a Caya. Probably the progesterone only pill or depo shot. If you want non hormonal options you can also try spermicide and a Caya.

How do YOU skip your periods? Tell me about your skipping periods experience! What you use, side effects, if you still have pms symptoms, cramps? Im looking to skip periods with BC with the LEAST amount of side effects. Currently on combo pill but interested in other forms such as the hormonal iud for simplicity and less hormones. On the nuvaring, skipping successfully for 6 months now or so? I leave the ring in for 28 days and rhen replace immediately. I get 0 noticeable side effects from skipping other than no withdrawal bleed. Kyleena! I feel perfectly normal, just no period. No PMS either Ive been hearing so many good things about the kyleena glad its working for you! Im definitely gonna ask about it. No side effects at all? Ive also heard good things about the nuvaring I want to try it! Have you experienced any side effects at all from the estrogen? And it doesnt fall out or down at all? Sometimes my cervix sits really low I dont get how it stays up there haha Estrogen specific my blood pressure has gone up to the high end of normal so definitely something to keep an eye on. Ive never had it fall out either. Its held in place the same way a tampon or menstrual cup is so I find it sits low in the vagina but not low enough to feel unless you stick a finger in Oh okay thank you ! I may have to give it a try

my comprehensive experience with birth control: Nexplanon and Paragard [deleted]

IUD pre VS post childbirth When I was a teen I had the copper IUD and it was the worst experience of my life. I had it removed in the ER after 4 days. Now its about 7 years later and Ive had a child (approx 2 years ago), its it worth giving it a go again? Or should I try the hormonal route? Im looking for something extremely effective at preventing pregnancy and currently on the nuvaring and the 91% efficacy rate just isnt sitting the best anymore. If the normal route is something you arent against it could be a good option! The nexplanon is one of the most effective forms of BC available, and has minimal hormonal involvement compared to methods such as the pill or nuvaring. The hormonal IUD is also a great option and I know a lot of people whove loved it! Worth giving it another go. Bad pain as a teenager was likely due to your uterus being a bit small for it, and youve now had an entire (probably) term fetus in there, so your uterus is a different place. Thats what I was leaning towards. Im going to call my doctor tomorrow to make an appointment and get everything set up!

Can Mirena have an effect on emotional attachment/romantic interest? [deleted] Hormonal BC including Mirena IUD have messed with my mental health and libido which definitely had an affect on my relationship. We worked through it and I switched to copper and things are better. It could be the change in hormone, it could also be that its now a long distance relationship. [deleted] How many times have you seen each other in person since going long distance? [deleted]

thinking about switching methods So Ive previously been on like several different pills, then was on the depo shot for 5 years. Unfortunately, I started getting some really bad side effects and went back on to the pill (lo loestrin). Im not having many side effects but Im honestly not the best about taking it. Im thinking about switching to the patch. Im looking to get pregnant in about a year, so not looking at an iud or implant. Just something slightly easier to manage. Can I hear your thoughts on the patch? Hey! The patch is perfect for me. No discomfort, you cant even feel it on you. For me, they dont unstick. If this is a worry/problem, you can buy tegaderm clear adhesives to put over the patch to ensure it doesnt move. (I use tegaderm, but only because the outline of the patch can collect lint/dust and turn dark. Tegaderm literally feels as though its melted onto your skin and 100% solved that problem.) Only having to change it once a week seems to make misuse a lot harder, since its not like I have to remember every single day and/or at a specific time, and this calmed my pregnancy anxiety a lot. I marked my calendar on my phone to alert me every sunday morning to change or remove my patch, in case I ever forget, but I havent before. The almost 99% effectiveness rate also calms my anxiety. As long as you stay on top of changing your patch (which is seriously just a one week thing, so unless you get caught up being unexpectedly busy, its really simple) theres like no worries. It also really helped with my cramps and other period symptoms. I get nothing but bleeding now. Since youve already been on BC for years, you may not have many first-time symptoms, but this being my first ever method of BC, I did have sore breasts for my first month, headaches and nausea on my first week and a week of spotting after my first period (started my first patch on the first day of my period). After my first two months on the patch, everything was just about in sync and fine for me. You may or may not have the same experience, since you are not new to BC but may be new to this method. Take this with a grain of salt :) ! Id definitely recommend, though keep in mind everyones different. Any questions, feel free to ask! Best of luck. Sorry, moving to this thread because the other one got locked. Why do you say Phexxi doesnt work? Because it literally doesnt work. Source:self

