Olly lovin libido and Nexplanon [deleted] I dont think so but I dont think it would do much to ur libido I would ask your doctor before taking any supplements, but they shouldnt interact. Like the other commenter said though it likely just wont do anything, but placebo effect is a thing. Just as you said youve been on the pill for a while, it is possible that you just have a naturally lower libido. It does tend to decrease as you get older, especially if youre comparing to yourself as a teenager. Additionally, many women dont experience spontaneous arousal and instead have reaction based arousal. If youd like to read more about that, as well as how to accept/improve your sex life I recommend the book Come As You Are.

Ava bracelet as birth control? Hi. Im 26F and just had my hormonal iud removed. I had problems being on the pill so I tried an iud for 2.5 years. Not a fan. Both kinds gave me severe anxiety and I really want to be myself again. I have been reading about using FAM and how some people use the Ava bracelet for tracking fertility as a way to prevent pregnancy. Anyone have any experience with this? I am not interested in a copper IUD because getting an iud was an awful experience. Just looking for information on what other people do when birth control is not an option. r/famnnfp Thank you!

BC Pills I have a pretty stupid question. How long have most of you been on one type of birth control? I was put on birth control at 12 due to missing school for cramps. I couldnt even get out of bed. I turn 20 in november and have been on the same type since, dosage and everything is the same. Recently ive noticed my cramps have came back worse then ever and im just so confused. I want an IUD but im scared due to not handling pain very well. Been on combined bc pills since I was 18. Ill be 27 late this year. I used the mini pill for 7 months when I was breastfeeding but switched back to the combination pill after I was done .

Will Portia BC pills work the same as Chateal EQ? I have been taking Chateal EQ birth control pills for quite some time now and it has been working so nice for me and I love that I can skip my period with it as well. But since the beginning of 2023 Ive been having trouble being able to get it sent to me through Planned Parenthood like it had been previously which has been such an inconvenience. So we called my regular doctors office to see if they would just send it to my local pharmacy and they are except instead of Chateal EQ theyre sending Portia. Now before the pills I had tried out Nexplanon which made me bleed months on end, so they gave me Portia to stop the bleeding which worked up until I would run out, so eventually I got Nexplanon removed and they switched my method to Chateal EQ. I am just wondering if Portia is going to work the same as Chateal and do the same things like stop my period and all of that. I know Chateal was a combination hormone pill but Im not sure if Portia is. Any help would mean a lot :) From what I can find, they both contain the same active ingredients in the same dosage.

What is everyones experience with the patch? I got pregnant on the pill, miscarried and now looking for an alternative option. I would rather not have some thing inserted into my body (arm implant or IUD) and am looking into the patch. What are your guys negative / positive experiences. I have autonomic dysfunction (which Ive been told the patch wont affect) but if anyone else has that and give experience that would be awesome. I loved it, but it is higher estrogen and I developed migraines with aura on it and had to quit combined methods of hbc ☹️ Otherwise it was great.

Kyleena didnt work should I give Mirena a shot? I have been through a whole list of birth control options. I tried Kyleena for like 2 and half years and it didnt do much for me. I have endometriosis and I am currently on Slynd and I feel that worked great until recently. I am starting to hurt and get all my usual issues. Would Mirena be worth a shot if Kyleena didnt work out? Mirena begins with a [higher release rate](https://reference.medscape.com/drug/mirena-skyla-levonorgestrel-intrauterine-342780), so it could be better, but its still the same progestin and delivery method. Unfortunately, theres no way to predict how your body will respond to it.

Looking for suggestions I am currently on the pill and looking for a change. I have been on the pill since being 17 (23 now) and took about 6 months off. I realized even low dose pills (Arya, Stronyx) have caused me to gain 5-10 pounds. I have been considering the Skyla IUD and am wondering if people have had any bad or long lasting side effects? Im currently feeling very defeated and I am just looking for some support. Thank you in advance :) I have Nexplanon and I love it! No side effects (for me anyway) but not having any periods!

Switching to NuvaRing I (24f) just got my IUD out early because I felt like it wasnt in the right spot, and was causing me issues. Since I was 16 Ive had an IUD, and the took pill for 6 months when I was 14. Im pretty nervous about switching birth controls even though I think itll be the right thing for me. I have had lots of issues with IUDs in the past and I think its because I have a retroverted uterus. Can anyone tell me what their experience has been like with a NuvaRing, or switching from IUD to NuvaRing ? I dont know anyone who has used it before except my old high school swim coach, lol. Theyre super easy and you dont feel them at all Love the ring. Side effect could be thickened discharge - snot like discharge. Dont be alarmed its normal but thats literally the only side effect I experienced. With name brand nuva I had only a few days of spotting on off weeks. With the generic eluryng I have a full period during that week. Still no complaints :) I loved the ring! It was easy to insert and remove. You shouldnt feel it if you put it right. I stopped because my libido was non-existent and it made me really dry, but otherwise my moods/PMS were levelled and didnt have much cramp if at all. Do check if its still in after penetration - it can fall out that way.

