does nexplanon work for sure after 8 days post insertion? I got my implant last Tuesday (2/21/23)at around 5 pm. I was originally on the pill and switched during my first day of my placebo week, however my gyno still said I needed to use a condom for at least a week. I was just wondering if I had unprotected sex with my boyfriend tonight would I be ok? Todays date is 3/1/23. Sorry if this question is dumb im just really anxious about trusting nexplanon after taking a pill for so long. I know this is a week old now and probably irrelevant but my doctor suggested waiting a few weeks and using extra protection during that time so your body has time to adjust and to be on the safe side!

My IUD fell out...during a hurricane! \*\*This post is not intended to seek medical advice. Of course, I will be reaching out to a physician...\*\* If there were any physicians open right now. Hurricane Ida just passed, and, of course, my IUD had to expel just as power was returned to my city. No doctors are open in my area. Even though power was literally restored yesterday, many cannot operate without wifi. And the others need to repair their physical structures. I rely on the student health center at my university, and absolutely everything is closed. The only things open are 1) the student suicide crisis line; and 2) the nurse advice line. So, I called the nurse - who told me to go to the doctor within 3 days. Only, there are no doctors open for miles. And, because the hurricane caused large-scale gasoline shortages all the way into neighboring states, I dont think Id even be able to drive to the nearest thats open and accepting new patients on such short notice. And, even if I were to make an appointment, our student health insurance requires us to go to the student health center and get a referral before seeking outside treatment (not out of network...just any medical provider outside of the student health center). I guess the moral of the story is: always evacuate for a hurricane (even if you have a generator) and dont hog the gasoline! Hope youre able to get help with that soon. Best wishes from down here in Australia. Thank you! Returning best wishes to you! Im so sorry that happened! As someone from New Orleans, this hurricane seriously sucks. I had a similar crisis where I had to find my way up to Baton Rouge despite the fact that I dont drive. Ida has destroyed so much, I hope you can get this taken care of soon. Edit to add, if youre in the New Orleans area I can point you towards some resources I just got back today, and Im so sorry youre dealing with this, this is awful. :( Im so sorry to hear youve had a similar experience! Yep, Im also from the area. I can only imagine going up to BR right now. I luckily was able to have a telehealth appointment, just to get a physicians POV. They were able to give me the OK to wait and see a gyn when things open back up, since my IUD came out completely and isnt stuck. I hope youre doing well, rebuilding from Ida physically, and also mentally/emotionally. Take care of yourself! Thank you! I luckily was able to have a telehealth appointment, just to get a physicians POV. They were able to give me the OK to wait and see a gyn when things open back up, since my IUD came out completely and isnt stuck. I hope youre doing well, rebuilding from Ida physically, and also mentally/emotionally. Take care of yourself!

How has the BC pill changed your mental health for the worst? Hello everyone, Id like to share my current BC experience with you. I started taking the pill when I was 16 (Levlen), changed it a couple of months later because of intermenstrual bleeding, and then again for a different reason I cant remember. My third pill (Maxim) was the one I took for several years and I never had problems with it. Last year in April I decided to get off the pill just to try how I would feel without it. Got severe acne, otherwise didnt see any benefits apart from not having to take it every day. I thought about getting a copper IUD, but I was (and still am) too afraid of the pain it might cause. My SO and I only used condoms, but after one broke once during intercourse, in June I decided that I wanted to get the pill again to be more safe. I talked to my gyn and told her I wanted a prescription again, but I didnt want Maxim again out of fear that the acne will come back once I get off it one day. So I got a higher dosage Levlen once more. At first it was alright, but since the beginning of October my life has completely fallen to shit. I had quite a lot of stress at work, and then my SO had a disagreement about something (nothing major), but I feel like these events ticked off something in my brain. Ive literally fallen into depression because of events I could have handled easily months ago. Im on edge all the time, I feel like a stranger in my own life, I magnify and catastrophize EVERYTHING, I often feel emotionally numb, then my emotions go crazy, I feel disconnected from everything. Quite early I thought about the possibility of the pill causing all of this, since I only started it in June. I talked to my gyn about this and she told me that its quite possible that the pill functioned like a catalyst to the events that upset me, and thats why I cant handle them. Fun fact: When I spoke to my gyn I actually remembered that when I first took Levlen at 16, I also had a similar episode. Do you guys have similar experiences? The BC pill was the first one I tried, after I obtained it from Planned Parenthood. I definitely noticed that it made me more emotional, I would cry a lot more and just feel generally crazy. After trying a few others and sticking with the ring, I found that continual release BC methods cause less of a rollercoaster of hormones throughout the day. A BC pill is taken once every 24 hours and causes a large spike in hormones at the time. Continual release ones provide a constant, lower dose of hormones throughout the day. This was a big game changer for me. Id recommend looking into BC rings or the implant if youre curious. I dont have any negative side effects now. Yes. I actually got prescribed Diane-35 because I had HORRIBLE acne. It made my skin the best its ever been and the birth control part was just a fun side effect. I felt completely normal when I was on it. When I got older my doctor didnt want to prescribe it anymore and gave me Alesse instead. Ive been depressed since I was 12 and Im no stranger to suicidal thoughts...but being on Alesse was the darkest point of my life. It was like 100x worse than my normal depression, like living in a pit of absolute despair...I would literally cry myself to sleep every night while fantasizing about ways to kill myself. There is no doubt in my mind that the pill completely fucked up my emotions. I told my doctor that Alesse made my horribly depressed and suicidal and she prescribed me something else right away. Mine made my depression and OCD SO much worse. It was almost akin to how I felt after skipping a day of my mental health meds,or how I felt the week before my period. The difference was stark when I got off of it. Im extremely hesitant to try hormonal birth control again,because my mental health is very sensitive to hormones (PMDD🙃)