Anyone know of a birth control pill that has these ingredients? Might be a long shot, but thought Id ask. Balcoltra has been the only pill thats worked for me - every other brand Ive tried resulted in nonstop breakthrough bleeding. Unfortunately, I recently changed health insurance and now a ONE MONTH pack is over $200. (Coupons and prior authorization did not work, and there is no generic). Balcoltra contains levonorgestrel and ethinyl estradiol tablets\*USP. Does anyone have any experience with a pill that contains the same active ingredients? Is this brand really the only one making it? I have an doctors appointment scheduled in a few months but thought Id ask on here. This is kind of a Hail Mary lol before I bite the bullet and get an IUD. Thanks in advance! Edit: Okay did some amateur doctor research on google and found that there are brand/ that use the same ingredients. If so, how can it be that there is technically no Balcoltra generic? Do brands use different ratios or amounts of ingredients or something? Whats the dose rate of balcoltra? Its probably your insurance doesnt cover alternative brands. There are alternative brands and generics. The main difference between Balcoltra and other brands seems to be that Balcoltra has iron in the placebo pills and others with the same hormones dont. But you can take any other pill with 0.1 mg of levonorgestrel and 20 mcgs of estrogen and add an iron supplement separately if you think it made a difference. It is 0.1 mg/0.02mg and 36.5mg Online however it says there is currently no approved generic for this particular brand :( Alysena/Aviane/Alesse has the same dose of hormones. For the iron portion you could supplement with a different pill This is true so theres no equivalents to that exact brand likely due to the iron placebos, however there are other levonorgestrel/EE pills available. The closest thing which is the same levo/EE strength is generics of Alesse which include Larissa, Aubra, Vienva, Aviane, Sronyx and others. Ohhh I see! Thank you so much. So bizarre that the iron pills are what seem to make it so expensive when I dont even take those lol Thank you!

Does the copper IUD affect your wetness and libido at all? I am planning on getting nexplanon removed because of these two symptoms and switching to copper IUD unless there is another BC that doesnt make you dry or less horny Copper IUD shouldnt affect it because theres no hormones in it. Low testosterone can affect libido which the birth control can deplete. It may take a little time for your body to come back to normal. Ok thanks, I dont think I can take any hormonal bc now because nexplanon messed me up so badly that I would probably placebo myself into the side effects even if there were none. Ive had it in over 2 months but I cant get it out bc im in another state and Im scared itll be permanent Ive had my copper IUD for a month and love it!

Progestin-Only Contraceptives excluding IUD recommendation? Hi everyone, I know it gets annoying, but I just wanted to see if I can get any Progestin-Only Contraceptives recommendations. I really wanted to get the Patch, but unfortunately my obgyn was against it since I have every visit I have high BP. While I monitor my BP because of family history literally it only is high with my nerves going to the doctor. Shes given me mini pills, but Im crappy at taking them. Im not having sex or anything, but kind of want to be prepared if I can finally get the nerve to finally do it. Friends with IUD have kind of had bad reactions, but I just wanted to see if anyone else had any advice. I really wish they could just make a Progestin-Only patch already. Nexplanon is progestin only. All the available patches do contain estrogen as well if I remember correctly. I only use condoms, so I cannot recommend it since I have no experience with it. But Nexaplanon/Implanon should be the safest birthcontrol available and it last up to 3 years. Your only other progestin-only methods are the shot and the implant. The shot was fine at first but I had to discontinue after a year due to increasing bleeding, vaginal dryness, loss of libido, and pain with sex. Never tried the implant and Mirena IUD was the worst five months of my life; no hormonal method I have tried ever worked for me. Not sure the specifics of your friends IUD story, but Im in love with my copper IUD now - hormone free! Otherwise check out r/FAMnNFP for other hormone-free methods.

Does anyone have any experience using patch? I want to know all pros and cons Birth control has been a hit or miss with me so far - I tried pills amd currently on depo shot. Both made me gain weight horribly, caused some vaginal dryness (that led to one or two UTIs) and pills affected my blood pressure alot. I was thinking of switching to non-hormonal for a while but most effective and practical seems ro be Copper IUD - which, I have to say, has me very hesitant to try it after reading other womens experiences on reddit. Was told about Patch a few weeks ago so been considering that. Can anyone tell me how practical it is to use? What are some pros and cons of active usage and if its worth it? Hiya! Ive been on the Evra patch for 3 months now and honestly its working so well for me, would defo recommend! You change it once a week (I do Mondays) for 3 weeks then have one week without it- this is your bleed week where you get your period which usually starts 2/3 days after you take it off I picked it because I didnt want to take a pill every morning and its so little hassle and easy! It does tend to collect lint around it so I put it somewhere which isnt too obvious, but other than that theres no downside! You can out it on your outer arm, butt, stomach etc The first month I was on it I felt very nauseous and had headaches, but now my body is used to it I have no issues, and its made my period lighter too Let me know if you have any other questions about it :) Ive used the Xulane patch for close to 4 years now (swapped from the pill)! I also use it without any other protection against pregnancy and have had no issues. I change mine on Tuesdays and take it off before my shower and then stick the new one on after. I put mine on my shoulder blade. I also take it continuously and do not take any time off for a period. I love my patch and really my only complaint is sometimes it does get pulled around the edges and catches lint, but other than that its wonderful! Please feel free to reach out with any questions! I am on day one of the Xulane patch

