I just thought of an IUD benefit no one talks about.. If you ever get stranded on a deserted island with a cute boy or your significant other, you can still have fun without worrying about pregnancy and birthing babies away from civilization. &amp;#x200B; This shitpost brought to you by castaway.

Expecting reply from Copper IUD users &amp; Medical Expert Who have inserted copper IUD at the age of 21/22 and conseive first child after 2/3 years by removing it. Are you face any sort of complexity? I have found that before conseive first child if anyone insert IUD it may causes infertility. Because of Ovary is small than who give birth of first child. And the tube get damaged. My partner is a very skinny, (she is 52) we didnt initiate sex yet. Anyone face any sort of infection/damage after inserting copper IUD &amp; maintaining active sex life? Is the condom is safest as protective? I prefer ultra thin.. no dotted no ribbed.. Mod PSA: IUDs do not cause infertility. Thats 100% a myth (please dont spread myths here :) See sidebar links for sources. What does cause infertility? STIs.

Ready to skip the condom, but still a little nervous. Any advice? (If this isnt appropriate for the sub I totally understand!) Well, after a lot of thinking and figuring out emergency plans and all that, my boyfriend and I have agreed to ditch the condom and just use my nexplanon as the only protection. Im happy because it sounds great, but a little nervous since ive never done this. Sex has always been with a condom or just pull out. I know nexplanon is super effective, its why I feel pretty good about just using it alone, but the anxiety is still there. Is there anything you have done to try and ease the anxiety, if you had any? Any advice would be appreciated, haha. First of all, both of you should get tested for STIs , just to be on the safe side. Its going to be nerve racking the first few months, its over 99% effective so just keep track of your period (if you have one) and do a pregnancy test if you start feeling worried, it will ease your nerves. I was very worried when I stopped using condoms (I have an IUD) but it doesnt both me at all now I agree with this! Especially the STIs since theres no barrier method to prevent the transfer of disease and infection. Also I never got pregnant when I was on nexplanon, and it was the only method I used while on it (I was on it for a year and a half) but I did keep pregnancy test strips just in case for my own peace of mind. Thank you very much for the advice! Weve been tested in the past, but honestly I know my partner wont mind doing it again just to be super sure! I think ill just get a handful of pregnancy tests and keep them nearby to test for a bit before I get comfortable since I dont bleed on nexplanon &gt;&lt; Thank you! :)

Just found out Im pregnant with an IUD The title says it all 🥲 I have had an Mirena IUD for over 3 years, overall positive experience. Ive always used the Clue App to track my cycle and period symptoms. Over the past 2 weeks Ive noticed that my cycle is really late, in addition to bad nausea, strong sense of smell and sensitivity and bad headaches. I have my annual coming up next month so Ive been hyper vigilant and tracking my wellness. Just to rule it out, I took a pregnancy test. To my absolute surprise, the test was positive! Then I took 2 more test that came out negatives. I called the doctors office in a panic, because WHAT THE HELL! I went in for bloodwork to test my hormone level to confirm pregnancy. Well, thats also positive. So Im now one of the &lt;1% of women that gets pregnant on a IUD. Its still really early and my risk for miscarry and ectopic pregnancy is pretty high. My partner and I have been sitting on the couch in a state of shock. Im sorry this happened to you!! I just went thru this a few months ago, but with the Paragard IUD. I was in a state of shock, too!! But...it happens. feel free to reach out to me if u have any questions. hang in there...you will get thru this! My sister got pregnant 4 times with an IUD. I also know of at least 6 other people who have got pregnant with one. Not so sure I trust them. I cringe at myself because of how anti-science it is, logically I know that anecdotes dont trump science...but I know two people who got pregnant with IUDs. I dont know a ton of people so I just cant shake feeling suspicious about their effectiveness. Im so sorry that youre going through this. Did your doctor do imaging to confirm that the pregnancy isnt ectopic? If not you should go to the ER. Ectopic pregnancies are nothing to wait on. Incase you need it r/auntienetwork helps people access termination services. Very sorry youre going through this, it happened to me too. Sending love and hugs❤️❤️ I am highly suspicious of them. I get the depo shot for PMDD, which an iud isnt effective for it so Im glad I will never have one. Yes, second this... Please go to ER tonight, honestly. A friend died aged 18 from ectopic pregnancy in her halls at university. DO NOT delay x Keep in mind the reporting bias. People are generally extremely shocked if they get pregnant with an IUD because of how rare it is, more-so than with say, the pill or condoms. Because of their surprise, theyre more likely to reach out, post about it, and seek out others with the same experience. Absolutely. Frankly if the doctor didnt preform imaging I would consider that to be pretty gross malpractice and not fulfilling duty of care. Ectopic pregnancies can be quiet and sneaky and the faster they are removed the better. So sorry for the loss of your friend. Youre not alone! I had an ectopic pregnancy after 4 years with Mirena. If you start having any pain go to the dr immediately. Feel free to message me if you have questions. please go to the doctor asap, whether its to remove your iud or for abortion. best of luck! you guys will be in shock for a few days, no one really thinks theyll be apart of the 1-2%. why are you getting downvoted so aggresively? people act like its your fault the IUDs didnt work. This sub is ruthless I know 2 women who got pregnant on an iud. Enough for me to never get one. People are overly sensitive when others have different thoughts and opinions than their own. Not my problem. Thank you, I really appreciate your comment. Its still really early so Ill be going through a round of test and wait and see what happens yes, I went thru all the tests (numerous blood draws to measure the pregnancy hormone levels at different times) and since I had a little pain in my abdomen, I had to go to the ER to get a formal transvaginal US, but that turned out to be an ovarian cyst, as well as a very early pregnancy developing in my uterus. I was a week late on my period with classic early prego symptoms when I took a pregnancy test which had a very definitive positive. sending positive vibes your way 💗 Hey there. Had the same thing happen 4 years ago. If you catch it early likely they can just treat it with a methotrexate injection. I remember having so many different confusing emotions. It is very shocking. I read about it in the pamphlet that came with my jaydess and just thought that wont happen to me.. it was my 2nd one it happened on and it was already in place for a year! Please reach out if you need to talk ❤ Me too! I had been on the mirena for just shy of 5 years when I got pregnant. My husband is still pretty chuffed with himself. But same as you, had to get it confirmed as a viable pregnancy and not ectopic. Then we had a 50-50 shot by the OBs estimate on even making it past the first trimester. Now we have a 6month old! You can be suspicious of them but that doesnt change the science. The science shows that less than 1% of people will get an IUD. That &gt;1% has to be made up of someone. The fact that you know so many people make me wonder about third variables which couldve caused these pregnancies, such as improper placement (similar doctors perhaps?), displaced IUDS, an IUD that has fallen out, etc. The reason your comments are being downvoted is because you are heavily implying that the efficacy rate of IUDs is fabricated without providing a source to back that claim up. Some people may see this as misinformation. I was the &lt;1% too with the Mirena. I now have a 5 year old son who is the love of my life!! I got another IUD after he was born bc what are the chances of it happening twice and now I also have a daughter (also the love of my life!) who was born 29 weeks premature. It was discovered after the fact that I have a bicornuate uterus and this was why I got pregnant twice on the iud, and why my daughter arrived so early. Im so sorry this happened to you. I know the shocked feeling all too well. Sending you good vibes and happy hearts! Note: my doctor pulled my iud out at 4.5 weeks gestation. Suuuuper early in the pregnancy. Then I had vaginal ultrasounds every week to check on progress of the sac, and determine if it was ectopic or not. Once I got to 8 weeks, I didnt have another ultrasound until 12 weeks. Im sure your doctor is aware of the ectopic risks and has you doing everything needed to keep your situation safe. 🙏🏻 The women in my family are very fertile (except me.) They all have a lot of kids. My mom got pregnant 3 times on different pills. A few of my aunts as well. Birth control just doesnt seem to work well in my family at preventing pregnancies. That still doesnt change the fact that the science shows IUDs are some of the most effective birth control out there. Perhaps your family has some sort of genetic disposition that makes hormonal birth control less effective. I have no idea if that exists, that would be something you would have to research. Nonetheless, thats pretty vital information that you left out of your original comment, which could be misleading. It would be a good edit to add and include in the future. Both I and my best friend had ectopic pregnancies with the mirena. She lost a Fallopian tube after it ruptured. Monitor it carefully to make sure it isnt ectopic and good luck! Horrifying. Interesting about the negative tests though? Could this be a chemical pregnancy or a miscarriage? For all the happened to us now we have a baby posts, its ok if that is not at all how you and your partner feel. I know 3 people who got pregnant on the pill 🤷 I know 3 people personally who got pregnant with an IUD 😆 sorry this has happened. I hope that whatever the outcome is, you guys are okay and healthy. There is a [study](https://journals.lww.com/greenjournal/Abstract/2019/04000/Influence\_of\_Genetic\_Variants\_on\_Steady\_State.27.aspx) that shows gene CYP3A7\*1C is associated (not proven) to increase etonogestrel metabolism, making birth control less effective. I know IUDs are &gt;99% effective \*if theyre in place\*, but I also know theres a ~5% chance of expulsion. In my mind, 95% chance of staying in place = 95% effective. Having spontaneously expelled one without noticing, Im thankful I didnt get pregnant and find it extremely difficult to trust another one. The Pill has an even higher failure rate than the IUD, so Im not surprised. It also has a lower protection rating too, unless Im mistaken. I think the highest rated one (below sterilisation) is the implant I know, Im just commenting on how you cant use anecdotal evidence for iud pregnancy failures as a logical reason not to get them when all of the other methods are just as bad (and usually much worse). That is fair, I was adding the percentages of a few of them onto my original comment :) Im sorry if what I said came across as rude ^^ Ah the best fallback of an IUD, you usually miscarry anyway Yall should go buy lotto tickets at that rate. Im sorry youre going through this. Was there any explanation like the IUD moving? I didnt say i was logical