Lets talk about COVID-19 and menstruation. Hi all, I am 25F. I got COVID-19 in July for the first time and have all the Moderna vaccines including the booster. When I got my first shot, I had breakthrough bleeding and was sick with a fever for 3 days. The first booster also made me breakthrough bleed. Since having the infection in July, Ive had 2 periods and my cycle was shortened by 5 days to 22 days total. My PMS is now at near-debilitating levels, I feel feverish and just absolutely miserable. My emotions are a rollercoaster and its affecting my entire life. I also have ADHD and take Vyvanse 40mg daily, and have gotten to a point where I feel like its barely working. Also have ParaGard. Im just at a loss and would love to learn more about this and see if theres anything I can do to feel better. I havent had PMS this bad since high school. Any thoughts/ideas? [Theres an ongoing thread in /r/periods](https://old.reddit.com/r/Periods/comments/oxezdn/covid\_vaccine\_and\_periods/) about womens experiences with their periods/cycles after vaccination, although there isnt really any information available on how to make things better — a combination of the medical community telling women theyre making things up and not caring to investigate something that only affects women, of course. Sounds about right -\_\_- thanks for sharing though will have a look I hope things get better for you 😕 Thank you ❤️ I never associated my period changes with covid, thanks for this! In my case, I had an uterine ablation 6 years ago and have only had occasional spotting maybe only a few times since then. I got Covid before the vaccine was available and received 3 Pfizer vaccines during 2021. I got Covid for the 2nd time a month or so ago, and last week I had a 2 day period! Im really hoping this doesnt become a regular thing! I had the optional ablation to avoid having a period, getting it back at 42 is just defeating. And Im not even sure what that would do in terms of being able to get pregnant now, very frightening in this day and age. I got a little sick for a couple of days after each Mirena shot, but after my booster the cramps, bleeding and clots went off the charts to the point of vomiting. I also now have a medium sized cyst in my lower abdomen. I have found that water fasting for a few days before my cycle and cutting out all processed foods and most carbs throughout the cycle (basically go clean keto) helps tremendously, better than any pain killers and the flow is a little lighter. Its not easy but has been effective for me. Ive been doing this for about 5 months, the cyst is smaller and I think Im healing a bit each month. I dont blame the vaccines but do believe theyre a contributing factor. It didnt help that my diet was very unhealthy and I avoided exercising and I have vitamin deficiencies. I hope youre able to find a good treatment. Good luck. Thank you for sharing your experience! I will look into this. I do IF so incorporating keto wouldnt be too hard Ive heard rumors saying that after getting the vaccine, womens periods have been worse, even months later. Might need to talk to a gynecologist. I never got the vaccine, and I skip my period with bc, so Im no help. Ive got all 3 Pfizer shots and, apart from feeling slightly sick (like after pretty much every other stab) with a sore arm for the next 2 days, I didnt notice any difference, no extra bleeding, no longer/short period and the strength didnt really change eizher as far as Ive noticed. But then, Im pretty irregular anyway. I also got Covid 1-2 months after my third vaccine but again, no change. Id recommend seeing a doctor. If you check out r/pmdd these ladies discussed their reactions to the vaccines; they definitely mess with your hormones. Were the same age and I got covid for the first (and hopefully the last) time during June. I have Pfizer and Im boosted. I have the Mirena IUD and when I got my booster shot my period got heavier and was irregular for a couple of months. I went to get it checked out and I was told that it would go back to normal and that nothing was wrong. Then when I got covid in June my period got heavier and longer and has been a bit wonky ever since. Currently waiting to see what its like this month. My fear is that I dont know if this would mess with the effectiveness of my IUD. I dont know how it would if it did but it is a worry for me. Hopefully just my anxiety lol.

Can I trust my IUD? I have a Skyla IUD but a lot of psychiatric medications, endo and a bunch of other issues. My husband hates condoms but were terrified not to use them on the tiny risk. Were always scared the IUD wouldnt work right. Is there anything we can do to help? Have you checked whether or not your medications contraindicate with skyla? Some SSRIs do and some dont. What you definitely need to do is go through the list of meds youre on and check the skyla drug facts. I personally never had an issue with my skyla and loved it when I had it but didnt want to stress about it falling out so thats why I got the implant now. If your husband hates condoms, he needs to grow up or think about getting a vasectomy. Male birth control options are ridiculously limited, and thats the options he has if youre uncomfortable taking the risk. If none of your meds interact though then I think youre pretty safe. I never had a scare with mine! But also seriously make sure that you check your strings at least once a month, especially during your period. If you need help on how to do this ask me! I can help with my own guide and also give you good medical sources on how to do it [deleted] Check your list of medications against the contraindicated medications for the IUD. There are also contraception options that arent a male condom- diaphragms with spermacidal gel come to mind. The reason why they arent as popular is because they are less easy to use which means its riskier, plus they dont prevent STIs.

Heavy periods with Nexplanon. Does anybody share my experience? For the first year after getting on this birth control I did not have periods at all, then after exactly 1 years, almost to the date I started having normal/ heavy periods again. I had heard that this method suppress menstrual bleeding, what gives? Will it eventually stop? Im getting close to the 2 year mark now. Did you start taking any other meds or supplements by any chance? I had a perfect experience with Nexplanon until I started taking a medication that has a side effect of messing with menstruation at certain doses. I had to switch to Mirena. [deleted] No, I take some vitamins but have been doing so before getting the implant Are you under unusual amounts of stress? Ive been on the implant (mostly nexplanon) for about 14 years now and the only times I get periods is when Im very stressed. I mentioned this to the sexual health nurse at one of my replacements and she said it was totally normal. Well, yes I have been stressed out actually. Itll likely stop when your stress lowers in that case if its anything like mine. They dont seem work the same way my old periods did so I understand why it can be alarming, I once had a month long (but thankfully very light) period due to stress. Other times it can be a couple of days of very heavy bleeding. If youre concerned about the length and/or flow go to your Dr, but if it all seems in the realm of normal theres likely nothing to be worried about. Stress just fucks with hormones in general so it makes sense to me at least. Hope it all works out for you! Ughh, I just had one long constant bleed with nexplanon. Id suggest going to your GP because its a significant change, and they might be able to check other things out. Its so strange, I had almost no bleeding for an entire year and then, for no apparent reason, my periods came back with vengeance. I had that issue, it literally wouldnt stop for 6+months at a time. Talk about a birth control. Doctor put me on a pill pack for 3 month to regulate again, just for it to happen again. Had that thing removed for making it so I couldnt actually have sex I stopped getting my period, and after a year and a half I have only spotted a couple of times. I have had really good experiences with nexplanon.

Does anyone have any experience with their period coming back a couple years after having hormonal IUD put in? 24F I had my hormonal IUD put in about 2 and a half years ago and around 7 months in I started just getting light spotting instead of a period. My periods before my IUD were very heavy and at least 7 days long. But the past few months I have started having a pretty normal period again instead of just the spotting I have been having. Its not quite as heavy as my pre-IUD periods, but its close. I check my strings regularly and nothing is out of place and I have had a pap within the last year and a half that was normal. I also am prone to cysts. Im just wondering if anyone else experienced anything similar? I know the hormones start to lessen throughout the IUDs life and it may not hold back your period for the whole time you have it, but did anyone else just get their period completely back halfway in? I have extreme health anxiety and am so anxious about it being ovarian cancer. I have no other symptoms of OC, or anything really, just the period every 28ish days, but my anxiety is spiraling. I am terrified of going to the doctor, and I am working with my therapist on that. I know no one can provide medical advice and Im not really looking for that, Im just I guess looking for similar experiences that turned out being nothing, or advice or anything really or words of encouragement. I dont really have any female friends to talk to and me and my mom dont have a great relationship so I dont really have any other females in my life toctalk girl stuff with and my anxiety is getting the best of me. TIA! No idea if this applies in your situation, but I found my cycle returns somewhat if I lose weight. Fat produces and stores estrogen, so if fat cells are being emptied then it impacts estrogen levels. omg wait, I started my weight loss journey in Jan and have lost about 20 pounds since then and thats around when my cycle started coming back! I wonder if that could be part of it. This post is kinda old but I have the same thing going on right now. At the 3 year mark and Im randomly having my periods and cramps back. Hopefully I can get an ultrasound done because I still feel strings so