2-3month long period on Nexplanon? Not insertion bleeding. [deleted] I know after a while your body chemistry can change &amp; something youve been taking can have a different effect on you. You should schedule an appt with your doctor to see if there are other BC methods that would work better. The amount of hormones could be too much for your body now. Editing- Ive never had nexaplon but I was on depo and had all of the same side effects youre listing. It turns out I just cant be on BC that also contains estrogen. I currently have the kyleena that is progesterone only.

experience with combination pill to nexplanon? did your side effects increase? [deleted]

Any changes in period since having the implant inserted I got the implant (nexplanon) inserted around 2 months ago. First period went on for literally 2 weeks and second one is just spotting but alllll the pains. Anyone had experience with this form of BC and how its impacted their period Ive had experience with the birth control implant (Implanon/Nexplanon) and recently replaced it for the copper IUD. Here are my positives and negatives for the implant (which I had for 2.5 years): POSITIVES: • You dont have to remember to do anything and there is no checking involved at all. Once you get the implant inserted, thats literally all you have to do and youre covered for 3 years. Super easy. • Its effective rate is more than 99%. • No possibility for user error. • Insertion was quick and painless. NEGATIVES: • It really messed with my mental health. I was told for the first six months I might experience mood swings but it effected my emotions for the entire 2.5 years I had it in. It made me genuinely feel like I was going crazy. I was constantly anxious, insanely sensitive, and cried at everything. I have never been like that my entire life. It made me feel like I wasnt even myself. After having it removed, I have already started feeling more like myself and back to normal. The implant genuinely made me feel like it had total control over my emotions. • Unpredictable periods. The first year I had it in, sometimes Id get no periods at all and sometimes Id get 2-3 a month. As someone who desperately didnt want to get pregnant, this really messed with my head too because I was always worried I was having a pregnancy scare. Eventually I learned it was normal but it was still something I had to adjust to. • BLEEDING. After the first year, the constant bleeding became insane. I started bleeding heavily for months on end. I would bleed for 4 months straight and then have maybe a week break and then another 3 months of straight bleeding. It was awful and one of the main reasons I removed it. The constant bleeding combined with the emotional side effects really took its toll on me (and my husband lol). All of my underwear were ruined because Id think the bleeding had stopped and then it would be right back again. • When youre bleeding constantly, you obviously might not want to have sex with a partner so it can be frustrating for both of you. I felt bad having to shut my husband down all the time. • Weight gain. I gained 40lbs in 1.5 years. Ill say some of that was probably lifestyle choices through COVID but definitely not all of it. • Significantly lowered my libido. Thats all I can think of right now. Obviously its going to effect everyone differently so take everyones advice and experiences with a grain of salt BUT definitely factor it in. Very late reply but thank you. I decided to take it out after 2 months as I was in my period the whole time! Couldnt deal with this.