Was thinking of getting my iud out I have a copper iud which is known to make your period a lot worse with more cramps more bleeding…and I was thinking of getting it out but now with roe v wade being overturned I feel like I have no choice but to keep it…ughhh why are we going backwards. definitely not alone in that, i was thinking about going off of my bc pills bc of acne but i dont want to risk it now especially not with living in ohio which is going to ban abortions. if youre unhappy with your current form maybe check in with a trusted gyno to see what any other options are for you for either bc or managing side effects from the copper iud. hang in there, best of luck to you! Hi fellow Ohioan. Shit sucks. My girlfriend thinks Ohio wont ban abortions because a ton of people support it but I had to explain our government and how red our state is. I am so sorry to hear this. I am in shock about the Roe v Wade decision. Its so sickening that the government is taking away our autonomy and making women choose between comfort and healthcare. You should be able to remove your IUD without fearing repercussions. I hate this world that we live in. it definitely will. although i think ohio is pretty hopeful compared to some states that are passing even harsher legislation - meaning that i think we have a chance of getting more democrats in our government and overturning anything the republicans pass (in the future). but its still terrible. though i have resources and friends in blue states, my heart goes out to those who are not as fortunate in this shitty situation.

Mona Lisa Mini -US Has anyone had any success in getting a private practice U.S. OBGYN or midwife placing the mona lisa mini for you? Im trying to find a doctor in the US to hopefully place this IUD in to avoid flying all the way to Canada. Message me if possible if you have or any of your experiences with it please! I am literally running out of options so flying up to Canada may be my only option. im also very interested in this! ive been trying to research smaller versions of the copper iud for a few days now. Ive seen the VeraCept and Mona Lisa as options - even emailed the contact university of the studies, havent heard back. following this for sure! Just got an email back from a researcher at Boston Medical, her response was The study is now closed and the database is locked for analysis – once the analysis is done the results will be submitted to FDA. I did the same! I wish they would just approve them in the states already. Im planning on probably going to Montreal in February bc its impossible finding a private practice that will agree to insert it.