Low dose birth control pill and non existent libido So Ive been on mercilon for almost a year and a bit, my PMs had improved but I didnt have bad periods or PMS to begin with, I was mainly using it for birth control. Ever since starting the pill my libido has been ever so slowly decreasing until about a month ago it was gone, I had no interest in even being touched by my bf and this was really affecting the relationship. I decided to stop the pill and now I feel even worse with headaches, bloating, moodiness😂 I think my body is having a hard time adjusting Did anyone experience something similar? Can anyone recommend any other BC, I had the copper IUD at a stage but the piano was unbearable.

I need advice I am trying to go on a new birth control method. I already tried depo which I thought worked fine and then nexplanon which worked great but made me so angry and sick. I want something effective as me and my partner are very sexually active. [https://www.scarleteen.com/article/sexual\\_health/birth\\_control\\_bingo](https://www.scarleteen.com/article/sexual\_health/birth\_control\_bingo) [https://www.plannedparenthood.org/learn/birth-control](https://www.plannedparenthood.org/learn/birth-control) [https://www.bedsider.org/methods](https://www.bedsider.org/methods) These tools can help you pick something based on what you wish for and what youre comfortable with trying. Or if you wish to go the mix-and-match route, heres some effectiveness percentages for using two methods: [http://www.scarleteen.com/article/sexual\\_health/the\\_buddy\\_system\\_effectiveness\\_rates\\_for\\_backing\\_up\\_your\\_birth\\_control\\_with\\_a](http://www.scarleteen.com/article/sexual\_health/the\_buddy\_system\_effectiveness\_rates\_for\_backing\_up\_your\_birth\_control\_with\_a\_)\\_

Birth control that doesnt increase risk of blood clots? I just got back home after a week spent in the hospital for a small pulmonary embolism they found in my chest. Every doctors first reaction when they saw how young I was was are you taking oral contraceptives. I immediately stopped taking them and am still so shocked by how this has all happened. But now I am at a loss for what method I can even use now. I have family history of blood clots so anything that raises the chance for one is out and I really dont want to get an IUD. Progestin-only methods are safe. Minipills, arm implant, hormonal IUD. The shot is theoretically also okay since its progestin-only but for some reason I remember my gyno recommending against it if you were at risk for clots or have already had clots. I dont have any science behind this so take it with a grain of salt. Talk to your obgyn and your hematologist as well, its best if they work together and as well as together with you to find a method that would be safe for you to take, and something that youd be comfortable using of course. Thanks so much! For some reason I just assumed it was all hormone birth control that increases the risk of blood clots. I definitely need to talk to my hematologist about all this Its the estrogen that increases the risk. Any progestin-only method should be safe. I had clots too and I love the mini pill Im on. But any iud would also work. Or the implant. I have FVL and at an increase risk. Any progestin only methods are safe. I take the mini pill and its been way better overall for me than the combo pill :) Along with the other comments, condoms and vasectomy sound like they could be the best option The mini pill. I cant take estrogen either.

Cezarette (Desogestrel) to help against migraines but causes hairfall Hello everyone, I started developping migraines (without auras) 3 years ago when I first started birth Control. I was taking the pill (Triphasil) and I had very painful migraine attacks during each break week. I was then recommend by my gynecologist to put the copper IUD. I had it 2 years and it made my periods very heavy and iregular which worsened even more my migraines. In January this year, I was prescribed a progestron only pill, Cezarette and it definitely helps much with my migraines but my hair has been falling out a lot which worries me. I read that even if I stop my pill, my hair could possibly keep falling out. Im kind of clueless about what to do next as I feel like neither the copper IUD or combined pills work for me. People who have been in similar situation, which birth control method was effective for you ?

Combined pill advice Hi all. I was put on microgynon 30 when I was 14 for endometriosis, and Im now 20. I stopped taking it 9 months ago and have just begun needing it again and Im devastated by how immediately shitty I feel after restarting it. Unfortunately, there is no other option for me like the iud rn. My main issues are: - chronic fatigue - low mood/depression/constant tearfulness - NO sex drive AT ALL Does anyone have any advice on lessening these symptoms that arent just stop taking it? Thank you :/ I had the same issues on combined pills too. You might want to look into something like antidepressants because itll probably help both the depression and possibly the fatigue if is a symptom of depression. As for libido, I have no idea. I know some people may take supplements for it, but Im not sure about their legitimacy or their efficacy. You could also maybe try to switch to another brand that uses a different formula/dosage