Hormonal IUD or paraguard? [deleted] I used to have paraguard but now have mirena. I cant comment on the lack of lebedo as thats never been an issue for me. I did good on paraguard, periods were on time, sometimes they would be a bit heavier and last longer. No weird/bad side effects from it. Now I have the mirena, no weird/bad side effects from it either, plus it stopped my period. Of course this is my personal experience with them. Thank you so much. Was the paraguard your first IUD? Yes it was. Thank you! Ive heard soo many horror stories and so little positive ones with women having the ParaGuard. This is reassuring so I appreciate it! I have as well. Maybe Ive just been lucky, but I love my iud. The only reason I went with mirena this time around, was because it could stop your period. Ive thought about that one because ive heard soo many good things about it. Unfortunately im the type of person who NEEDS to get my period to be reassured that Im not pregnant lol I thought that as well. When I first got it, I kept thinking well what if something happens.. I wont have a period, so how will I know but those thoughts left me pretty quick. As Im sure you already know, an iud is highly effective. I have Paraguard, no kids—was 25 when I got it. I really wanted to go the non hormonal route bc I was on combined pill for years and it really messed with my hormones. I also didnt want to have to battle weight gain or cystic acne that can accompany the progesterone IUDs. Insertion was painful but I think thats across the board for whichever you get. Cramping is a little worse on paragurad than the pill and I bleed heavier but for less days (period is 3 days now instead of 6 on the pill). Overall Im so happy with my choice. Some people will try to tell you that its impossible to have systematic hormone effects with mirena but that isnt true—it does act locally but CAN have systematic effects because some of the hormone does get into the blood stream. Some people dont have any systematic effects and others do. In my experience my friends with mirena primarily have issues with weight gain. Thank you thank you!! Its really good to hear a couple positive things about the paragard cause ive heard soo many scary ones. I think ill go that route as well because im currently on the combo pill and it has definitely taken my spark away:( I went the Paraguard route. I had a terrible experience with the nexplanon (hormonal) &amp; decided to go the non hormone route. I dont regret it. Ive never had kids either and Im about to be 2 years with it. My insertion was painful but bearable. I already had a heavy period with painful cramps and to my surprise the copper iud didnt affect it much. It actually improved in my opinion. Mirena made my (30s, never pregnant) periods 2-3 weeks long and so heavy I became anemic, with constant cramping and spotting as well as breast pain, changes in mental health, and loss of libido. Paragard has made my period slightly longer and heavier, but nothing compared to Mirena. Pain with orgasms but thats it and its getting better with time. Overall much better experience with Paragard. Both insertions sucked, but dont let that stop you if it seems like a good option for you. Everyones experience is different. Thank you so much. Id take painful periods over bad mental ANY day. This makes me more positive about the whole thing😊 Thats so great to hear! Im all good with the possible side effect that it could make your periods worse but ive actually heard that it can be helpful to some people! 24 year old here. was on combined pills for a few years, then got kyleena which is like mirena but with less hormone. my skin freaked out with the hormonal iud. ive never had acne in my life and I was dealing with full blown cystic acne. I also spotted almost constantly. kept it in for three years, I took birth control pills for part of that time to help the side effects of the iud but eventually had to stop because that is not good long term. recently removed the iud and went back on birth control pills, only to find that I hated the hormonal side effects it was causing. I didnt notice these when I was on it before because I was a teenager and i thought my boobs were just that big, pmsing like crazy was normal, and a super heavy period was what I had. all of those were severely exasperated by the hormones. recently I have been off of birth control completely because hormones do NOT agree with me and I am so much happier. was also recently diagnosed with pmdd which means I am naturally extremely sensitive to any hormone changes. some people have no problem, but some will not tolerate the hormone. next I will most likely try paragard. bottom line is, pay attention to your body and how it responds to hormones. that will give you a better answer than anyone here because we all react so differently. also should add that any added hormone to my body makes my brain feels like scrambled eggs the entire two weeks before my period.

2 years on Depo and constant spotting Hello, Im a 21F that has been on the Depo shot for 2 years. The last 6 months, Ive had almost constant brown spotting. It stains my underwear and sometimes goes through if I dont wear a liner. More recently, Ive been having clots and bright red blood almost everyday. I have to wear a tampon. Ill have a couple days where it goes away, then its back for weeks on end. Its getting really frustrating because my gynecologist dismisses my symptoms and says it happens. I understand it happens, but its making me pretty miserable. I can rarely be intimate with my partner. I go through a lot of tampons. I ruin underwear if I think its gone because it always comes back. I have my next shot October 18th. I saw another doctor and she recommended the Mirena IUD. Im terrified to switch over because of my IBS - I constantly have cramps and Im scared theyll worsen with an IUD. Im also scared of it becoming dislodged and becoming pregnant, as well as how itll affect sex with my partner. The Depo hasnt failed me in the 2 years Ive used it, but this side effect is becoming really frustrating. I also heard it is incredibly painful (for some) when the IUD is inserted. Has anyone gone through something similar? Should I switch? I know the Depo shot has horrible reviews, but this is the only side effect from it that Ive gotten. Otherwise, its been smooth sailing. Just would like to hear some opinions! Thank you. I only knew one other person who had the depo shot years ago and she had a horrible experience with its side effects- different than yours though. Currently I have friends who have different types of IUDs and despite the many side effects they deem it worth it. Cramping is the symptom they all seem to have in common unfortunately. Ive been on the pill for 10 years now and have been lucky that its worked for me (so far lol). Its something you have full control of so some people like that aspect and others dont. Good luck! Thank you very much! Yanno I switched to the implant from depo and I have the same constant spotting and Im really sick of it 😂😂 We just cant catch a break… Im scared the issue will continue so the switch will be for nothing! I was on the depo for 10 years with no adverse side affects other than some weight gain. I only spotted if I was late getting the next shot. I only switched to the arm implant after getting more concerned about long last effects of the depo. Everyone is different. Are you more stressed? Diet change? Etc. so many things can affect our periods and its effing annoying I lost quite a bit of weight at the beginning of this year. I had tests done to check for Crohns, but ended up with an IBS diagnosis. Thats all I can think of besides being nervous about going back to in-person classes. Its lasted a while though - before summer even. I read about the long term effects and am growing more concerned. Might be time to make the IUD appointment I was on Depo for 2 years and switched to Nuvaring because of the constant spotting issue. I was bleeding more often than I wasnt.