Ladies with IUDs - Experiences with no condoms and finishing inside? Hi friends! I have had my IUD since 2017 and have been with my boyfriend since 2018. We dont use condoms (Im allergic and he has issues finishing even without them) and rely on the pull out method, as the efficiency rate of the IUD is so high. Heres the thing: both my boyfriend and I are tired of this and would rather just finish the job inside. We both think itd not be as messy and its kind of hot. Heres the other thing: I have anxiety about my IUD failing if we try this. I know the fail rate after five years is less than 1% but Id love to hear any other womens experiences relying solely on IUDs for protection and their anxieties around it. For context I have the Mirena. My doc says I can change it out within 7 years instead of the listed 5. Ive thought about asking my doc about this but wanted to poll the internet first. Thanks! I never saw any reason to use the pull out method once I got my IUD and I didnt get pregnant yet. But my anecdotal evidence is a lot less reliable than the actual studies, which say that youre extremely unlikely to get pregnant. Still helps me to know! Thank you 😊 I had an IUD for 7 years. No babies. Husband was fertile at the time. No pregnancy scares. Had a few fucky periods but Paraguard tends to cause those. Now hes snipped so I dont have the IUD anymore. You \*should\* be fine. Just make sure to check your strings every month and if you want to be extra safe, maybe avoid sex on days when youre ovulating for peace of mind. This is my third IUD and like you I have the same anxieties about this. You can track your ovulation and use condoms on those days, thats what Ive done in the past and that helped a lot with me not worrying…I love it because I too think its hot just realize theres going to still be clean up I had the Kyleena for 2 years but ultimately took it out bc I hated the side effects. But I never got pregnant. However, dont try to stretch to the 7th (?) year because it starts to get less effective I believe. I have had an IUD for almost 10 years now. I have not gotten pregnant at all. I didnt even know I had the ability to check the strings myself Surprised you werent told this when they placed it, youre supposed to check after each menses to feel your strings. Thats how you know if it has moved/been expelled. https://www.verywellhealth.com/how-to-check-your-iud-strings-906659 My gyno checks it every visit and I dont always get a period. So far theyve been there when shes checked 🤷🏻‍♀️Definitely no one told me I had to check. If my periods are kind of inconsistent is there still a way to track? I try to track my cycle using the health app on my iPhone but Ive not tried tracking ovulation. Yeah probably gonna get it replaced this years visit. Yup you can still track it. I have an unusually long cycle according to my doc and it just took some extra time to figure it out. If you have irregular periods it usually means your ovulation window is longer than those with regular periods. I like the Flo app (unfortunately its not free - but you can get a free 30 day trial) but after a few months of using it I found it was able to predict it really well and I like that once it knows your cycle it will even say low change of pregnancy etc. When I wanted to double check that the app was accurate I bought a few ovulation kits to be sure (but obviously that can be pricey) I know women track their basal body temp as well but thats something Ive never done. Learning what to look out for during ovulation really helped me as well (cervical mucous and sex drive changes are what I notice the most) Welp, didnt learn any of that in health class.

The stresses of the pandemic have changed womens periods and blood pressure

Copper IUD Removal I had my copper IUD taken out 3 weeks back because we want to try for a baby. My period has always been super regular but now it is 3 days late. We havent really tried unprotected yet so it is highly unlikely that Im pregnant. So do IUD removals mess up cycles or should I take a test? Take a test. I had mine removed and I got pregnant soon after even though ALWAYS used together: condom, spermicide and diaphragm. Oh alright. Thanks!

Thinking of removing my IUD and switching to pill I need honest advice which ones better? I stopped taking pill because I wasnt very responsible with it. Ive had copper IUD for 3 years now and its been okay, the only drawback is that I get periods for 10 days now every month on the dot. And I hate it! I hate pms and I hate getting all those period pains and cramps. I am going to go to my gynecologist so dont suggest that, I just want to know if anybody transitioned from IUD to pill and how they felt? I was like you, transitioned from pill to IUD because I wasnt responsible with it. However, I got a hormonal IUD put in, the Mirena. Its been so nice! I spotted lightly for the first month or so, but after that, all I had was very light, normal periods. Now I havent seen one pop up in a while. If youre feeling like it, a hormonal IUD may be a good option. If your hearts set on the pill though, just talk to your PCP and and try a few of them until you find one you like. I know my first bc prescription and my last bc prescription were like night and day compared to each other. Seconding switching to Mirena if bad periods are your IUD issue. Thankyou for this, Ill discuss it with my gynecologist

Girlies, I need some help. Birth control talk. So Ive been on nexplanon for 3 years, and I had to convince me male doctor to get it changed out at the 3 year mark ( he said it lasts for 4 no matter what the brand says, that hes seen women not get pregnant the 4th year of having it in) Anyway now that said, I dont know which birth control to go with… I will never do an IUD ever again, and Ive heard the pill has major side effects. I know BC effects women differently, but help a girl out, drop your favorite kind. ( my husband also did tell me I dont have to get back on it, If I dont want to because he does notice that they effect my mood) shout out to him ❤️ Why didnt you get another Nexplanon? That being said the Nuva Ring was easy to use. Is the nuva ring reliable? Thats the rubber disk you slip in right before sex right? If I cant decide Ill probably get the nexplanon but I feel like it really messed with my sex drive; and it made my periods really weird. Not as bad as the IUD did though Nuva Ring is birth control. It is a flexible ring that you insert into the vagina and it stays there for 3 weeks. You remove it for the 4th week and have your cycle. It is not a diaphram. It has hormones like the pill. Were you unsure if you wanted to use that method again and thats why they didnt insert one when they removed it? So Im getting it removed the 26th. Im trying to find a different one, and if they all kind of have the same effects, I might just go BC free Go read up on Nuva Ring. Planned Parenthood website has lots of information on all methods of birth control. [deleted] Just throwing it out there that there are many different IUDs in a variety of sizes with a variety of hormones, so if you didnt like your first IUD because of the hormones, a different IUD may work better for you, if youre willing/interested to try a different one. I was super hesitant to try a hormonal IUD, but after consulting with my gyno and learning about all of my options, I ended up with the Skyla IUD - its small and has only the tiniest amount of hormones, so all it did was smooth out my period and make it light and consistent, no other side effects. Totally get it if youre not interested, just something to consider! I didnt like it cause there were cases of outer uterus pregnancies and I had to check the strings often.. plus I would get a heavy period for a month, then I wouldnt have one for 6 months BC is my preference personally. I use the lowest hormone pill they have (lo loestrin fe) and have basically no side effects. I do take it before bed because it had given a bit of headache and nausea but its easily avoidable by changing your time period. I like that I dont have to see a doctor for them (use Nurx here). I also love not having periods. Its non invasive and this happens to work well with me I use the depo shot. I have headaches and weight gain, but I dont have periods or mood swings anymore. You said it doesnt give you your period? ( sorry if this is too personal) have you had any problems with cysts growing? Thats one thing Im nervous about is cysts growing, my friend had them, and she ended up getting cervical cancer and had to have a hysterectomy. Wow Im sorry for your friend but no I dont have any other reproductive issues fortunately Thats good!! thankgod. Appreciate the comment and help. ❤️ Ill research that pill and put it as a maybe. Ive been on the depo shot off and on for a decade. I take a break every few years at the recommendation of my doctor and do have migraines but those were chronic before I started taking any type of BC and dont seem to be affected much for better or worse by the depo shot. I personally dont have any significant symptoms, a period, or spotting on the shot either. How hard is it to get ahold of the Depo shot? Im leaving the military soon, and will be kinda hard to get a doctor after. I know with the pill you can order it online, or planned parent hood, but idk if I would be able to go in and get a shot every couple months? Ive always gone to my local county health department or general practitioners office but once a doctor has ordered it you go once about every 3 months (mine had a 3 week window to schedule each time) and I think pretty much any of the medical staff (like various levels of nurses or physicians assistants not sure on terminology) are certified to administer the shot so Im usually in and out in like 5 minutes. Oh good to know. Thankyou!