NuvaRing vs Kyleena IUD Hi all! Im interested to hear both positive and negative experiences from those of you who have used both NuvaRing and Kyleena (or even Mirena) IUD. For some background, I was on NuvaRing for close to 6 years and I started it because I \*thought\* I would become sexually active considering I was starting uni. I thought that I was lucky and had no side effects but it wasnt until I came off of it (around 9 months ago) that I realized I had so many side effects. I have noticed a HUGE reduction in my anxiety, have had no panic attacks, I finally have a sex drive, I no longer get migraines, and I dont get randomly nauseous anymore. Now I am stuck because since I now have my libido back, Im regularly sexually active and want to prevent pregnancy (and not have to stress about becoming pregnant). Im super interested in the Kyleena IUD specifically because it doesnt have estrogen (Im wondering if maybe estrogen didnt agree with me more so than the progesterone) and its very effective in preventing pregnancy. Im not interested in the copper IUD as I already have quite heavy and painful periods to begin with. I really want to avoid those side effects I had on the NuvaRing because honestly they impacted my life so much. Please share your thoughts/experiences both good and bad. Thank you!!! Generally the IUD has both higher effectiveness and higher satisfaction and continuation rates. The ring is a much higher dose (and both estrogen and progestin whereas IUD is only progestin). &gt;Hormonal IUDs release a small amount of a progestin hormone called levonorgestrel. Levonorgestrel is one of the longest-studied types of progestin, and all the scientific evidence to date shows it is super safe. For example, this chart shows the average amount of levonorgestrel measured in the blood of women who have used Mirena (0.18 ± 0.07 nanograms per milliliter) or Skyla (0.08 ± 0.02 nanograms per milliliter) for about a year. &gt;How does this amount of levonorgestrel impact the body? Most women using Skyla (&gt;95%) have their usual changes in estrogen and progesterone each cycle, and most release an egg each month. Many women using the Mirena (75-85%) are having their usual hormonal cycles after a year and still releasing an egg. The main way these IUDs work to prevent pregnancy is by keeping cervical mucus thick so sperm cant get through the cervix to meet with an egg. &gt;The ring is changed monthly and the average person who uses it has 1.5 nanograms per milliliter of etonogestrel and 18 picograms per milliliter of ethinyl estradiol in their system. The ring doesnt have high peak values—the amounts of hormones in the blood are stable from week to week. Source: https://www.bedsider.org/features/317-all-about-hormones I just posted on another post about how much I love my kyleena. Ive had it almost 5 years. No negatives, all positives. I dont have my period at all so if thats something you wouldnt like, keep that in mind. I had nuva ring, and I found it hurt to keep it in during sex and Id often forget to put it back in after. Obviously, its not working if its not in there. Even if I took it out before sex, Id have burning in my vagina after sex. The gyno at PP told me that wasnt a known side effect of nuva ring so she thought it must be something else but it went away when I stopped using nuva ring, so Im pretty sure that was it. Other than that, it was fine! No serious side effects. Im so glad the Kyleena works well for you! I have booked a consult and insertion with a doctor in the next few weeks and Im hoping it goes well :) thank you! Best of luck! Is this your first IUD? It is!! Ive only ever been on NuvaRing and like I mentioned in the post, it was not good lol I am currently on the NuvaRing (well a generic actually) and I love it. Unfortunately I need to switch as I have been experiencing migraines with aura. Anyways, the ring has been my favourite birth control so far, the only side effects Ive experienced are maybe slightly worse cramping and increased discharge at the beginning. personally havent had any luck skipping periods on the ring but I never had luck with that on the pill either. I have also used Kyleena and had it in for 8 months obviously everyones experience is different but personally I bled nearly every day, either spotting or just a light flow + my regular period. It drove me crazy but eventually I got used to it. I later experienced some nasty ovarian cyst ruptures and me and suffered from intense pain during penetration. I was able to feel the strings but I also could clearly feel a plastic like nub in my cervix, I had transvaginal ultrasounds and it was supposedly in the right place but my partner also experienced not just discomfort but pain in penis when penetrating me. At which point I finally got it out. Felt 100x better afterwards. Im very nervous now that progesterone only options are all I have, I think Ill cry if my doctor ever suggests another IUD.

Contraceptive Implant or Coil || 1st time || 24yo Hi everyone! Hope everyones doing well :) So Ive been researching long term contraceptives since Im getting married in the New Year and me and my fiancé arent interested in having kids for the rest of our 20s. Im aware you can just use condoms but we want to be extra safe so was considering the implant and the coil - preferably the one that doesnt effect your hormones. I was wondering if anyone can give some advice from their experience with these two methods? I know the side effects are different for everyone but I just wanted to get a view on it first. I do have an appointment booked with the nurse to go through the methods but its nice to also get opinions from those whove used it. Im also worried about getting it with only a month before my wedding in January - worried if the side effects ruin my day and also my mini-moon (damn covid!) Thanks in advance ❤️❤️☺️☺️