BC that doesnt increase hunger?? Is there any birth control that doesnt make me so fucking hungry? PLEASE HELP. I need to be on BC for my endometriosis and every pill make me ravenous. Cant handle iud because of adenomyosis, so dont suggest that please I thought hormonal IUDs like Mirena are actually recommended for endo/adenomyosis? What have you tried until now, though? Even in terms of pills, if you tried multiple, which ones? Just so we know not to recommend those. Because basically what we can tell you is to try something - anything - that you havent already tried; nobody can exactly predict how youre going to react to something based on our own experience. Everyone is so wildly different that what worked for us may not work for you, or what messed us up big time may be your holy grail! For some it works, yes. For others its absolutely terror :) I have tried Mirena twice and not even morphine helped with the pain. Birth control wise I tried Slynd and Natazia. Camila (mini pill) had less side effects but couldnt handle it because of bleeding all the time … So you can basically go for any other combo pill than Natazia, theres SO many types and dosages and formulations out there! In terms of minipills, do you have access to desogestrel minipills (Cerelle/Cerazette)? Other combo methods can be the vaginal ring (Nuvaring or Annovera) or patch (Xulane or Twirla). Or if you want to go for other progestin-only methods that arent an IUD, theres the arm implant and depo shot as well. I second the implant. Although YMMV, I had no negative changes in appetite. Actually, my appetite improved and Im no longer overeating. I was on the combo pill before and just found out that my body reacts to progestin a lot better. [deleted] I have stopped and restarted around 10 times lol, because I can never stand the hunger. Have only been on them for one month, after that I could not handle it and quit 😆 Hi OP! currently going through the same thing and it sucks. Hope you feel better ❤️ have you found a solution? Well, they found I have a pituitary tumor causing my hunger issues so thats probably why … But cerazette doesnt increase my hunger so much! Only first 2 weeks

Hormonal IUD after pill Ive been on the combined pill for about 7 years. Have had 4 different ones and theyve all had generally not great side effects ie no sex drive, low mood, brain fog etc. Ive always thought my only options would be non-hormonal contraceptions but after some research Ive seen that the hormonal IUD could be a good choice as most of the negative side effects are cause by the oestrogen bit. Im aware it really hurts to get put in, and it could reject since Ive never been pregnant but can I get some overview of side effects from people who have gone from the pill to an IUD.

Combo-pill gave me mini stroke - experiences with IUD/implant after not having success with mini pill? Hello! Im an otherwise healthy 24 year old who is currently in the hospital with stroke symptoms and being treated as a stroke patient. The doctor is discontinuing and blaming my birth control for this. I currently am taking Jolessa, it has been the only thing to give me relief from heavy bleeding and debilitating cramps. I can no longer take combination pills. I have tried mini pills in the past and they never helped cramping, irregular periods, or bleeding. I also gained a significant amount of weight while taking it. I usually weigh approximately 125 lbs and went to 140 while on Ortho Micronor. It seems my next options will be an IUD/implant. I do not want the depo shot. Has anyone not had success taking progesterone only pills but when switching to an IUD/impact had success in pain and bleeding management? Im nervous that Ill have the same side effects with the IUD or implant that I did with the mini pill.

Can I use both a copper IUD and the pill? [deleted] Why dont you get a hormonal IUD that has the same level hormones as the pill you are taking? The hormones will still help with the acne and mood it would be nice if I could, but unfortunately the hormones in an iud are very different from the hormones in the combination pill, plus hormonal iuds dont have systemic hormonal effects. they dont necessarily prevent ovulation, so they cant reliably treat pms. Yes, you should be able to. Talk to your doctor to make sure

Sharing my experience on Nexplanon Implant vs Depo Shot

Any mini pill advise? Looking at Slynd or Cerazette I have high blood pressure so I need to switch over to a progestin only form of birth control. Ive heard horror stories about the implant &amp; depot shot so I think I may try out the mini pill. Has anyone had any luck with Slynd or Cerazette? I started Slynd about 6 weeks ago and havent had any issues! My skin is actually a little better I think, no mood issues or anything. Slynd/Slinda is the best pill I have ever used, combined or not. Cerazette is the opposite - life on hell mode. All you can do is give it a try and see how it goes! Its under your own control so you can stop it whenever you want. Ive taken the reg mini pill (Norethindrone 0.35) NorQD, Heather, Erin, for almost 20 years. To prevent pregnancy and help endometriosis. I never have had any issues with it. In the beginning it stopped my period and I only got a period 2x a year for the first several years I took it. Once I was around 30 yr old I started getting a regular monthly period that was fairly fight but it was like clock work every 28days not that Im 40 they are further apart and I will have spotting mid cycle I think around ovulation time. Slynd is hands down my favorite. Ive tried them all. After the first 4-6 months of adjustment, I feel great!