IRL experiences with IUD vs implant for BC? Hey guys, considering BC methods because the hormonal daily pill has pretty bad side effects for me. I already have medicated depression/anxiety and will talk to professionals as well; Im hoping to have real life feedback because Ive found out things abt IUDs here that I would never have known ( coming from a highly conservative state). IUDs freak me out, so Im considering an implant. My only worry is that when I was on the pill, it led severe depression/weight gain and the implant has the same risks. If anyone has real life experience on pros/cons, I would love to hear them! this will be supplementary to my doctors advice :-) I have the Implanon implant. Im due for my 2nd replacement in a month or two (aka 6 years in). Yes I have gained weight but I also got into a comfortable long-term relationship same time as implant so I personally cant tell if its comfort or implanon weight. About 5-10kg. I personally had zero issue with post insertion bleeding but Ive heard bad stories. My understanding is that timing is spectacularly important, it needs to be inserted days after your period, otherwise there will be too much uterine lining and the body will shed it (leading to possible months of spotting). Ive a strong history of depression in my 20s (am 35 now and not depressed) and felt no depressive increase with first insertion. I have had FOUR periods in 6 years. Each brought on by periods of intense stress or physical Labor and each only about 3 days long. I .. fucking love my Implanon. I dont get stupid annoying periods. I dont get PMS. My partner and I have had a normal amount of sex and Ive never had a period scare. I recommend timing it correctly and when you weigh up the pros and cons remember: babies cause weight gain especially post birth and babies cause depression, especially unplanned pregnancies I had an IUD for awhile. I didnt experience too much pain from the insertion.. there was some, but not overwhelming. I did have some weird physical symptoms shortly after, but they didnt last. The nice thing was that I didnt have periods during the entire time it was in. I did have a bit of bleeding whenever there was penetration though, not sure how common that is. No other side effects that I noticed. Thank you!! Thanks!! I have the implant. The area was somewhat tender for a few months, so I had to dial back the intensity of my arm workouts. No other side effects.

Heavy bleeding on Nexplanon + generic Sprintec Ive never had Nexplanon, but I do know that in my mid 20s, the birth control pill Id been on for years suddenly didnt work for me. I had cycle-long spotting and a bunch of my PMDD symptoms came back. My doctor said hormones change and sometimes that happens. We switched pills and its been fine for the last…10 years. Perhaps something similar is going on? Your body and the Nexplanon arent getting along any more? Id ask what other options the doctor recommends based on your goals for contraception, mood, your cycle, etc. This submission was removed: [Medical Advice](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) is not considered relevant. --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

Ladies IUD vs Nexplanon, any feed back? Ladies IUD vs Nexplanon, any feed back? Ladies out there, Im on the plan to get a IUD birth control vs the Nexplanon(the dr thinks I should get) I was wondering some input from you from experience if you have had with one or the other.. Im not vary sexually active but want a back up that could be placed instead of a pill and not worried about forgetting it. let me know As long as theres no issues with hormonal birth control, Nexplanon is pretty much the best option. IUDs are more likely to cause negative effects just because some peoples uterus react like AHHH ITS TOUCHING ME AND I DONT LIKE IT!. Getting it removed is a little more effort, since it requires a small incision which takes a bit to heal. But the local makes getting it removed painless, and its not like anyone enjoys getting an IUD taken out so swings and roundabouts. Only main downside is that some people dont get their period on it, which means you might want to pee on a test every month or so just to be sure. I have an IUD and I love it because I dont have to think about it the same way I had to think about the pill. However, getting it inserted was the most painful thing Ive ever felt in my life. And Ive broken bones before. Demand pain management, dont put up with any ibuprofen nonsense from the doctor. I decided to get Nexplanon, because Id rather have an implant in my arm instead of down there where it could potentially get dislodged. Ever since, period cramps have been practically nonexistent for me. Sometimes my cycle acts weird and I bleed twice a month, but it doesnt happen all that often. Getting the Nexplanon removed was so easy. It didnt hurt and I dont even have a scar. Compared to getting the IUD IN it was amazing. I am so scared to get my IUD out.

I never had my nexaplon implant removed. Its been in my arm for about 7 years. How bad is this? [deleted] Its just a piece of plastic now, after about 5 years all the hormone is used up. It might be a bit harder to take it out, but not terrible. Go to planned parenthood or a local hospital and they can remove it in like 15 min. Obviously talk to the doctor who takes it out, but Im going to guess its not that big of a deal. The implant loses effectiveness over time so its not pumping much of the drugs into your bloodstream after the recommended 3 years (or whatever it is now). Its not like it becomes poisonous after its expiry. Its just not reliable as birth control anymore, and I suppose if youve used some other hormonal birth control in this time then theres the risk of overdose. Relax. All you can do now is get it taken out and talk to your doctor about your concerns. Youll be ok. Its completely fine. My doctor has had patients whove left them in for 10 years+. They obviously lost their effectiveness as contraception, but they dont do any damage.

Worried about pregnancy Im worried if Im pregnant. Im currently on birth control and the last month, I missed a week due to an issue with getting it refilled. My period started a week early before the sugar pill week (July 16). I started the next pack like normal, however, my boyfriend and I did have sex without a condom for just a moment (did not cum) about three weeks ago. However, out of paranoia I took a plan B the next day. I was expecting to get my period about August 13 or August 20 (start of sugar pill week) but its currently over a week late, and its never this late. Im worried because last week I had on and off spotting all week starting from Tuesday and still had it yesterday, and I made the mistake of looking up implantation bleeding. Also a lot of PMS symptoms are similar to pregnancy symptoms, and I cant tell if Im making them up in my head. Ive just never had spotting before and my period is typically really regular. Ive taken a bunch of pregnancy tests and they have all come back negative. Advice? Its likely due to you taking Plan B. It can mess with your cycle. [Plan B making your period late](https://www.healthline.com/health/healthy-sex/how-late-can-your-period-be-after-taking-plan-b)

Going on birth control was one of the best decisions I ever made 3 months ago, I got an IUD inserted and it was one of the best decisions I ever made for myself. Its so relieving to be able to have sex without being worried about pregnancy. Ive been in a relationship with my boyfriend for 10 months. This is the first time Ive had sex regularly. Before that, I had sex sparingly so condoms worked for me. We used condoms at first, but after a while we only used them around my ovulation time. For the rest of the time, we used the pull out method. I was always so paranoid about getting pregnant even with the condoms because we were having sex so often. Finally, I couldnt take the anxiety anymore and got the Kyleena IUD. It was a rough couple of days after and there are a few side effects Im dealing with. But I am so happy I dont have to worry about broken condoms, plan b pills, and abortions. I feel so carefree with sex now too. My sex drive increased because Im not worried about him pulling out in time or the condom breaking. Birth control is such a revolutionary invention for women and it allowed us to focus on other things than just child-bearing. Birth control is amazing and it should be free and accessible to all women. I am glad for you! You have not mentioned wich iud you have but if it is a progesterone one, I would juste try to keep track of you mental health/libido/other mental side effects not mentioned in the description sheet. I have had one for 15 years, and I love it but it could be responsible for my depression history... I really hope it is everything you wished for!! I have the hormonal IUD Kyleena. The first month was tough. My first period lasted 10 days. I felt very emotional and I had body aches. I felt nauseous and I cried in my boyfriends arms because I felt so terrible. But the last 2 months were manageable. My periods have been pretty regular. They are just lighter than before with more spotting than actual bleeding. Luckily, I havent struggled with acne or weight gain. My doctor said that things will take 6 months to a year to level out so things could change overtime. Like I said, not likely, but not talked about either...