What Type of BC is Safest? So I have an… interesting history with birth control. Quick background: When I was 18 I took bc pills for about a year with no problem. Ended up going off of them just because I wasnt in a relationship anymore. When I was 21 I started taking them again. Within two months, I had a blood clot in my hip - a DVT. I was in the hospital for 4 days, then I had to go on blood thinners for two years. When I was 22, I tried the shot. It made me bleed for 4 months straight so I never got a second one. Finally, when I was 23, I had a Mirena IUD placed. The doctor said it was one of my only options left because the estrogen was most likely the cause of my blood clot, and Mirena only had progestin. I had no problems with it until about 3 weeks ago. Last week, I went in to the doctors because Id been bleeding and cramping between my period. They ended up removing my IUD because it was lower than it should have been, and it was very near to the 5 year mark anyway. They wanted to wait and make sure my bleeding stopped before giving me any new BC. I have an appt Jan 5th to evaluate my next move, and Im kind of at a loss. They mentioned not wanting to put a new IUD in because it might move again. Ive read that progestin only pills arent super effective. Does anyone have any experience with them, or just BC struggles in general? Ive been on the progestin-only pills and using no other protection with my husband for 9 years now. No babies and no side effects. Like you, I had to get off all estrogen because it wrecked me. In my case, it was debilitating migraines. The only trick to the progestin pill is that you do need to take it religiously around the same time every single day. I just set an alarm on my phone for 9pm. When the phone quacks, I stop whatever Im doing and go take my pill. Thank you for sharing your experience! Thats awesome to hear that youve been using it for so long with no problems. If I do end up going with progestin pills, Ill make sure to take it at the same time! Theres a chance for any IUD to move, but I dont think that is a valid reason not to have one. They definitely are the safest (\~99% effective). You could try another Mirena or try Kyleena, which also is made of a synthetic progesterone. Copper IUDs are an option too. I wouldnt say progestin only pills are less effective; if taken perfectly any hormonal pills are \~97% effective, and with typical use the pills are 91% effective. Yeah, they just kind of sounded like they wanted to talk me out of another iud because mine slipped lower than it should have been. But I mean, I had it for almost 5 years with no problem. I really liked having it. Maybe I will explore other types too. I remember I almost went with the copper back when I got Mirena. I dont remember what changed my mind, lol Totally, if my gyno opposed putting another IUD in Id probably find another gyno for a second opinion and to discuss my options because I really like mine too! Progestin only pills are just as effective as combo pills if you take them correctly and consistently. Depending on where you live, you may have more options - theres norethindrone minipills (3h window, all active pills and no breaks/placebos), levonorgestrel minipills (same as norethindrone ones in the time window and break aspects), desogestrel minipills (12h window, all active pills and no breaks), or drospirenone minipills (12h window, comes with 4 placebos). Theres also the arm implant, which is progestin only. This is awesome info. I need to do more research because I really have no idea whats available and whats safe for me. I didnt even know there was an arm one with progestin only! Since youve had a DVT its just best to avoid estrogen - so no combo methods (such as combo pills, vaginal ring, or the patch) - but progestin-only and hormone-free methods are safe! I had to go off the Nuvaring because it caused a DVT. I now have the arm implant (Nexplanon). Overall, Im happy with my choice. Im about to get it again .

What else can I do? Cycle tracking? Ive been on birth control since I was 13. I was on the pill for 11 years before I realized I cant take anything with estrogen (my blood pressure raised to unsafe levels). I currently have nexplanon but I absolutely hate it. My arm has been itchy for a year. My doctor said she wouldnt recommend an IUD due to the placement of my cervix (?). I feel like Im out of options but I dont want a baby right now. Condoms and withdrawal are an option but Ive had a hard time getting my bf to use them correctly. Weve had issues with breaking and slipping off a LOT. What about the mini pill? Its progestin only. oh shit I completely forgot about the mini pill! Progesterone only pill. If the condoms are breaking there is user error or incorrect sizing. Get your partner to buy some that actually fit. The shot is also progestin only! https://www.plannedparenthood.org/learn/birth-control Weve tried every brand and type of condom we can find. I knew about the shot but Id never get the shot. Im absolutely terrified of needles and wouldnt go back every 3 months for it. Condoms from the pharmacy? Have you used a sizing guide to find the correct size? Yea and its insanely frustrating. Haha fair enough Heres a list of hormonal and non hormonal birth control options! https://www.plannedparenthood.org/learn/birth-control

Help choosing a good birth control? So Ive been on Nexplanon implant which caused me to bleed every day for like 2 years until I finally had enough of it and got it out and then mirena IUD. Mirena tanked my sex drive like no tomorrow after having my first baby but gave me the best skin of my life. Honestly theres so many to choose from and I really dont know whats best for me. I realize everyone reacts differently but Im mostly just wanting something that wont make me be mega depressed or lower my sex drive. Any information regarding different birth controls or stories of your experiences would be appreciated! If you liked the implant except for the irregular bleeding, you might like nuvaring. It has the same progestin as the implant but also has estrogen to help control bleeding, and ring-free weeks (equivalent to placebos) to confine bleeding to a planned schedule. Its a little more maintenance, since you have to change it monthly, but nowhere near the maintenance of a pill. Bedsider.org is a great website to compare &amp; contrast methods. My doctor recommend it to me! I take norethindrone (mini pill). No side effects and I love it: no mood swings, acne, weight gain (actually have lost 5 lbs without trying) And Im seeing stories of people breaking up with their boyfriend after stopping birth control- I started dating my boyfriend before I was on it and now that Im on it, it hasnt affected our relationship in any way minus no more pregnancy scares and Plan Bs And I had an acne problem before starting it- my acne has gotten better. I dont think? It made my boobs any bigger- 34B before and 34B now I used to take Lo Esterin in college now that did not work for me and I had all the side effects listed above