Copper iud Just curious 🤨 it was the one that was recommended to me because I have hormonal issues. Anyone have really bad experiences with them. If you ask for bad experiences, youre going to get a skewed sampling that will scare the crap out of you - people LOVE talking about their bad experiences. People are much less likely to talk about their completely neutral ones, which is probably most of the population. All birth control is different for everyone, but Ive had a copper IUD for 6-7 years and I love it. The insertion was uncomfortable but fine. I had heavier periods for about six months, but then it leveled off and my periods are pretty comparable to what they were before any hormonal birth control (about 3-5 days, 1-2 pretty heavy, mild to moderate but very tolerable cramps). Thanks I have pretty mild ones and no cramps so I was kind of worried I might have worse symptoms on it but thanks for input Omg mummmmy yesss let me worship all of you, only if u dress me up slutty tho 🙈

Vagina dryness I got my iud about two months ago and Ive been experiencing crazy vaginal dryness. Ive never experience dryness in my life. Bc of this I have a very very low sex drive. Even when I cum there is no moisture. My gyno said I need to take pills and moisturizer but I just dont think its worth it. Im 19 and Ive been crying bc of the dryness and low sex drive. I think Im mainly upset bc the lack of sex drive reminds me of how my sex drive was after I got assaulted. I used a moisturizer and it kinda worked. Its still not as moist as it should be. Im thinking if getting it removed I really dont want to deal with dryness at 19 for 7 more years 💀 the main reason I got it was bc of cramping and the crazy depression I get while on my period. I liked the pill I was on but it had placebos and when I took those I got extremely suicidal bc of my period. I tried not taking the placebos but then I just had non stop spotting for a year. It was bc it was a progesterone and estrogen pill. So thats why I got the iud. Ive never had a reaction to birth control before, I feel so out of control and theres nothing I can do. Im scared of messing around with my hormones Im scared of weight gain Im scared Ill never get my sex drive back Im scared of having bad mood swings and Im scared Im gonna have vaginal dryness for ever. Sorry for the rant Im just freaking out. I made an appt for Wednesday to get it removed but Im still on the fence if I should or not. I need birth control to function. And with all the shit going on in America is scaring me about access to birth control. My doctor wants me to keep it longer before I try to remove it but I just dont know. i had this on the pill, i got off and im not dry anymore but my sex drive isnt where it used to be (i just got off in March so im hoping it comes back eventually) I didnt experience it with my last birth control so Im thinking of going back. I just dont want to deal with the depression while on my period What about trying a progesterone only pill or a different combined pill? There should be one that will work for you. Well the iud is progesterone, so I dont really think that would make a difference in pill form would it? There are different progestins in different birth controls. They all have different side effects. Oh interesting I didnt know that. I liked the last meds I was on though. Do u know if they make a progesterone/ estrogen pill without a placebo? I was taking sprintec and it did wonders for my cramps but I hated the spotting and mood swings There is several progestin only options. Levonorgestrel, norethisterone, desogestrel or drospirenone, I think there are a couple of others too. Most combined pills can be taken continuously. I think you may need a therapist more than you do an IUD. So, pretty much any pill can be taken continously, but thats what you were doing previously by skipping placebos. However, I personally found Sprintec didnt even stop me from bleeding for the 21 days it was supposed to, every other pill I tried did at least that, so you might just try continuous use of a different pill. A couple of particular suggestions, \*mostly\* based on my anecdotal personal experience: 1. The lower dose version of Sprintec. This is theoretical but for reasons too complicated to get into, I \*suspect\* Sprintec is a little imbalanced estrogen vs progestin strength, and Lo-Sprintec might build up less lining so you dont spot as much. 2. Seasonique, what Im on currently. You take continuous active pills for 12 weeks, so dealing with your period is less often, AND there is a small amount of estrogen in the placebos. Personally this made a huge difference so my mood wouldnt crash when I dropped the hormones. It did take a few packs before I could go the whole 12 weeks without spotting but its always been at least 8 weeks totally cleat. 3. Theres a pill with no placebos ever, Amethyst is one of the names for it. Again, it will probably take a bit for your body to get used to never bleeding. With both 2 and 3, the progestin used is levonorgestrel, same as in hormonal IUDs. That tends to be the one used in all methods that are known for continuous suppression of bleeding. But they also contain estrogen which is involved in vaginal lubrication. I do have a therapist ;-; Im sorry that my iud causing a low sex drive is give me anxiety bc it reminds me of the worst part of my life Im glad Im not the only person that has experience with a Sprintec. I went to a doctor about the continuous bleeding and they just said it was because I was stressed but it went on for a year. Ill look into those thank u so much! If your therapist is helping you, then how come you are feeling constant suicidal feelings? The suicidal thoughts is from the mood swings I get on my period. I get very bad pms. Its hormonal depression bc after that it goes away. Do u think Im lying for something? Therapy doesnt instantly fix everything. Therapy can not fix hormonal depression bc its not caused by trauma. To me it just sounds like youve never suffered from severe pms, especially the depression aspect of it. Asking questions is not the same as attacking. Im asking you these questions because it seems like you are not getting help for your situation and your IUD is causing you more problems than it is helping you. Ive suffered a kind if depression you couldnt imagine. You havent even mentioned the iud. What you have been saying feels invalidating towards my depression. If you have depression then u know it doesnt just go away once u start therapy, therapy isnt a magical fix that makes everything better, and you know the difference between hormonal and normal. I suffer with regular depression, bipolar, major depressive episodes and bpd. Ive dealt with depression before, Ive been hospitalized for my major depressive episodes. I know myself good enough that if my depression happens right before my period its a hormonal depression. And because of my other disorders and the impulsive behaviors I can exhibit from them I do not like dealing with the hormonal suicidal thoughts/depression on top of that. That depression can be fixed, with my last birth control it fixed it, however, when I started spotting non stop I had to let my period happen bc thats suppose to get rid of the majority of the spotting. That just made me have a period for a month straight and i deal with the hormonal depression/mood swings. Ik its not my major depressive episodes, bipolar , bpd, and normal depression bc those types of depression, for me at least feel different, this depression only lasts for the week of my period, they are also more random where as this specific feeling I have only happens right before my period. You could always add a medication to take around your period to help with the pms. And I definitely thinkbits worth switching your birth control. There are all kind of variations. I am on one with a lower does of hormones and only has 3 days of placebo. I just changed my birth control a month ago, Im hoping that will help my dryness and recurring bv