Want to go on birth control but feel like my options are limited. Might abstain completely. Hi everyone. Im writing this post because I need some advice and I think this sub is a good fit. Ive been thinking about birth control for a long time now. I have no idea what to do because I dont like any of them. I dont want to take the pill because I find it difficult. I cant take it the same time everyday, my days are so varied both morning and night. I dont want the implant (nexplanon) because im scared of the side effects, dont want to gain weight or stop my period. Ive NEVER heard anything good about the implant, not on here or in real life. Ive been thinking an iud but my doctor is recommending me against it. Im petrified of the insertion. Unless i can be asleep during, then it would be ok. But like I said, my doctor wont let me get it. I dont want any hormones. I spend so much money and time trying to fix my mental health and body and I dont want to destroy it. I might just abstain from sex completely, which Im not okay with but if it means not getting pregnant then I guess its a done deal. I just need advice on what to do and any suggestions because im at a complete loss. All I want to do is protect myself without the horrible side effects. Condoms, withdrawal, spermicides, cervical barriers, and if youre open for the challenge, fertility awareness (not the period tracker app, but things like symptothermal method where you track your temperature and other symptoms every single day), r/FAMnNFP has more info on that one. You can also mix-and-match methods, such as FAM+condoms or condoms+withdrawal. Ive had a great experience with the implant. Feel free to PM.

looking for the best horomone free BC Ive been on birth control for like 8 years! I want to be off it! I just want to let my horomones regulate and see what my body is like without them. Anyways, I am in a commited relationship, my partner fully supports it and we will be using condoms regardless. I have an appt with ny doctor in October to discuss but looking to see if anyone has any recommedations or success stories? I dont love the copper iud as Ive just heard too many stories about how painful it can be. Thanks in advance! Youve got condoms, diaphragm, copper IUD or FAM/NFP. Also vasectomy or tubal ligation/bilateral salpingectomy if you guys dont want kids in the future 🤷🏼‍♀️

Finally got my Implanon three days ago! First, I want to thank everyone here in this sub for posting things about birth control. It taught me a lot and decided that the implant is best for me. Went through a tedious process to get it for free. It was tedious because free local civic services are frustrating enough to make you continue with it lol. Im currently hiding it from my conservative parents since I still have the gauze on as per the doctors instruction. It doesnt hurt anymore when moved but Im still refraining to sleep on that side because it somehow hurts still. I am also feeling it every now and then because an acquaintance scared me of it getting lost. I know it does as mentioned by some posts here but my paranoid ass makes me check it every now and then. Cant wait to get off the gauze later! Ill have my little brother help remove it since he was in the secret too hahaha. He helped me fix the bandage some nights ago and paid him off with some snacks to keep it a secret from our parents. Sucks to have conservative parents that act as if I wasnt a product of premarital sex. I informed them firsthand that I wanted to, ended up getting scolded for wanting it at 20. Cant they just be happy that Im being responsible somehow? Lol Happy for you! You have to do whats best for you, regardless of what other people say. Theyre not living your life, you are! I also have the implant and the not being able to lay on your side goes away. I have a question though, if you run, do you feel the implant? I did and it somehow hurts. Or maybe its just because its yet to be new to my body? I think its because its still new. Im getting back into running and i dont feel it at all.

My Skyla IUD is expired, and I just have a few questions… I am 29/F. This is my second Skyla IUD, so Ive had it for a total of 6 years. The IUD expired last month on 08/19. I am unable to get into an OB/GYN until 11/17 and even then, that is a new patient appointment so I will have to schedule another appointment to get the IUD removed. By that point, it will have been expired for 3 months. My question is, is it safe for me to keep it in for that long after its expiration? Ive already started experiencing some cramping and I dont want to endanger my life or anything like that. I have left a message for the nurse asking about this, but I just wanted to get some advice here. Should I just wait until my appointment in November and set up another appointment to have it removed? Or should I maybe try and go to my local health department to have it removed ASAP? Any thoughts or advice is greatly appreciated. Thank you! Its a good idea to get an IUD removed once it has expired and, if needed, replaced by its expiration date. But dont worry if you go a little over: Studies show that levonorgestrel-releasing and copper IUDs remain effective for at least 1 year past the expiration date. https://www.goodrx.com/conditions/birth-control/iud-removal Personally, I wouldnt continue to rely on it for pregnancy prevention, but it shouldnt cause any problems or infections if its left in for an extra few months. Many long-lasting birth controls are having their timelines extended as new studies come out (implant from 3 to 5 years, Mirena from 7 to 8 years). They just didnt invest the time and money originally to certify the added time. Skyla isnt one of those yet but I wouldnt be surprised if it follows. That being said, no harm in going to your health department or a planned parenthood to get it removed now! From my pharmacist perspective, I dont think you have anything to worry about. Your IUD has no idea that its expired, so its just going to keep on doing what its been doing for years. The amount of active ingredient released declines over the years, but its not like its going to suddenly shut off or anything. Theres nothing different about your IUD between 8/18 to 8/20. Your body has no idea that the IUD is expired. At some point the amount of drug released by the device will not be enough to provide contraception, but barring anything super extreme, theres some wiggle room there. I dont know you, and youre not my patient, so these are just my general thoughts on the matter. Your actual healthcare team will be able to give you personalized advice. Its not dangerous to keep it in for a while after its expiration date. Skyla is made of plastic just like other hormonal IUDs that are made to stay in place 5+ years. Youre probably cramping because the hormone dose is no longer enough to keep your periods under control. But if you have severe pain or its not related to your period I would have it checked out sooner in case its shifting out of place.

Am I freaking out about nothing? Advice needed. So my girlfriend got her period about a week and a half ago. Since then, weve had sex many times, all of which include Mirena IUD and a condom. A few days before her expected ovulation (according to her cycle tracker) the condom slipped off before I ever finished. The base of it was poking out of her, so it wasnt lodged inside and I immediately pulled it out like within a second. The only risk there wouldve been any precum that was inside of it, but even then, the base was poking out so I dont think anything couldve gotten out. The other times when I finished inside the condom, I checked them for leaks and didnt seem to find anything wrong, so I assume they did their job. I guess the instance when the condom slipped off as I was pulling out has gotten to my head. If I pulled out, before even finishing and the base of the condom was sticking outside of her and I immediately grab and pull it out, how much of a risk is there? Especially being that she was just a couple days from ovulation. Thanks! The IUD alone is over 99% effective. Theres nothing to worry about Cycle trackers dont mean much when youre on birth control, Mirena prevents ovulation at least half the time anyway, and it doesnt have to do that to be effective. The only factors you should be considering are the IUD and the condom barrier, and even if the condom wasnt used at all and you squirted right at her cervix, the Mirena IUD would ensure you have virtually nothing to worry about.