Lo Loestrin Fe didnt work… Whats next? hi! i tried to have an IUD inserted about a year ago, but due to PTSD from sexual abuse- my body freaked out once the clamp was inserted and i couldnt do it. my gyno recently put me on lo loestrin fe low dose and i was great for two weeks and then was extremely depressed. im recently engaged and would like to find something that will prevent having children other than a condom. i have really heavy periods with clots larger than quarters, but do not have endometriosis. any suggestions? there are so many mixed reviews for everything. i know everyone reacts differently to things, but im running out of hope. Ive had a shit time with some pills but now Im on a pill I really like. Options: 1. Try a different manufacturer of the same pill. You can have your pharmacy put a note in your file that you only want X brand or your doctor can put it directly on the prescription. 2. Try a different pill I recommend a mood journal, its what I use when I switch pills to make sure its not messing with my emotions too much. Try a few different pills, also consider progesterone only pills. It can take a while to find one that works. If you have heavy bleeding or bleeding the fills up a pad in four hours. Especially with ur mentioning large clotting Id see a hematologist to get tested for von Wille brands. wow i have never even heard of this! i will. thank you so much! Have you considered the arm implant? I dont have SA trauma but honestly my IUD insertion attempts (2 in one day) left me with medical trauma, especially after a male doctor attempted to examine me alone without gloves. I tried a third time at a different doctors office and couldnt get through the sounding before I freaked out. The nexplanon goes in your arm so you stay dressed the entire time. Its not invasive or exposing at all, just roll your sleeve up or wear a tank top. It also didnt hurt at all, just some light soreness that night and bruising. YMMV, but for me my periods have been very light and scarce (every 2-3 months typically) and my mental health has improved compared to LoLo which I took for about a year and a half. oh my gosh im so sorry about your experience. i have been looking into the implant, but reading reviews has me nervous about depression side effects😞😞 did you have any? Right now Im on Velivet and the only side effects Ive had is slight moodiness and swollen breasts. Everyone reacts differently but I recommend these. You could always try the depo shot or the Nexplanon. Theres also lots of different brands of pills and theres a patch or vaginal ring. I suffer from similar trauma. The thought of having anything like that in me is horrifying and gyno appointments add to my trauma every time. Sometimes it just takes going through a few pills before finding the combo that works. I am having decent experience with Apri. It does not seem to affect my mental health. Thank you. I dont talk about it very much because it doesnt seem like enough to feel trauma over, even though I would never think that about someone else. I was scared of the reviews too. Its important to think about what kind of experience prompts people to write a review. I know myself, when I try a product that just works and I use it often I dont scream to the rooftops about it. For example, I take an allergy pill that doesnt give me side effects, it just works. And I only ever think to talk about it if someone specifically asks. However, when we have a negative experience we typically want to share that with people. Birth control is different for everyone! I got my implant in April 2020 and its been pretty good. I dont have the biweekly bleeding that I had on the pill. I get a period every 2-3 months, and its light with no cramping. I used to have very heavy periods with cramping that would make me faint. I suspect endo but nothing showed on the ultrasound and I have health concerns so exploratory surgery isnt recommended. My anxiety and depression have improved, and my appetite has gone back to normal so Ive stopped gaining weight and have actually lost some despite not being nearly active enough. Im really glad I decided to try it despite the reviews. Most days I dont even think of it. Also, some of the bad side effects like the irregular bleeding can be treated with medications. I would recommend asking your doctor about it. The insertion and healing was really easy, so I would recommend trying it and giving it 3-6 months to see how you feel. Its so much less traumatic I felt okay getting it knowing that if it went poorly I could just remove it.

IUD experience ive been off of birth control since December, as depo wrecked my mental health. I just started my first regular cycle in years and im thinking about an IUD. scared of the copper bc of heavy bleeding, but dont want hormones because of mental health and weight gain. any advice? It really is trial and error. In my experience, every hormonal method I have tried ruined my mental health. Im loving Paragard, it only made my period a day or two longer. I love mine! My period comes every 28 ish days, lasts about 4-5 days, and the bleeding is only the worst on day 1. I love that its good for ten years. And insertion wasnt awful at all! Depo was the worst experience for me especially when I came off from it. I chose the copper iud instead because all the hormones were messing me up. I did bleed a lot and it took probably a year after insertion to calm down some. I am still having longer than normal period 2 years later but I still think it has to do with how bad depo messed me up. But I will say its 100% worth being off hormones and my body is fighting the good fight! I find it so annoying how its no hormones but yet our body wants to bleed even more. 🔪🔪 Right!!! Like cmon body Im trying to let you be your natural self 😅 Ive only used nuvaring and its been great. I used for 2-3 years after my son. Then had baby#2 and am now on it again (generic since insurance doesnt cover brand nuvaring anymore). Highly recommend.