nexplanon and lamictal hey there, I was just wondering if anyone has experience with this combo. Its hard switching birth controls with some of my meds but ive been on both lamictal (11 months) and nexplanon (7 months). Ive been told that there is no decrease in BC efficacy and that there is and was wondering if anyone else has any insight. thanks!! i take the mini pill &amp; lamictal and the only thing i read up about it is that it may lessen the effects of the lamictal rather than the birth control. ive had no adverse side effects so youre probably okay :)! ive been on both since 2020 and have had no issues

Best birth control pill? IUD? Recommendations &amp; experiences appreciated :) Best birth control pill? IUD? Recommendations &amp; experiences appreciated :) The best method is entirely dependent on the person and how their body responds to a given bc. Some people find that the hormones of the pill cause terrible effects to their mental health, others have no issues. Some like the copper IUD as a hormone-free option, others experience heavy, painful periods while using it. Many people have to try a few different bc methods before they find The One, and there are lots of options to look at. The planned parenthood website is a great place to start researching what might suit your lifestyle. Experiences: I have used the Jaydess IUD, which I loved because I didnt have to think about birth control for a number of years. I didnt love not having agency over it and being able to stop it when I was ready to stop without a doctor to remove it. I am currently on the patch. I love that I dont have to think about it every day (only weekly) and I have more control over my body. I dont love the itchy adhesive, but I think I might just be allergic lol. Again, there is no best birth control for everyone- you might have to try a couple of different ones. If you have a family doctor who knows your medical history and lifestyle, they might have some suggestions tailored for you. Narrow your choices down to a few that appeal to you, and talk to your doctor about the pros and cons of each. Im on the minipill, and despite doctors being adamant about prescribing it because its less effective than the combined pill - I really like it. I cant take the combined pill because I have a bunch of funny side effects when theres extra estrogen in my body. Im on Micronor and the only side effects Ive had were a little bit of weight gain (~5lbs) and bacne. Ive only had one pregnancy scare but I think thats because Im generally a really anxious person. Personally, I dont recommend the IUD unless youre REALLLYYYY serious about birth control and dont want to commit to taking pills everyday. I think the IUD insertion process is barbaric and the tools used to insert it were developed during a time where doctors believed the cervix didnt feel pain. The pinch they tell you about is a sharp instrument they use to keep the cervix still. The fact that the IUD is pushed so hard is somewhat worrying to me, the least they could do is update the insertion process so its not as painful. But then again, everybody has different opinions about what the best birth control is. Do some searching online and on this subreddit and I hope you can reach your own conclusion! As everyone said, it is entirely depending on each individual. But since others comment a lot on the horrible insertion stories of IUDs, I wanted to tell you my story because for me all insertions were nothing, the fear was the worst. Hormones did not work well for me but I was on the pill for 5 years before I couldnt take it anymore. Ive had 4 IUD insertions within a little over one year, because bad luck and I was in the 1% where the IUD dislocated even though it fit to my form. Now I finally have one that fits perfectly, the Gynefix, and isnt moving. I have absolutely no side effects, periods like on the pill and am completely happy. I would advise you, if you are really unhappy with birth control in general, to give IUDs a try because there are way too many horror stories out there. Sometimes it takes years to find the perfect thing for you, it can be really exhausting but it is worth it for the freedom you have at the end. Good luck :) I got my IUD placed this month because theyre so effective. Placement wasnt painful. Im excited they last for years and you dont have to think about it, if youre like me and cant regularly take pills try something longer lasting. Im also on antidepressants and I hardly can take them daily so ik the pill was out. I used the ring before but I didnt like that I still had to remember to change it every month, I like the IUD cause after next week Im protected for 5 years, assuming no problems occur. Okay so have you ever had an iud inserted? If not, then you dont have anything to back up not recommending it. I personally dont think it were that bad, getting my iud, yes it hurts, but for like 10 seconds. Im willing to be in pain for 10 seconds if it means not taking a pill every day and not filling my body with hormones (I have the copper iud) and messing with my mental health. I think OP should try something hormonal, cause not everyone has a bad reaction to it, and then find out if you can live with the side effects. If not, then try out the copper iud. But it really depends on yourself. Do you have strong cramps, heavy bleeding, how is your mental health?