Should I Go Back On BC? Hi! I took a break on Nexplanon because I was on it since I was 18 and now I am 27 and took it out a year ago(yes I changed it every 3 yrs). I have my first boyfriend and weve been talking about having sex and such like normal couples do. Heres my question: He had a vasectomy about five years ago and he doesnt want kids and neither do I. Do you guys think that I should go back on Nexplanon to have a eased mind? Im like conflicted if I should go back on it 😆 The dude is already shooting blanks if hes had a vasectomy... hes sterilized, I dont see the need to go on BC. At most you could maybe ask hom to pull out? Idk but if hes had his post-op checkups and sperm counts came back low/infertile, I would personally not go on BC. If youre thinking that going on BC would ease your mind then there is no harm in doing so! There is no wrong way to go about this. You can always talk to a provider before deciding anything and ask any questions about the possibility of a pregnancy with a sterilized partner, what BC could do for you, and if that is something youd like to know about or your options! There is nothing wrong with asking questions! Id personally would see taking BC myself as me not just relying on my partners sterilization as MY form of BC. (If that makes sense 😅) I would take BC just to ensure that I am double-covered and taking that pregnancy prevention step myself. But again, that is just me! It is all up to you and whatever youre comfortable with. Go over your options, ask a provider if you have any other questions, and make decisions that sound best for you! Hope this helps! Yes, same because Ive read that its not always 100% lol 😂 so I rather be safe just in case lol

Love my iud But… I love my iud but my husband has finally got the courage to make a vasectomy appointment! Im so excited so I can possibly go without my iud. Congratulations! That said, Id keep your IUD in. Vasectomies can fail, especially within the first 4 years. Get him tested often. Congratulations!!! My husband got a vasectomy a couple years ago as well. I ended up having to get an IUD anyway to help my hormonal imbalance, but its definitely nice knowing theres no possible way we can get pregnant lol Good point haha I guess doubling up is best. We are luckily both on the same page with no more babies!!! 😅

doxycycline interaction? I was prescribed doxycycline today and the pharmacist told me there was an interaction with my birth control pills since it was still in my profile but when I told him I was now on nexplanon he just said oh I dont know and handed me my prescription? I cant really find much about nexplanon and doxycycline interactions so any help would be appreciated! thanks in advance! 💗 There isnt any interaction. u/Silly\_Wizzy [made this very useful comment the other day with references.](https://www.reddit.com/r/birthcontrol/comments/10glou9/nitrofurantoin\_and\_birth\_control/j53gv41/?utm\_source=share&amp;utm\_medium=ios\_app&amp;utm\_name=iossmf&amp;context=3) thank you so much!

Miscarriage after IUD removal TLDR: Im pregnant with an IUD and going to get it removed. How long after the removal should I be on miscarriage watch? Hi, looking for as many opinions/experiences as I can get! Yesterday I found out I am pregnant despite the fact that I currently have a copper IUD in place. Ive been experiencing cramps, bloating, and nausea for a week without any bleeding, so I took an at-home pregnancy test which was immediately and unmistakably positive. Based on my symptoms and best guestimating I think Im likely about 6 or 7 weeks along. I have an appointment with my OBGYN on Monday and they are going to try to get me in for an ultrasound before the appointment to check the location of the IUD and the pregnancy. My provider told me that they will most likely recommend having the IUD removed. We, my husband and I, are not sure if we want to keep this pregnancy or not. We are pretty afraid of all the possible outcomes/decisions. My question is regarding the removal of the IUD. My impression from the resources I have been able to find on the topic is that the removal is quite likely to trigger miscarriage OR increase the likelihood of a miscarriage later on. Between these two possibilities, which is more likely the case, in your personal or professional experience? If its more of a trigger (faster cause and effect type relationship), how soon after the removal should I expect to miscarry if I am going to? Hours? Days? Weeks? If its more likely the latter, at what point in the pregnancy should I worry less about a miscarriage, 12 weeks, after the 20-week anatomy scan? Through to the end? I know it will always be a slightly higher risk of negative outcomes, but I hope that at a certain point Ill be able to relax a little bit more. Im hoping to gather as many anecdotal experiences as possible on the topic as it seems unlikely that my individual provider will have a ton of experience in this supposedly rare situation. I would also love any additional support or commiseration! I, unfortunately, dont have any answers to your questions but I just wanted to say that I hope it all turns out well and exactly how youd like it to. Sending good wishes! Im so sorry to hear. I had a different kind of bad IUD experience, so I cant bring anecdotes... But I do have to say that whoever you spoke to sounds like they know what theyre talking about. Eg. [https://pubmed.ncbi.nlm.nih.gov/24508123/](https://pubmed.ncbi.nlm.nih.gov/24508123/) [https://www.cmaj.ca/content/190/14/E440](https://www.cmaj.ca/content/190/14/E440) I havent ran into studies about when to expect miscarriage if is happens, I dont know if they even exist. If you at all suspect that the ob-gyn you are referred to does not have experience with your type of cases, get a referral to some bigger hospital or a specialist already. My bad experience was mostly because my healthcare provider had no idea of their own skills, or copper IUDs, and pretended my case was rare (when in fact it affects like 30% of copper IUD users). I would have died if I didnt walk into a university hospital asking for help (all against my regular healthcare providers advice). Im so sorry youre dealing with that. This is a huge fear of mine using the copper IUD. [Paragard full prescribing information pdf ](https://www.paragard.com/wp-content/uploads/2018/10/PARAGARD-PI.pdf) &gt;Published studies on pregnancy outcomes exposed to copper IUSs report up to 27% miscarriage when the IUS was removed compared to 77% miscarriage when the IUS remained in the uterus. Unfortunately they dont cite the published studies and Im sorry I cant find more info about the risk timeline. Supposedly theyre out there though. Wishing you the best! Hi. I got pregnant on an IUD too. Heres what my experience was: when you get an ultrasound, theyre going to look for the embryonic sac and how far away the IUD is from it. when I got the IUD removed, the doctor said that if I started bleeding right away, then that means it might be triggering a miscarriage. If I dont, that means the pregnancy could likely be viable. It didnt trigger bleeding for me, but I didnt keep the pregnancy. Another thing to say is that if you get your IUD removed and you hear a strong heartbeat from the baby, your chances of miscarriage are less than 10%. So the chances of it happening weeks later due to an IUD removal arent that high I dont think. Best of luck with whatever you decide to do. The doctor will most likely remove it and if it would trigger a miscarriage, that would happen pretty soon afterward. That wouldnt be something happening many weeks from the time of removal. If you decide to terminate Id \*not\* recommend waiting for the IUD to do the job. You would even still be within the time frame for medical termination. This sucks. I personally had a horrible experience with the copper IUD too and do not trust them anymore. Hope everything goes well for you either way and that you can make a decision that feels right for you. Yes, it does happen but it depends on factors like the distance of the IUD/its general position as another user has already mentioned. As 6-7 weeks is \*very\* early, a miscarriage could also result from natural causes like genetic errors etc. during that time. Same thing happened to my sister-in-law. The IUD was removed. No bleeding. The pregnancy remained. She had a healthy 3rd kid. Its all luck of the draw re: where the embryo decides to latch. I wish OP best of luck, no matter what happens or how she decides. I meant I dont know if \*studies\* exist on that. I got pregnant with a Mirena IUD and only found out because I was bleeding heavily and went to the GYN who did a pregnancy test and it was positive. The ultrasound showed the IUD was in place and the sac appeared to be in or near a fallopian tube so was likely ectopic and didnt survive. She said my fallopian tube looked swollen too so I would have likely lost my tube if the pregnancy had continued. She refused to take the IUD out stating insurance wouldnt cover it because it had been in less than 2 years. I eventually went to a Birth Center and paid OOP to yank it out. I know a few mom friends that had IUD babies and their Drs kept the IUDs in for fear of miscarriage. So it all depends on what you want to do. I would talk over the options with your Dr and make the best choice for you! Wish you the best! 🌺 Omg! I cant believe insurance wouldnt pay for removals. Ive had troubles with my insurance but nothing like that! Im so sorry to hear that and sounds like you got lucky. Geez..Maybe I should just tell my bf we will never have sex for our entire lives at this rate. 😅😅 I was going to go to an appointment tomorrow to talk about an IUD because I think I would trust it more than pills and it seemed more trustworthy but now after reading things on here I just want to cry. Lol. I just.. cant..have another fucking kid right now and I live in a red state..and now I AM crying. Wonderful. 😂 FWIW, IUD pregnancies are SUPER rare. Rarer than any form of birth control. But of course nothing is 100%. I had Skyla IUD for three years and never had an issue! It beat the hell out of the pill (which I hated for making me paranoid if I ever took it late, and also made me moody). And you dont have to talk to some shitty judgmental pharmacist every few months! I dont think Skyla would be good for me though.. It has hormones and I absolutely cant risk a hormonal bc that could make me gain weight. I have struggled with eating disorders and mental illness and I dont want to make it even worse. 😅😅 I have a lot of anxiety around the possibility of pregnancy..even with outercourse.. and I live in a red state so that makes it even scarier.. 😫 I hear you. FWIW the reason I picked Skyla is because the hormones are so so low. I wanted the copper IUD because there were zero hormones, but I heard so many stories (from friends and online) about the cramps that I got spooked. But I also have a friend who LOVED her copper IUD. I think if you arent normally prone to bad cramps or a heavy flow, its a good non-hormonal pick. Thats the trouble with online reviews, its usually only the people with bad experiences that write, but we can never see this huge majority of people who had everything go well, and so we never hear from them. Anyway, sorry you are faced with this. Its really hard living in a red state right now. Hate that we have all this on our shoulders. But youll find something that works for you! Good luck &lt;3 &lt;3