Advice on birthcontrol? I (f19) have been on the pill (tryphasil) for about 2 months now, with the main goal being not getting pregnant (I used it combined with condoms). I was on the same pill about 2 years ago for a little bit over a year - I used it for acne prevention and period regulation. Before restarting the pill, I wasnt easily offended, didnt cry more that once every 2 weeks or so (not unless I got hurt in some way, etc - basically, I didnt cry if I did not have a reason), I was generally in good spirits, had minimal anxiety & feelings of depression (nothing out of the ordinary for a 19 year old), I had a high sex drive, etc. Since Ive started taking the pill, I have lost interest in many activities that used to excite me or make me happy, I cry almost daily, I become upset at the smallest inconvenience, my anxiety has increased, as well as feelings of depression, and my sex drive has plummeted (so much so that Ive started to feel bad about the amount of times I tell my bf that I dont want him in that way in that moment - I say no probably 90% of the time, where I used to say yes that amount, if I wasnt the one starting it). The pill has changed my personality in such a way that my bf has verbally expressed changes he has noticed. Ive done some reading and according to every website I find, my mood swings should stabilize within a few months, but does anyone know whether my sex drive wil return, or if my personality wil return to normal? Or have recommendations on what other forms of contraception I can use? I dont want to do implants of any sort as the risks are quite high. i cant say much for the stabilizing after a few months, but there are many variations of BC pills that might have less adverse affects-would need to speak to your doctor about concerns. I really liked using the BC patch, only down side i saw was the patch migrated a little and got itchy, and my nipples darkened a bit, but this was the option that regulated my period and didnt give me such mood swings like the other methods i tried. i currently have the nexplanon arm implant, and it is probably the best at BC but the worst for regulating periods- i have one almost every week with 1-3 days without bleeding. i plan to get it removed soon, even though its good for another year and half. Talk to your doctor about the options, and the side effects that you feel(lower libido, mood issues, etc.) im sure they can tell you about different BC pills (they vary on estrogen lvls and that can change how they effect your body) and possible other non-invasive/lower risk BC. Ive been doing research, and many other forms of birthcontrol, make your period irregular, which would influence the main reason Im taking it. At this point, it almost feels more reasonable to use only condoms, than the pill Yeah, for regulating I found the patch to work best for me, not sure how well it works for others though. It really sucks about having all the side effects and still getting irregular periods. Bc sucks :/ periods suck the most Had the same issue. I returned to normal after dorpping the pill. Honestly, after many fucking problems I ended just using condoms, If your partner has any idea what he is doing you will have no issue. Also you can check after you finish to see if it remained whole by filling it with water of air. But Im planning on using the copper IUD I agree, but at this point Im thankful everytime I get my period, just confirms my bc actually works😅 Weve been using condoms, but I feel like we need to use 2 forms of contraception. Were both still young, and were studying, and I dont want to risk getting pregnant. It feels as if all forms of birthcontrol have an affect of moods and libido. I mean the main reason for using the bc, is taken away by it Ive heard the insertion of an IUD is very painful? Listen, I get that. When I was younger I also needed the double method to feel safe. Abd yes sadly most methods have side effects. Ive talked with some women about this, and some have said yes its painful, others have said no, it isnt. But now. i know you can request pain medication while they put it on. Personally I ended up not getting one before because the doctor i had before was kind of an asshole and refused to put one on me because of personal beliefs. Its just so risky to only use one, when Im older, Im done studying and my job is more secure, then Ill feel more comfortable using only one. What made you chose the copper IUD if I may ask? Thats another fear of mine. Invasive procedures hurting and docs not understanding or being willing to provide the care needed I get that. I wanted to use a double method when I was younger, I relaxed more about it when I grew but mostly because abortion was legalized in my country, so now I know I have options if something goes wrong. After all the whole reason Im getting the DIU is to have two barriers. Doctors not understanding and providing lackluster care if care at all is an issue no matter what method you use. Juts yesterday while talking with a friend I found out Dr are supposed to make you a blood analysis and then recommend you a pill based on your body. Of course when I used the pill I got given a pill at random. When I explained my issues to my Dr I was not heard, at all. And she was a female Dr. As for invasive. I consider hormones even more invasive given how they modify you metabolism and how your whole body operates. Just reading the list of side effects hormonal birth control has are enough for me to consider it invasive. The pill absolutely fucked me up. I cried all day and couldnt think, it literally prevented me from doing my everyday life. So for me hormonal birth control is not an option Ill consider. That leaves me with two options: condoms and the copper IUD. I already use condoms, Im worried about them failing. So the copper IUD. Im not willing to test any hormones on my body just to see if theyll work out. Im more scared of those. So thats why I choose it. Abortion is legal in my country, and if push comes to shove, Ill make use of the service, but I do want to avoid it as much as possible. One would think that doctors actually put in the time and effort to help their patients and make life as simple as possible. When you put it like that, hormonal bc is really invasive, Ive never thought about it like that. I think the main reason that it was my go to, was because my mom kept preaching it in a way, it was her solution to all my problems. Ill definitely have to consider other options, but so many of them take away periods, or increase acne, and worsen moods, that Im almost scared to try it. The pill has been messing me up as well. I feel like an entirely different person. Im moody. Im depressed. Im anxious. Im tired. I constantly crave food, regardless of what it is. Im mean to my bf, even though he doesnt deserve it. I cry almost daily. I hate doing the things I love, like sewing, and dancing. Ive always had a high sex drive, its gone. Ive started to change my diet in hopes of regaining some of the person I used to be. So far Ive had a few small changes, but its still nowhere near where I want to be.

IUD Removal Symptom Question (Serious please) Hi everyone. A little background: I am 23 and had been on the pill from 16-19 and then the IUD 19-23. I got my IUD taken out last week (my long-term partner cannot have kids and I wanted to see how my body was without BC/added hormones). One symptom that is new for me is incredibly sore breasts. I mean, feels like someone punched them repeatedly kind of sore. Last time they were this sore, I was going through puberty (around 10-11 years old). My question is: is this normal? I got my period which was regular for the time and nothing notable happened. But now my breasts are so sore its hard to even wear a bra. Thoughts? Its been 7 days since my IUD was removed. Thank you!! I also had an IUD for years, and when it came out I had breast soreness with my periods though I had never had that when I was younger and before on OCPs/IUD. I figured it was just the body having changed over the years and/or figuring out how to regulate again without exogenous hormones. This breast soreness recurred with varying severity (though never too bad) with each cycle until I got pregnant a year later. I hope this settles down for you soon so that you arent so uncomfortable. If it sticks around you can call your GYN and ask about it. Thank you! Helps to hear another person has had similar experiences.

I told my doctor Id like to begin taking birth control and she refused because I told her I sometimes smoke. I (37/F/no children) have always been totally honest with my doctors. I smoke occasionally, maybe a pack a month or so. When I told my doctor I wanted to begin taking birth control, she refused telling me its dangerous for a smoker women of my age and that it causes blood clots. Now that Im home Im looking around online, and it seems that while the pill in fact can cause heart issues, there are other alternative forms (IUD, shot, implant, mini-pill…) that are safe to use. Why on earth would this doctor just say no to helping me get birth control and not let me know my options?? [deleted] Some people are just against it it general, and let their personal prejudice into work. Me and my partner ran into this before. For her she has an elevated risk of blood clots. We dont want kids, but her doctor at the time just refused and wouldnt talk about our other options either. The doctor she is seeing now when we brought this same topic up immediately wanted to help us find a solution that worked for us. I would either press the issue, or take your business to someone who is going to pay attention to your needs. I dont know why she wouldnt tell you other options but yeah smoking over 30 and the pill has extreme issues i can understand not wanting to give estrogen pills to a smoker bcuz of clot potential. but i know other peeps who smoked and if they were at hi clot risk, they still got progesterone based pills. but yr also barely a smoker, so i dunno if estrogens are even contrindicated. even if they are, \*\*theres hella options. with good doctors, women who smoke and women who have clot risk arent just left in the cold and forced to get pregnant!\*\* can u go to a planned parenthood? this doctor sounds she \*\*totally sux on birth control.\*\* id just find someone else and stop trusting her with anything. [deleted] Thats the plan. Its annoying because I have Kaiser and this should be covered by my insurance, but it looks like Planned Parenthood is going to be the easier option, and Ill switch doctors before my next exam Do you mean an OBGYN doctor or do you mean a doctor who happens to be a woman? The sex/gender of the doctor has nothing to do with the quality of healthcare from that doctor. There are good and bad doctors of all gender/sexes. [deleted]