Birth control pills Hi there, for those who are sensitive to hormones and birth control, which pill have you found to work with the least side effects? Ive had issues with weight gain and mood swings when on hormonal birth control in the past. Im not interested in any IUDs, implants or the Depo shot. TIA I took Plan B once and it screwed me up for 2 months with nearly every possible side effect, including ones rare enough not to be included in their leaflet. So Id say Im pretty sensitive to hormones. Ive been really happy with Nuvaring. I had some minor side effects in the first 6 months, as expected, just sore boobs, occasional headaches, minor stuff. Even while still adjusting, I had positive side effects like stabilized mental health, easier periods. Now that Im fully adjusted, Ive kept the positive side effects and have zero negative ones. Its also super easy to use and flexible with things like removal timing! Of course, everyone is different, but I highly recommend everyone try the ring if pills havent worked well. Thank you for sharing! The Nuvaring is one of the options Im looking at. Im hoping to have some control over my period and having the option to stop or delay it with skipping the placebo of a pill. My doctor did say that is an option with the Nuvaring as well. Yes! You can leave the ring in anywhere from 3-5 weeks before removal or can replace with a new ring right away, equivalent to skipping placebos. Its super convenient! https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring/how-do-i-use-nuvaring Slynd for me. Only issue Im having right now is that Ive been spotting for 2 weeks. But since Im losing weight, my mood stabilized, my acne is cleared up, and my employer provides free feminine hygiene products, Ill just ride it out. lo loestrin fe!! It is wonderful I experience basically no side effects like depression or weight gain. Its the lowest hormone pill in existence I think. Try it! I started Slynd last week after having 7 years of terrible side effects with the combination pill and was so scared to try hormones again! So far its been amazing, no spotting and my skin is looking flawless. Perhaps the only side effect I have is a slight headache, but Im hoping it goes away eventually. Comments like yours give me hope ♡ I had a headache for about the first month and it finally went away after I got into the second pack. Im almost done with that Pack now and Im down nearly 15 pounds. Im hoping that the spotting clears up by the time Im done with the 3rd pack. Just from whats been going on, I think I had a lining build up and with the help of Slynd, Im finally shedding the excess. Im ok with that. Lol [deleted] Novynette, had no side effects except for spotting after skipping breaks for half a year I switched from pills to the patch and it worked for me, no more depression or binge eating and you can skip your period with it too! Im on Nuva Ring and it is the best birth control Ive tried (Ive tried many) in 15 years. You leave it in for 3 weeks and then take it out for one week to have your period. Or you can do continuous use (so in for 4 weeks and then switch out for a new one on the 28th day) and skip your period. I only have periods a few times a year now. It also helped with my acne. I liked nuva ring but eventually it made me gain weight and bloat really bad. I tried 4 different combination hormone birth control pills and had some pretty significant side effects. Was always nauseated, had weight loss, decreased sex drive, severe anxiety, and depression. I am now on the progestin only pill (norethindrone) and it honestly feels a million times better. It really is a trial and error experience trying to find the right pill for your body :(