Period lasting too long after Plan B I took Plan B probably about 6 weeks ago. I have an IUD, but we normally use 2 forms of contraception, and didnt this time, hence the Plan B. Ive now had my period on and off since. As in, Ill have it for 5 days, not have it for 2 days, then it starts up again. I know irregular bleeding is a side effect, but is what Im experiencing normal? This was my first time taking Plan B. Thanks!! Which IUD? IUD are effective on its own. Plan b will nuke your hormonal system Any time I took it, it fucked with my periods for so long. I would have 2 week long periods for months. Terrible. absolutely normal. for future reference, some IUDs are [more effective than tubal litigation](https://link.springer.com/article/10.1007/s11606-022-07433-4). id strongly advise against taking plan B again unless you have reason to believe its out of place. nothing wrong with being extra careful, but plan B is a lot of extra hormones that shouldnt be taken lightly. be careful, okay? best of luck! Makes sense! Thank you! Honestly, the overturn of roe terrifies me, so taking plan b felt like the best option at the time, but appreciate the education! This is helpful for the future. i definitely understand! i live in texas, &amp; since roe was overturned my partner &amp; i decided were not having sex until i get my iud lol. im sure even then ill be guilty of worrying too much! if you have to choose one thing to be very very careful about, unwanted pregnancy is a solid choice. just be cautious about putting that many hormones in your body!

I only get periods once a year - Would the arm implant be effective for me? Hi, I (25f) am terrified of getting pregnant, so me and my husband want to try to be as careful as possible. Id like to get the implant, and reading about it online it says that it is only effective after a period but I dont get my period blood for like... 5-6 months. Im hoping this means Im less fertile, but it also worried me that the arm implant wont work? Were also going to use condoms but I dont really trust those on thier own. (Also, another possibly stupid question but if you have an effective arm implant, does that make it safe for him to finish inside?) Thank you the implant will protect you indefinitely after 7 days of it in ! also birth control methods like the pill, iud, implant, etc are designed for it to be your only form of contraception (so yes finishing inside). if it wasnt safe to, it would be required to use multiple forms of contraception. many many people are successful in not getting pregnant when using the implant. I can vouch for the implant. Its easy and the most effective method on the market. Wait seven days before having unprotected sex and youre good to go. Ive been using it for seven years. No worries, no pregnancy, no pulling out. The implant is effective immediately if its inserted during the first 5 days of a menstrual cycle. But it works after 7 days if its inserted at any other time. The only thing that can make it less effective are some medication interactions, so if youre on medication check that with your doctor. Only a few drugs have that effect though. Hope it doesnt come across as unsolicited advice, but when you see a doctor to get Nexplanon you might want to talk to them about your irregular periods. Some causes of very irregular/missed periods, like PCOS and hypothalamic amenhorrea, can have complications other than infertility. If youre on hormonal birth control not having a period is normal and not harmful, but the same doesnt apply to natural cycles. [deleted]