Hormonal Acne Okay so I started taking birth control in 2018 due to irregular periods and thats when my acne started. Before then I never had acne. It wasnt until a few days ago I realized that birth control (alesse/alysena) might have been the cause of my acne all along. I talked to my pharmacist and she said I should consider getting a copper IUD. Do any of you have any experience of birth control causing acne? and did it stop after you quit birth control? I stopped taking the bc 3 days ago because i am not dating atm so I dont really need it now. I just need to figure out what to do next about the potential birth control causing acne problem… Please let me know ur thoughts.

Looking for some BC direction Hi! I appreciate you all taking the time to read this and give your input. Heres my situation: 1. Ive been on the pill before, once long term in my early twenties. It caused terrible depression and once I stopped all was better. I recently tried again and had the same reaction. 2. I have some serious pregnancy paranoia, which has led me back to wanting to go onto some form of BC, since were just using condoms. 3. My provider has given me information on IUDs and the implant. She mentioned that the localized hormones of an IUD often help avoid depression and other mood problems. Im open to either, but my biggest concern is maintaining my mental health. I do not want to have to deal with the depression again. 4. This would lead me to believe that a copper IUD would be my best bet, but I already have heavy and painful periods and am hesitant to make that worse. 5. Ive been reading everyones experience on different forms (mirena, Kyleena, paraguard, nexplanon) and my head is spinning. It seems some people have no reactions, and other people have terrible reactions. It makes me feel paralyzed and like any decision I make will be the wrong one. Any thoughts anyone has, on specific types of BC, side effects, etc. are welcome. Thanks!

Question about Birth Control and Epilepsy Hey guys! Im hoping for a little bit of advice here, or to see if any of you have had a similar experience! Of course, Id love anyones input even if you dont have epilepsy. Ive been on Estarylla for nearly two years now, and Ive been more aware recently about how much it hasnt been for me. At the beginning, everything felt okay; but as time has gone on, my mental and physical state hasnt been as great. Lately, I feel always much more foggy, and I am consistently painfully bloated (and it never stops). My period cramps have also been horrible, and Im heavily bleeding each month, and it feels the same as it did before I took birth control. Im not sure what has been happening lately, and what couldve changed. I talked to my Gynecologist about it and how I want to possibly switch to a lower hormone, and she told me that due to me having epilepsy and having horrible seizures in the past (I havent had one in nearly fifteen years) that shes worried about me changing to a different brand or hormone dose because it might bring back my seizures. We talked about different options like an IUD, but Im much more comfortable with taking a pill. I was curious if any of you who have epilepsy and are on birth control have/had this issue? Im also on Vyvanse, which helped me with bloating and mental clarity before I started taking the pill which is why I also want to change brands. Ive been considering going off it since me and my boyfriend still use condoms, but Im nervous about not having the birth control as a second protection. I also would be okay to continue taking Estarylla if I could find a way to make whats been happening more manageable. TL;DR My current oral birth control of two years (Estarylla) is recently and severely affecting my life (horrible bloating that doesnt stop and bad mental fog and state) and according to my gyno I cant change brands due to my epilepsy and past seizures from years ago and Im too nervous to get an IUD and I dont want the shot; so Im unsure what to do since I have my epilepsy as a barrier. Id talk to your GP or neurologist if you have one to see what they might say. Otherwise, Id get a second opinion. If you dont like how you feel on this pill, then you shouldnt continue it (even if you didnt have epilepsy). Just because your doc said one thing doesnt necessarily mean its correct or that another option wouldnt work. Are you on any anticonvulsants? I take lamictal for bipolar II (which you might be familiar with as it treats epilepsy too) and i was always told I cant take birth control containing estrogen with anticonvulsants unless I double my dose of lamictal. The anticonvulsants also slightly lower the effectiveness of hormonal birth control, but Ive heard its negligible for the lamictal dosage Im at. For epilepsy, yall are usually on a higher dosage so it might be different, but pharmacists usually warn you if they think the medications really shouldnt be mixed? But that could be the issue in your case? I switched to the mini pill (progestin only), but that didnt help with heavy bleeding (it did help with cramps). You can try nexplanon too as its also progestin only, but that usually comes with more side affects (of course ymmv!). I didnt have too bad of an experience with nexplanon aside from irregular bleeding and had almost no side affects with the mini pill, but neither method reduced how much blood I lost. I have anemia so I did have to go back to the combination pill. I definitely agree! I dont have one as of now since my seizures are from so long ago, but Id be down to talk to one about it. I have a hard time seeing my gyno since shes rarely available (her next open appointment being in November) so Im worried about getting off of the pill and switching to a new birth control in a timely-manner; and Im not sure if I should just continue to take my current pill until I can see her again. My friend suggested I get the ring though, so maybe that would work. Yes, Im on a high dose of lamictal! The mini-pill and nexplanon sound good, and Id definitely want to see how those feel for me. I have a hard time seeing my gyno though since she is rarely available (her next availability being in November), so its been hard to try to figure all of this out without getting to speak to her to try a new prescription. Did you have to speak with a doctor about getting either nexplanon or the mini-pill, or is it something I can just call the office about? Thank you for your help!! I did have to speak with them bc its considered birth control counseling