Settling in to my hormonal IUD?? Shortly after I had my Kyleena inserted (3 weeks ago), I began to feel very mentally unstable. Constant mood swings, deep anxiety and depression, even some violent urges (nothing I would ever act on, but Im also not a violent person so it feels very intense). I have felt truly crazy at times. Ive spoken with my sister and she said that when she started hormonal birth control (she had the Nexplanon arm implant, not an IUD - I believe it delivers a different kind of artificial progesterone), her moods were crazy for the first month and returned to normal. Is this a common experience? Ive read many experiences on Reddit about someones IUD beginning to affect their mental health a few months or even years after insertion, but have not seen any testimonies of women who said it just took a little time for them to adjust to their hormonal birth control. I know Ive only had it for a short time, but I also need to do whats right for my body and mental well-being. If my mood continues to be this intense then Ill have it removed, but I wanted to see if other women have felt like this initially and felt better after the first month(s).

birth control sucks ass \*advice STRONGLY appreciated\* so, I am very lucky. i didnt go on bc until i was 20, and my cycle for as long as I can remember was predictable, light, and barely any cramps. as i said, super lucky. went on bc (norethindrone) because i was starting to get a little more concerned about pregnancy and was only able to take it for about six months. every period felt like a medical emergency. heavy bleeding for ten days straight, debilitating cramps, diarrhea because why TF not, and i work at a physically demanding job outdoors and just couldnt manage it anymore. plus the spotting that would be just fucking continuous. so i quit that and for the next 6 months/year my period gradually eased up but was still fucking awful. probably would be along the lines of a regular period for some folks, but as i said i knew my normal cycle was a breeze and that was frustrating because every doctor would tell me that thats just what my normal cycle was/is, the bc was totally out of my system and that if i wanted a lighter period i just had to go on something else. i waited it out, and after a year my period was back to normal. no calling out of work because i couldnt stand up, no more maxi tampons and a much more manageable three days of bleeding on a steady cycle. fast forward a year and i started worrying about pregnancy again and decided to try out nexplanon. BIG MISTAKE. cramps werent so much of an issue but I would be on my period for WEEKS. Libido and general mental wellness plummeted. i lost like 30lbs. within the first few months: a lot of it was from not working out because of how low my energy was (i lost muscle mass) and from smoking because it made my anxiety so much worse. i went to the doctor for horrible discomfort i thought was a UTI and he told me I was just experiencing dryness and that i needed to use more lube and these moisturizers that they recommend for menopausal women. i frequently thought i had UTIs and always tested negative; just a bad case of Sahara vagina. finally was over it, got it removed a year later and immediately started regaining weight and muscle, felt ridiculously more clear headed, and got my libido back. the not-uti became infrequent until it finally went away completely. but, same as last time, my periods are still a fucking EVENT and no one will tell me why. i know its not normal. prior to bc i never had to call out of work for a period, never had to change plans, never felt physically sick. Im on day 2 right now and i just want to sleep but the cramps are so bad i cant get comfortable. its been out for three months almost and its just so frustrating ti constantly be told that bc has no long term side effects after removal and that this is normal. it isnt fucking normal for me. i know my body. Im sorry if this sounds like a tantrum, i know so many people have it worse its not like i have PCOS or endometriosis or something. Im just very proud of being a physically capable person and love working intense jobs and having to call out for a fucking period is demoralizing. if i didnt want to have kids some day i swear Id just get it all removed. Has your gyno recommended any other bc that is low dose? Or perhaps a regular copper IUD? It sounds like you havent found the right birth control. Next appointment, recommend telling them exactly what you posted here about symptoms and how long it took to normalize after going off hormonal birth control. It definitely sucks that you are dealing with this. But your doctor is really the one who should be helping you figure this out. Good luck! I agree, it does sound like youve just not found the correct birth control for your body, OP. For me, my periods have always been debilitating to the point of throwing up. The ONLY thing that works is Tri-Lo-Sprintec. Tried Tri-Lo-Marzia, bled for 3 weeks. Depo shot, bled for 3 weeks. Implant, bled for 3 weeks. Bi-phasic pill, bled for 3 weeks. IUDs are NOT an option due to my EDS. Since Im over 35, its sometimes a fight to stay on the tri-phasic pills. But that fight is so very worth it for something that WORKS. honestly i dont think Im going to go back on bc. my options were already limited because i cant take estrogen and dont trust myself to take a pill every day. ive considered the copper IUD but everyone Ive talked to says the exact same thing about VERY heavy and long lasting periods which my work just isnt conducive to at all. its literally a safety consideration. I only ever used withdrawal and barrier methods for years with no scares or issues, and i realize a lot of people may think thats irresponsible, and that was what made me try bc in the first place, because i thought i was being irresponsible and risking a pregnancy i wasnt prepared for. Same. Withdrawal/cycle fertility awareness is the only thing that works for me. Both hormonal and copper IUDs were horrific. With a copper IUD I had ten day heavy periods preceded by 7 days of terrible diarrhea. My normal period is 5 days of very light flow preceded by one episode of almost-but-not-quite diarrhea. i know! and i l i k e fertility awareness too. Im so much more in touch with my body and know to practice more caution the week i ovulate. its kind of Bs that women have to completely alter their body chemistry when they can only get pregnant 5 days out of the month.

Implantation Bleeding or Plan B? I take combination birth control pills and use condoms with my partner. Seven days ago; however, the condom slipped off when he finished. Usually this wouldnt be of concern, but I had finished a course of amoxicillin a week before. Given, my concern over how the antibiotic could impact my BC pills, I took Plan B the next day within 12 hours. I talked to my gyno and she reassured me that amoxicillin shouldnt impact my BC pill and taking Plan B was the right move. That said, I noticed today a little bit of bright red blood when I used the bathroom. I used one tampon thinking my period started 4 days early and noticed that there was no more blood when I took it out. Now, Im worried what I experienced was implantation bleeding. I heard Plan B is less effective during or after ovulation. Technically, I shouldnt be ovulating but now Im not so sure with the antibiotics nor what the timing would have been. Its been 7 days since the the condom slipped off so within the window that implantation bleeding would occur. I did take a test that was negative but it may still be a bit early to get a positive. Is this plan B side effects or could this be implantation bleeding? When should I take a test to get a valid result (assuming I dont get a real period in 4 days or so). Also there is debate as to whether implantation bleeding is even real so theres that too. I get random spotting sometimes and I was really paranoid about it. Then I found out that some people get spotting during ovulation and it matched my expected ovulation time so I stopped worrying so much about it. Obviously still take a pregnancy test 7 days after the expected period if it doesnt come, but I wouldnt worry too much if you took plan b. Ill probably take a battery of pregnancy tests until I get my period or until I can be sure its negative. My doctors reassurance helps and I have used Plan B before and experienced abnormal bleeding on or around my period. My partner and I would likely not go through with the pregnancy given where we are at in our careers and the fact that our relationship is like 3-4 months old; that said, Id really like to avoid that scenario Plan B is a huge dose of hormones. It can definitely trigger some spotting and even change your period cycle temporarily. If youre very worried, go buy two pregnancy tests. Take one 10 day after the day you had sex, and one more 10 days later. If they both come negative, Id say the chances of you being pregnant are like 0.0000001%. Did you end up having your period soon after the spotting ? I am also experiencing spotting 7 days after taking the plan b Yep! Did you end up pregnant? Please update!! I did as well..thankfully it didnt throw off my cycles after. Phew 😮‍💨