mirena iud as emergency contraceptive? [deleted] There is one study done in association with Planned Parenthood! [https://www.nejm.org/doi/full/10.1056/NEJMoa2022141](https://www.nejm.org/doi/full/10.1056/NEJMoa2022141) &gt;The levonorgestrel IUD was noninferior to the copper IUD for emergency contraception. Heres a fact sheet in PDF form from Planned Parenthood about the study: [https://www.plannedparenthood.org/uploads/filer\\_public/f5/9c/f59ce050-a851-4ab1-898a-9d2e7d73a39c/210128-fact-sheet-lng-ec-p01.pdf](https://www.plannedparenthood.org/uploads/filer\_public/f5/9c/f59ce050-a851-4ab1-898a-9d2e7d73a39c/210128-fact-sheet-lng-ec-p01.pdf) oh ok! so cool! my doctor was giving me iffy answers (hesitated when i asked will this be considered emergency contraception like how the copper iud is?) so im relieved to see that its considered noninferior lol The whole idea of Mirena/Liletta being effective as EC is very new, so it may take some time before everyone catches up with it, even doctors. Think of it like this, studies on the fact that the vast majority of antibiotics dont interact with hormonal BC have been out for \*years\*, yet most doctors and pharmacists still say they do! ohhh i see. i didnt realize that was a thing. well heres to hoping this stuff works man🫡 Mark 3 weeks since the incident and take a test to make sure!

Advice on using condoms as a main form of birth control I have been on the combo pill ortho-tri-cyclen for the past 6-8 months and my blood pressure has risen. I have been trying to exercise to lower my blood pressure but I have found that ortho-tri-cyclen has made my moods worse (very angry and depressive). I have been on different low dose combo pills before (Aviane and Falmina) but they both have made me spot every single month despite taking them for 6+ months. I have been on hormonal birth control pills for the past 2 and half years. I am considering if I should just utilize condoms as my main form of birth control because of the side effects ortho-tri-cyclen has caused. My primary doctor recommended condoms, diaphragms, IUDs or Implants as forms of birth control that I could use. I dont want to use diaphragms. I am considering IUDs or the Implant but they are both invasive procedures that I feel anxious about undergoing. I also am hesitant due to the amount of spotting I would possibly have after the procedures. But I am very scared about getting pregnant due to the overturn of Roe v. Wade. I live in a state where abortions are allowed but I still would like to use all means to prevent a pregnancy from happening. If there is any advice that someone could give me, that would be greatly appreciated. Checkout [the buddy system](http://www.scarleteen.com/article/sexual\_health/the\_buddy\_system\_effectiveness\_rates\_for\_backing\_up\_your\_birth\_control\_with\_a\_). You could pair condoms with withdrawal, spermicide, and/or fertility awareness (r/FAMnNFP) for a high level of combined protection. I used condoms alone for a whole year during my break from the pill, and not once did I have a scare or experience them breaking. If you want to avoid hormones, it can be a very effective form of contraception if you take the time to ensure youre using them properly. Pairing it with spermicide would make it even better. Its possible youll react much better to progestin birth control than you do with combo pills. Try talking to your doctor further about how you could react to them, but side effects are a given especially when you first start because your body needs to adjust. Discern if youre willing to endure them for longer-acting and more low maintenance birth control. They make an ortho tri cycling lo, which is what im on, but if you have decided fuck the pills, condoms are generally very effective and as others have said even better if paired with withdrawal or some other method. Id say if you want something very reliable the arm implant is far less invasive and painful than iuds and has a higher success rate. I currently track my cycle, use condoms during fertile periods, and use pull out during other times. We havent had any scares other than when my period stopped due to illness. If you use condoms only, check it after each use to make sure its not broken, have a couple plan Bs on hand in the event it does break, and take monthly pregnancy tests to be safe Also consider withdrawal, spermicide, and temp tracking as another prevention method. [deleted]

Confused at the moment - Nexplanon and antibiotic I have just seen on another post a comment stating that they were told by their pharmacist to use a backup method when prescribed Amoxicillin Cluvalanate (Augmentin). I see everywhere online it might interact with the pill. It scares me now. I am on the implant and quickly asked the pharmacist, who said its fine. My question is: does it interact or not ? If it interacts with the pill, does that mean it interacts with nexplanon ? I didnt use a backup method during the duration of treatment, which is why I am asking. Kind of freaking out right now. Trust. YOUR. Pharmacist. Your pharmacist is familiar with medications you take and what theyre supposed to treat. They can provide accurate information tailored to you. Second this. And would add theres no evidence of an interaction with nexplanon and augmentin. so a little medical fact here is that often they tell you from use a back up form of birth control with the pill because you can get nausea/diarrhea on an antibiotic which may make the pill absorb differently and therefore be less effective. obviously you dont have to worry about that so you should be good! NO! it only affects you if you have vomiting or diarrhea I see. And that doesnt affect nexplanon. So I guess good news for me !!

Question about IUD and Plan B My partner and I had unprotected sex and she has taken Plan B. She is also getting an IUD in a week. Will taking a Plan B a week before an IUD insertion affect the protection rate of an IUD? Will it also affect her period cycle in a negative way?