Share your birth control experiences Hi! Im looking for a new form of birth control and Id like to hear everyones experiences. Im currently on Nexplanon but have had an awful time, horrible bleeding, new pain during sex. Im on a combo pill and ibuprofen now to help regulate my bleeding but Im definitely going to get this thing taken out soon. Thank you &lt;3

Kyleena &amp; a history of depression/anxiety Hello all! Im currently on the Nexplanon, but am looking to get it out due to how much more severe its making my preexisting anxiety and depression. My doctor recommends the Kyleena as a replacement because of the lower hormonal dose, but Im concerned that itll still make me feel bad. Does anyone have experience coming off of Nexplanon and onto an IUD? How has the IUD impacted your emotions?

more-natural birth controls? i am currently taking the pill but want to get off of it because i want to be more holistic. is there a natural birth control (besides abstinence)? i am considering the implant because they have protection for a while but id love to have something more natural (with the least amount of hormones). thank you in advance! OR is there a way to combat low libido from birth control? that is the primary issue its horrendous and i dont even know my potential because ive been on it for years 🥲 If youre looking for something reliable and low-effort without hormones, ask your doctor about the copper IUD. If youre willing tolerate a higher pregnancy risk, have regular cycles, and can be committed to doing it everyday, you could try the symptothermal method. You take your temperature every morning and check your cervical mucous. You use condoms or abstain the first half of your cycle until you can confirm youve ovulated, then after ovulation you might just use pullout. Or theres always condoms. If by natural you mean herbs or vitamins, no, theres nothing like that. Fertility awareness method is fantastic. You work with your bodys natural cycle and determine your fertile window using cervical mucus and temperature checks, then either abstain or use protection during that time. The rest of your cycle you are naturally infertile 😊 Have you tried more than one birth control? There are many types of synthetic [progesterone](https://www.verywellhealth.com/different-progestin-types-906936) and estrogen. There are also various dosages and delivery methods. Even within the category pill, there are dozens of options. While hormones a relatively new science and theres some trial and error, you may find [the pill ladder](https://primarycarenotebook.com/simplepage.cfm?ID=x20130725203135685340) helpful. It recommends different pills based on your side effects on your current pill. It specifically mentions low libido. It could give you a point of reference to start a conversation with your doctor. id prefer not to use the IUD but thank you for the advice! i will definitely look into it r/FAMnNFP Removed it is only legal in India it is illegal in the USA. i did not know that thank you!! i will definitely have to discuss that with my gyno i appreciate it! As an anecdote, I took the progestin levonorgestrel and it was \*awful\*. I had every single potential side effect and it threw me off so bad for months. Now I use one with the progestin etonogestrel and I have little to no negative side effects and Ive actually had positive mental health side effects. It totally stabilized me! Every body is different and thats why theres so many options. Typically IUDs have the lowest daily hormone dose but lower doesnt always mean less side effects. Definitely talk to your doctor about it all!

Is most birth control the same? I have been on the patch for YEARS and I love it!!!! Unfortunately I need to switch to a different method soon because its starting to give me rashes and I cant have a sticker on when modeling. I am kind of nervous to go on a different method— and Im 90% sure I would probably do like an IUD. I guess my question to ease my anxiety of switching is— do most of these birth controls (IUD/patch) release the same amount and type of hormones? I hope that make sense There are different formulations and dosages of hormones for the patch, hormonal IUD, the pill, the implant, and the shot. Definitely ask your doctor about which one would suit your medical/cycle history and how you reacted to the patch. with the pill you can choose to have the least amount of hormones theres different types of pills. other than that idk. be careful w weight gain too and body changes like breasts getting larger