Is it possible Im feeling the effects of the IUD already??? I got an IUD in a week ago. Ive been on oral contraceptives or the nuvaring since I was 14. I chose to switch to a hormonal IUD, because the hormones stay localized to the uterus, and I felt that the hormones from the other birth control were affecting me. Well on day 4 of the IUD I started to feel reaaalllyyyy horny, my boobs were getting noticeably smaller already (I was a B cup when I got on the nuvaring and became a D cause of it), acne was popping up (will this go away?), and I cant stop choking on my spit. I looked it up and it turns out my previous birth controls were probably causing dry mouth, so now I have a normal amount of saliva for the first time in 7 years. Im so easily aroused. I watched a 3 second video of a muscular guy strapping on a bullet proof vest maybe 7 times, I just couldnt look away. Is it possible Im already feeling the different??? Its only been a week. I felt my Nexplanon kick in the next day, and when I had it removed I felt the hormones stop around the same time as well. It isnt unheard of. You know your body best.

IUD Side Effects - how long is it worth it? I could really use some advice right now on birth control. I used to be on Yaz since I was 16 and loved it. Then I got a massive blood clot in my leg after having COVID when I was 25 and was taken off all birth control just in case. Fast forward a year later and I decided to get the Liletta since it is less hormonal and I really had high hopes... but this past year has been life like a package insert warning. Cystic acne, mood swings, depression, lack of sex drive, 5-8 cm cysts on both ovaries every month, constant bleeding for 8 months, constant yeast infections and BV that trade off, pelvic pain, inflammation and itchiness, worsening migraines... its been hell. But my doctors kept telling me to wait a year. Its officially been a year and I still have quite a few of these symptoms but not quite as bad. The bleeding has let up mostly, but everything else is still mostly there but maybe a little better. Has anyone else experienced this? When do you call it quits and try something else? Does anyone like the Mirena or a different IUD more? Appreciate any insight at all. Ive had Mirena for almost 15 years and have zero side effects. Maybe look into a different type of ingredient I also got blood clots from my original birth control method and had to switch to an IUD. Ive had Mirena for about half a year. Aside from the crazy insertion cramps, Ive had no issues with it so far. My period is super light now, and Im hoping itll eventually disappear. Thats great to hear you havent had any other side effects. The insertion cramps were crappy with the Liletta too, but manageable! Thanks! Sounds like Mirena is pretty promising too, thanks! I switched to mirena after a very short stint with Norethindrone the mini pill (im non binary so I really just wanted my period to stop, but I only have sex with other women so the preventing pregnancy part does not matter to me, as an fyi). The mini pill made me VERY depressed and honestly a little suicidal so I immediately stopped (I have a history of depression though). Ive been afraid of the mirena doing the same thing so im just keeping track of my moods and im about 1 month in. Im still having some cramping, I bleed for about 2.5 weeks (not enough to even go through a pantyliner though) and im due for my period in 1 week. Personally, my gyn told me 3-6 months for it to stop my periods. Im going to give it 7-8 months, and if my moods are good, Ill reevaluate then. So far so good. Hope your symptoms settle down or you are able to switch! Im on my third Mirena. I had some cramping for a month or two after I had my first inserted, but no side effects since. Not having a period is amazing... I havent used a tampon/pad in over a decade. It took a year or two for my period to stop completely, but it was instantly lighter after insertion. I used Mirena for 10 years. No side effects. And it stopped my period. Before Mirena, I got the 3 month birth control injection, Depo-Provera. I had terrible side effects like some of the ones you mentioned. My doctor did the whole try for a year routine as well. I noped right into the Mirena. Am also on my third Mirena, and also have a history of blood clots (pre Mirena). The insertion is TERRIBLE. But 2 minutes of pain and then 5 years of no periods and no problems. Thank you for sharing, especially with the blood clots. Thats great to know Mirena is still a potential option despite the clotting history! Sounds like Mirena is wonderful for a lot of reasons. I am so sorry you had to go through the side effects before that though. Did you have any of the other effects with Mirena, specifically any mental/emotional effects (if you are willing to share)? Thanks! That sounds absolutely amazing since (despite the initial cramping). Thank you! Glad you were able to find one that you like! Thank you so much for sharing! I am so sorry you had those effects with the mini pill. I am definitely worried about the mental/emotional effects since it seems like my depression/ mood swings got worse with the Liletta. I know the Mirena is basically the same, but it still seems like everyone loves it way more in the ratings. Glad to hear it is going well so far, I hope it continues to go well for you! My gym prescribed me 10mg of Valium beforehand and it helped a TON!

Coming off hormonal BC About a year ago, I got the Mirena IUD and it hurt like hell. A few days later I had bloodwork done, and my doctor noted my hormone levels were that of a premenopausal woman. I am 30. My doctor is suggesting I switch to the copper IUD. He has been suspecting I have PCOS but cannot verify since I am on hormonal BC. He also warned me of several other potentially negative side effect of continuing to have such low hormonal levels. I have also been struggling with a basically non-existent sex drive. I am now wondering if that is because of the bc. I would be open to switching to the copper IUD, but I dont really want to experience the pain of getting my current IUD removed and replaced. In conversations with my husband, he has expressed that he would be willing to undergo a vasectomy when I remove my IUD so that we can work on getting my hormone levels to normal or identify if there are other issues. I am torn between simply removing the IUD and staying off BC since Ive been taking some form of hormonal BC since I was 15. What has your experience been with being completely off birth control? I also feel like in a way I would be losing a bit of power over my bc by going off it completely and having my husband get a vasectomy. Is this an unreasonable concern? Birth control makes me feel like crap so coming off of it is always great for me. I dont think your concern is like invalid, but if you trust your husband it sounds like hes willing to make a small, uncomfortable sacrifice for your health which is cool of him. This sounds like a no-brainer to me (vasectomy). Assuming youre in the USA, the copper IUD they insert is gonna be bigger than Mirena, plus it relies on creating inflammation. So youd be volunteering for chronic pain basically (bc Mirena was already painful). The only challenging part would be finding a backup until the last vasectomy checkup, but thats like... A few months of using some backup method. If you do end up with a copper IUD, I cross my fingers to be wrong about pain. Btw that doc is wrong about copper IUDs not influencing hormones, but thats a whole different story. Eg. they famously can cause more bleeding, and they pretend that eg. anemia doesnt influence hormones... Oh well.