Anyone ever get pregnant on Nexplanon? Hello. So Im a little concerned about my nexplanon. I take a medication that says it can cause interactions with it for one, and Im overweight for two which I hear is also not the greatest for things like this. Consult your doctor/pharmacist for the most accurate information for your case. Very very very few people have become pregnant using Nexplanon. [deleted] There are multiple studies on this already with no evidence that those with a higher BMI are at risk of the implant being less effective any earlier than the 3 year mark. https://pubmed.ncbi.nlm.nih.gov/22678035/ https://pubmed.ncbi.nlm.nih.gov/26577754/ https://pubmed.ncbi.nlm.nih.gov/22717269/ [deleted] And I fall into the obese category as does my own OBGYN who told me there is literally no reason to get it out any earlier. You are spreading misinformation based off of people you know instead of actually taking a peek at the studies that are already done. Theres no evidence for what you are saying and the studies HAVE been done showing there is no reason to believe efficacy decreases earlier in obese women than those who are not obese. I literally shared three different studies and your anecdotal evidence doesnt trump actual studies. Sharing misinformation does nobody any good. I responded to another thread but there are three different studies that I linked below to show that there is absolutely no evidence showing that there is a decreased efficacy in women who are obese versus those who are not. As for the medicine interaction make sure that all of your doctors know all medications, including the implant, that you are on before being prescribed any other medications. I definitely have a chat with your doctor about this but your weight should not affect the efficacy of the implant. If you are very concerned, especially after seeing different responses, just talk to your OBGYN they will be able to give you the best advice. [deleted] Im not being rude and confrontational. I linked studies that have shown that there is evidence against the anecdotal, not scientific, stuff you are saying. Sharing science over feelings in a subreddit that relies highly on factual information (not anecdotal) being shared and asking you to stop sharing misinformation isnt being rude. Perhaps the reason the many women you know who had it removed earlier wasnt due to a higher risk of pregnancy, but something entirely unrelated. I am not taking it personally, Im literally sharing the evidence you say doesnt exist. [deleted] Is this [article](https://www.guidelinesinpractice.co.uk/womens-health/overweight-and-obesity-influence-contraceptive-choice/454775.article) what you are referring to? If so further in the same section on nexplanon states: Clinical outcomes data, on the other hand, do not show an association between high BMI and implant failure (which is extremely rare in women of all weight categories). Based on the existing evidence, the FSRH recommends that the implant is a highly effective method that can be used by all women for 3 years.4 BMI alone is not sufficient to restrict implant use; however, when elevated BMI is combined with other cardiovascular risk factors, implants are considered UKMEC 2.5 This mentions that in the UK while err on the side of caution, high BMI alone does not mean they cant use it for the full three years. Im genuinely curious about this as where I am my OBGYN is more than comfortable extending the time if its been approved for 5 years after my next one is inserted. &gt;generally they are encouraged to replace their implant after 2 years instead of 3 If youre going to say this, you need to back it up with evidence. I know of no guidelines that state this. Ive been on Nexplanon for almost a year and have recently had positive tests. I would contact your OB/GYN as well as the doctor who prescribed your medication regarding your concerns (this is what I did). In the meantime, use a different contraception method. Also, make sure you can feel the implant in your arm. Good luck &amp; I hope everything turns out okay!

GyneFix IUD Vancouver Canada Our sub doesnt permit promoting online pharmacies.

Free birth control in British Columbia In case anyone didnt see the news: Finance Minister Katrine Conroy said free prescription contraception [ including most oral hormone pills, contraceptive injections, copper and hormonal intrauterine devices, subdermal implants and Plan B (also known as the morning-after pill).] will be available for women and transgender and non-binary people starting April 1. Source : https://globalnews.ca/news/9518052/bc-budget-free-prescription-contraception/amp/ It blows my mind that more people arent talking about this. Were the first Province in Canada to put this type of legislation into effect and I really think its going to do wonders, especially for young women or highschool aged girls who dont have parents financial support in these matters. I think there needs to be further education on the problems of taking a plan-b too many times in a short time frame because my one fear is that some people may not realize how detrimental that can be and because its free, think that it is a regular contraceptive option.

Can spermicide be used with a copper iud? And do the brands matter? Cant really find an answer anywhere thanks!

Does this just mean my side effects will be heightened rather than the medication lowering my implants efficiency? ( down below) [deleted] Need more context. This means that you may have higher levels of estrogens/progestins in your body while taking the antifungal. Will not affect efficacy, may cause a temporary increase in side effects. Even that, however, is very unlikely - Im assuming this is a short course of fluconazole for a yeast infection or something of the sort. Its not actually fluconazole haha its called micnoazole its an oral gel for oral thrush I found contradictory information though. On this site https://www.hpra.ie/img/uploaded/swedocuments/Licence\_PA0330-048-003\_11112020084023.pdf they said Miconazole can inhibit the metabolism of drugs metabolised by the CYP3A4 and CYP2C9 enzyme systems. This can result in an increase and/or prolongation of their effects, including adverse effects. The hormone from the implant is metabolised but the CYP 34A enzyme system. So I have no idea what to believe and on top of that a pharmacist told me it wouldnt interact so Ive no idea 🤷‍♀️ I dont see how thats contradictory, they appear to be saying the same thing? Its an oral gel so the pharmacist is likely correct in saying there wont be any effect because topical medications like that dont tend to be absorbed to a significant extent. The other commenter is correct in that even if it \*did\* get absorbed it would only \*possibly\* increase any side effects temporarily and thats the only effect it would have. Theres nothing significant thats going to happen. With this gel you have to swallow Nope, not contradictory. This information is saying the same thing - it slows the metabolization of progesterone from the implant, so you can get increased side effects. Again, this does not change the efficacy.