I get pain during sex and low libido since getting an IUD, I also have a mood disorder. has anyone navigated BC options in a similar boat and could share thoughts or advice? Currently 31yo. Ive had an IUD since summer 2016, after being with my partner for a few months. We had sex before I got the iud and I never had any issues, even though he has a preference for rough sex (which I also really liked back then). Ive had 3 IUDs in that time, removing each because of pain during sex. I have the skyla/kyleena now which I think has been the least painful, but penetration can be really bad at times. Im also WAY more prone to yeast infections now, and I experience lots of vaginal dryness. I can get skin irritation easily too as a result. My libido has been low for years now. Ive also gone to physio for weak pelvic for, which was not something I think I dealt with before the iud (I have a TENS machine to use internally which helps when in consistent with it but the pain doesnt fully go away even when I was the most compliant) I was also diagnosed with bipolar disorder in 2015, and trialed many medications until one Ive stuck with since fall 2019. My mood is fairly stable, I dont find my sex drive increases significantly when Im at my happiest. Its hard for me to know if the sex drive is driven more by my disorder or my iud/ pain. My iud is due to be out in two years, and I mentioned to my doctor last time I saw her about concerns with the iud but it was kind of dismissed. I have been on birth control as a teen, but I was not diagnosed, not medicated (or was on antidepressants, not great for bipolar), so the negative experiences in my mental health might be less of a concern now with being medicated. I have an appointment on July 15 for another concern, Im wondering if its worth it to ask her to refer me somewhere to get it removed. She doesnt do it herself as she said she didnt have enough practice doing it, and not all the doctors in that office can do it. It is worth removing it to see if my pain goes away, and risk using another form of BC that could impact my mental illness stability? The fear of being in pain makes me not want to have sex. Or we might have minimal to no pain during sex once then Im kind of out of commission for a while and will have pain if we have sex too soon. I would love any experiences or advice others have to share! If it helps Im in Canada, Im on lamotrigine for the BP. Not sure if this is helpful but my experience. I have major depression, generalized anxiety disorder and ptsd. I dont have bipolar so it may be a little different for you. Ive never had the iud effect my mood. As far as antidepressants go Wellbutrin has been the most effective for me. It brought back my high libido after I lost it to the depo shot. Im not sure if its the iud for you but you could try removing it. I would discuss your libido concerns with your doctor because some can effect libido. Ive been on Zoloft also and even tho it didnt effect my libido it is a common side effect and I had a friend who said she couldnt orgasm on Zoloft. I would focus on your mental health first and then libido. It may take some time to find the right combo that works for you. Its different for everyone. First of all, Im sorry youre going through this. Navigating female health has proved to be so challenging. I too am in my 30s with a copper IUD and have been having low libido and vaginal dryness. Im in a relationship with such a wonderful man who Im extremely attracted to. But unfortunately Im almost never in the mood or when I am, I experience discomfort. Theoretically the copper shouldnt impact hormones but I have heard of several anecdotal experiences that say the opposite. I always chalked up my issues to hormonal imbalance but I cant seem to find anything wrong with my hormones. I know the copper iud can cause copper toxity. Im considering adding zinc as a supplement to counter balance the effects. Unfortunately I dont have any good suggestions, but I hope you find a little comfort in knowing you arent alone.

Birth control Options Hey guys ! &amp; Ive been thinking about birthcontrol for a while. Im having a hard time with picking the best option for me … as of now I am thinking of the Copper IUD or the pills &amp; possibly maybe Nexplanon… anyone that can give me advice ! I would appreciate it so much 🥲💞 Also , it would really help if you let me your experience with it if you have any &amp; maybe the pros and cons . Thank you so much ! If you want non hormonal Id say the copper IUD. Ive spent 6 years on hormonal birth control and am switching to the copper IUD because it has made me extremely depressed and I have the worst mood swings. So ultimately, if youre okay with the risk that comes with hormonal birth control then give it a shot. Ive tried pills and currently have nexplanon. Pills were fine but gave me red splotches on my face and nexplanon has been the worst hell imaginable. Bleeding for 3 years straight, depression, anxiety, acne, body hair in strange places, excessively tired, and I crave food too much even when I know I shouldnt be hungry. It heavily depends on your needs, lifestyle, and body. You mightve already seen this resource but planned parenthood has a quiz to help narrow it down and theres info on each type: https://www.plannedparenthood.org/learn/birth-control your run in with nexplanon sounds like my experience with depo provera. so yeah, look into a copper iud. I just had one put in yesterday morning and it hasnt been too bad so far! Just to add an alternate experience, I took the pill for years and dealt with extreme irregular bleeding, anxiety and depression and intense hunger/cravings resulting in weight gain. Switched to nexplanon a few months ago and its been fantastic. I get a period once every 2-3 months. My hunger cues have regulated again and its extremely effective. Op, the reason I share this is to show you how individual birth control is. Unfortunately, we can only share our experiences which cant predict how you will react to a particular method. Chat with your doctor, and try the option that seems the most appealing to you with the mentality that you may have to try a couple methods before finding your best fit! Thank you so much !! ☺️☺️ thank you so much , im going in this thurs. im a little nervous ! 🙏🏽

Hormonal bc bad for my mental health, wbu? Just wanted to get a sense of how common this is… Im 28 yo and have tried many types of hormonal bc options for women since I was ~13 yo. Despite my natural irregular cycles and PMDD, at this point it just feels like any artificial hormones cause my mental health to get worse. Anyone else feel like hormonal bc just isnt tolerable for them? For reference, sequentially Ive tried: - Combo pills (few diff brands) - Mirena IUD - Copper IUD - Nexoplanon implant (worst one for me) Every hormonal method I have tried (pills, depo, Mirena) ruined my mental health. Sorry youre dealing with this too. I have no problems with the non-hormonal copper IUD. If you read the full prescribing information for the methods youve tried, youll see how common the side effects are in the clinical trials. [Nexplanon full prescribing information pdf ](https://www.organon.com/product/usa/pi\_circulars/n/nexplanon/nexplanon\_pi.pdf) Table 4. Emotional liability 6.5% Nervousness 5.6% Depression 5.5% [Mirena full prescribing information pdf ](https://labeling.bayerhealthcare.com/html/products/pi/Mirena\_PI.pdf) Table 2. Depression 6.4% [deleted] [deleted]