Does birth control that doesnt make you miserable exist? I spent the majority of my teen years and early twenties on birth control. I started with the pills and was constantly sick to the point of losing weight and not being able to keep food down. I have never been that thin since and I also contribute the stomach problems I have now (stomach ulcers, gerd, etc.) to those pills as I had never had any heartburn or anything like that before I started the pills. Not only that but because I was constantly throwing up I felt like I was never getting the proper dosage of birth control because I would often throw up not long after taking the pills. I tried taking them with food and at different times of day but no matter what I was always sick from them. Along with insane mood swings. It wasnt good for me. I expressed this to my doctor and they instantly suggested the depo shot and said I wouldnt have any of these issues since it doesnt contain estrogen. I was on depo for around six or seven years. At first it was fine. I liked not having a period and wasnt sick anymore. But then the weight gain started and never let up. It would be one thing to gain weight but it wouldnt ever come off. I exercised like crazy, lived an active lifestyle and changed my diet but gained nearly 70 pounds over that time period. Then things got worse. I started getting digestive issues too. I could no longer have normal bowel movement. Then I started get UTIs every time I would have sex. I no longer got wet whenever I had sex either. Whether it was being fat and not having any sex drive or just another many many symptoms of being on birth control I was also extremely depressed. After reading about other similar stories online I finally decided I didnt want to be on birth control anymore. I got information from my doctor on other forms of birth control but never went back on them. It took several years before I felt back to normal. Im finally back my weight from before I started the shot. Now I am in a relationship and after many many arguments about wearing a condom I finally just gave up on the idea he would ever wear one. I absolutely under no circumstances want to have a baby right now. I am actually terrified of being pregnant as I am in the worst situation financially and my living situation is not the best. I dont want to risk it. So now I am back at looking at birth control options and just feel defeated. I dont want to put myself through all this again. I considered getting the implant in my arm but read the side effects are just the same as all the rest. I dont want to be fat and depressed again. I dont want my moods to be unstable. I like how I am without my hormones being changed. I also have read the many many horror stories about getting an IUD. Whether its just the the horrific experience of getting the IUD put in or the possibility of it getting lost inside my body. Neither sounds like something I want to endure. So do I just have to suck it up and deal with all the side effects so I can be comfortable with not getting pregnant? What good is not being pregnant if you never want to have sex in the first place? I dont feel I can even express these concerns with my doctors because they always claim that it wont cause those problems and that its not from the birth control. But I think the evidence I stated is enough for me to know thats not true. I would love some advice. IUDs are a good one to try. Coppers non-hormonal. Hormonal has an insanely low hormone quantity (5 year IUD = 1 month of pills) and the bad side effects are either rare (implanting) or worth it in my experience(insertion pain, bad cramps for a while). However… &gt;after many many arguments about wearing a condom In a first for me Im going to recommend abstinence, because this is not a person who cares about you, and you need to dump him. Do not put yourself in such a vulnerable position with someone like that. Im personally in your boat on my feelings/experiences with birth control. I will never go back on it. Im commenting though because I find your guys view to be utterly selfish and cruel and although I dont know anything else about your relationship, that sounds like a huge deal-breaker. This is because he is telling you I know you have these debilitating issues with birth control, I know pregnancies can present life-threatening issues, I know youre not in a position to have a child, but my pee-pee no like jacket! Thats absurd and its not the view of a \_partner\_. Its the view of a guy looking for a living masturbator and also a guy that would most likely not be there for you if you do get pregnant. I think the best solution is to get the condoms and find a new boyfriend that wants to use them with you before shit gets real with this one. I gave up on birth control pill, and started using the diaphragm combined with withdrawal method and spermicide. My cycle is also regular and I know most of the time when I am ovulating. This method made me feel more empowered and so much better than on birth control pill, but I know its not for everyone. I freaking love birth control pills, except for the fact I used to burn out on them really quickly when I was younger, but it seems to not be a problem now that Im in my 20s. You deserve someone who actually loves you, and cares about your freaking health. Honestly, I find it really creepy and selfish when men refuse condoms. This. Right here. Why are we still having sex with people who do not respect our bodies? If he doesnt like condoms, time to get a snip snip. The Nexplanon arm implant is considered one of the most reliable forms of birth control; Ive had mine for 3 years and its had the added benefit of making my periods a lot lighter / pain-free. That said, it sounds like your boyfriend doesnt care about your safety. :(

Idk if this is the place to ask, but I figured I should anyway. Lmk if I should go elsewhere with my question as well. Ive had sex on the 25th and 27th and I allowed for my boyfriend to finish in me. I was suppose to have my period yesterday. I started bleeding but it was light, which is normal for my first day. I didnt have any cramps either. Although, today, I went to check and there happened to be more blood, but still very light. What could it be? I thought implantation, but its too early for that I thought. I am also on birth control and take it at the same time every day. I take the pill btw. It could just be a light cycle this time. Its not unheard of for that to happen. If you are particularly worried you might want to schedule with a doc about it. Probably just a slight irregularity or perhaps stress? I wouldnt worry about it yet, but take a pregnancy test in a few days if youre unsure!

Please tell me your good experiences with hormonal birth control pills I might need to go back to taking it because of ovarian cysts. I have a new IUD, its literally just one year old and havent taken hormones in like 7 years. I dont want to loose my sex drive, I dont want to gain weight, I dont want to become depressed. If you have positive experiences to share, please do so, I really need to see that the pill isnt all evil :P Sorry but no can do. That pill made me crazy unpredictable and aggressive. Ive been using Junel for a few years and never had any issues. Ive been using other similar hormonal birth control pills since I was 21 and never had any negative side effects. My husband actually had a vasectomy, as we dont want kids, but I continue to use it because without them my periods are heavier, cramps worse, and they last longer. Im to the point I start my period on Tuesday morning and its done by Thursday of the iron pill week, like clock work. They work wonders for me. Im sorry the IUD didnt work for you. I had one for a year as well before I had to get it removed for a similar reason. Good news: I really enjoy the Pill! I take a generic of Ortho Cyclen. It makes my periods predictable and shorter (4 days of manageable bleeding vs. 7-8 days of heavy bleeding previously). I only experience mild cramps on the first day instead of debilitating cramps for the first 3-4. I also can skip my period if I want to. I eat a healthy diet and lift weights a few times a week. I have no issue maintaining a lean physique on birth control pills. The studies done on birth control pills and weight gain have not been able to prove a causal link between hormonal contraceptive pills and significant weight gain. What most experience is a tiny amount of water retention that goes away in the first months of taking it. Sex drive is there! My mood feels stable. For me, the factors that impact psychological components like sex drive and depression are much greater than the Pill. Relationship satisfaction, quality of life, daily and chronic stress, etc. Focusing my attention on the things I \*can\* change to improve my mental and sexual health is empowering. Of course, YMMV and I would encourage you to keep communicating with your doctor if the side effects become worrisome for you. I was on the mini-pill for many years with no side effects at all ... though I did end up pregnant after missing ONE pill, so if you go that route make sure to set a phone alarm or something similar to remind you to take it at the same time every day! Depo and the Nuvaring worked well for me. I had no cycle on Depo. With the Nuvaring I had a 28 day cycle and and only 3 days of bleeding Thank you so much for sharing, this really helped me I love my IUD, its already my second, I wouldnt take it out either, I simply dont trust the pill enough. My doctor wants to put me on the pill to skip periods, she says I should only have my period three times a year to make sure the cyst doesnt grow. Thank you for all the infos! Depo was wonderful for me too My cramps were so bad I would pass out from the pain. Now Im on bc it doesnt happen 22 years for me, wildly successful and very positive years. No periods if I wanted, no mood swings or weight gain or loss of libido, no pregnancies or scares. The pill was entirely positive for me. Ive only been taking a BC pill for a month now, but I can already tell a difference. I usually get emotional (sad) either the week before or during my period and would just often lack motivation, but Ive been completely fine the entire past month! I dont have a scale to weigh myself so I cant say anything about weight changes. I have the jaydess. It is so amazing for me. I barely spot on my period, no cramps, PMS is much less. I wish Id gotten it sooner. I tried the nuvaring before and it was so terrible, it made me depressed and angry and tired and gave me a comstant headache.