TikTok videos give me so much anxiety I have an iud, and havent had sex in 7 months, but I keep seeing so many videos that are like how I didnt know I was pregnant etc and the girls have flat stomachs like mine until like 8 months in. I cant help but feel extreme anxiety. I could go just get a test but then the comments are like fake negatives are a thing Ugh I hate it and just need some reassurance. People lie for views and leave out important details. Tik tok is the last place anyone should be taking anything as fact. Just remember those Tiktoks are made by people who insist they had their birth control with perfect use and their basis for perfect use is their own limited or misguided knowledge. Please do not pay attention to videos on TikTok! A lot of it is for views. Also you can take multiple tests from the dollar store if youre worried about a false negative. You need to stop watching those videos if they give you anxiety. I would recommend watching some YouTube videos by MamaDoctorJones. Shes an ObGyn and makes lots of videos talking about different topics. Watching her videos on birth control gave me a lot of peace of mind, much better informed and reasonable compared to the crap you find on tiktok Ive had this same anxiety,I have IBS and any nausea or stomach cramp and I think this is it Im done for , BUT that being said; I looked into it and most tests are like 98% correct; taking two just to be sure doesnt hurt at all! Get off tiktok!! That app is specifically designed to make you more stupid. Go outside for a walk instead and seek your answers from reality. I think Tik tok is the opposite of real life Feltttt I have IBD and have the same reactions 😭 You can mark those videos in the meantime as not interested - but just get your IUD checked frequently if you are paranoid, and remember the majority of people use bc and thats so many millions of cases. Its rare. Tik tok literally thrives from your anxiety is is legitimately curated to make you nervous because it recognizes you gives these videos your watch time do yourself a favor and delete it anyways its been proven its collecting data from you like who you are the sites you visit and everything else and is being sold to china. It is also why many peoples attention span is shorter than that of a goldfish. I used to get scared on tt too but seriously youll feel muuuuuuch better when you move off it and realize all these people post anxiety inducing stuff on purpose! I hope this doesnt come across as rude/invasive but do you have OCD by chance? Not telling you to self diagnose or anything but it might be worth looking into; the anxiety despite the no sex for 7 months thing stands out, those types of invasive, irrational, anxious thoughts are common with OCD Tiktok works based on algorithms. The more you watch those pregnancy videos, the more new ones will appear. Try to find other topics youre interested and look at some of these videos. Then, those pregnancy videos will disappear. Regardless of which IUD you have, remember that its biologically impossible to be pregnant in your case. Take a test if it calms you down, they are reliable!! Yes, fake negatives are a thing, but not the standard. You can also take 2 or 3 of it helps. I do! Went to therapy for a bit as a kid but probably should go back 😬😬 Yeah my anxiety has skyrocketed 1000% since Roe vs. Wade was discussed being overturned/overturned. And its like I cant stop doom scrolling. Every single video has me convinced that I will have zero access to birth control anymore, among other (worse) things. And I dont know what to do about it, because every where else is saying youll still have access but then I see videos from people in my state saying they no longer have access, so I dont know what to believe anymore and I have never been more terrified in my entire life. This too! Hey at least you know!! Feel free to reach out if you ever wanna chat, I deal with the same annoying ass thoughts lol Remember that there are factions who have an interest in deterring women from using effective birth control, and that theyre not above making fake videos to sway you.

ovulation rates and implantation prevention with different birth control methdos Hi there! Im looking for a new birth control method and have some questions. I understand that the primary two functions of most birth control methods (with the exception of barrier methods, vasectomies, FAM, etc.) are (1) prevent ovulation and (2) prevent sperm from meeting the egg. However, the failure rates of all methods indicate that at least \*some\* of the time, those two functions are not satisfied. Im also aware of a third function which would only take place after the first two fail. (3) preventing implantation of the fertilized egg in the uterine wall. I know there are exceptions to this general 3-step system (e.g. copper IUD only does 2 and 3, but doesnt suppress ovulation, right?). Does anyone have an estimate of how frequent breakthrough ovulation is with different birth control methods? It must be at least as high as the perfect-use failure rates of each method, but presumably is higher given that functions 2 and 3 sometimes happen following the failure of function 1, and pregnancy happens following the failure of all 3. In particular, Im wondering about the Pill and IUDs (hormonal and copper), but would take information on other methods. If anybody has information, research, or data regarding these aspects, please let me know! Thank you! :) Im not sure about the pill, but with hormonal IUDs they mention that ovulation can still happen, and the older an IUD is, the lower the dose it delivers, hence a higher chance to ovulate over time. And just like you mentioned, the copper IUD doesnt prevent ovulation at all. In this [document](https://docs.google.com/document/d/12Brm6p9h4GKUyDSOqgn1kzQ6ZzCkAtjWdYBA8D3HDdk/edit) it says for every IUD what the average chance to ovulate can be over time. That said, Im not sure if there is any study on how often breakthrough ovulation happens and how the pregnancy rate relates to that - as in, when they calculate the effectiveness of a method, they dont try to see which one of the 3 was at fault; ultimately, all three are at fault, since they all have to fail in order for pregnancy to happen. Of course, pregnancy cannot happen without an egg, without sperm to meet the egg, or without successful implantation. Similarly, even if ovulation happened, they dont look for which one of the other two mechanisms of action actually worked in preventing said pregnancy. In a method that consistently prevents ovulation, actually \*catching\* when someone ovulates means they would require daily testing and ultrasounds. And ultimately, even with all of these three mechanisms failing, it still doesnt result in pregnancy 100% of the time, since a lot of other things are implicated in successfuly getting pregnant (for instance, the lack of genetic defects in the blastocysts, which is completely unaffected by any form of contraception). None of your periods on hormonal birth control were likely due to ovulation. The pill artificially regulates your cycle due to the 28 day cycle of active and inactive pills. The pills main way of preventing pregnancy is by preventing ovulation, with cervical mucus thickening a secondary action. It is the inactive pills that generally induce bleeding on a schedule. With nexplanon, a majority of women will not ovulate given the high dosage of progestin to the blood stream. However your body will eventually breakthrough bleed, similar to how it would if you took active pills with no inactive in between for several months. As time goes on, the progestin released every day by nexplanon decreases, which increases the likelihood of having that breakthrough bleeding. I would also reverse the recommendations for pregnancy prevention vs period suppression. The IUD and implants are 99.9%+ effective at preventing pregnancy as they dont rely on the user for success. With BCP you can always just skip the inactive pills to attempt to skip a withdrawal bleed. In my experience, when I had hormonal IUDs, I didnt ever get a period at all, sometimes I would spot old blood, but never a full period. [deleted] Overly broad, overly fringe, unsubstantiated, and/or runs counter to established medical knowledge. Bleeding doesnt necessarily indicate ovulation.

Questions about the Implant birth control (NEXPLANON) So I just got the implant put in less than a month ago and they said that I shouldnt have unprotected sex for a month after getting it in but things just kinda happen ya know… I didnt think itd be a big deal i though it must just be an extra protection just in case, but Im starting to wonder if Im pregnant or might get pregnant. Is it actually possible to get pregnant while having the birth control if its freshly put in..? I took a pregnancy test but I have a feeling it was too early to test, maybe Im just overthinking it and making myself crazy but I swear I seen two lines. My boyfriend couldnt see it, he said it was just the line of what would come up if I was positive, it didnt even have color to it, it was just there. Like when I tell you its barely noticeable I mean you wouldnt be able to see it really without a light… I think maybe Im freaking myself out for nothing but Im only 17 and still in school. Someone please tell me theres no way Im just crazy The implant is effective immediately if you got it inserted during the first few days of your period, or 7 days after getting it if you got it inserted any other time during the cycle. That said a pregnancy test can read positive (only if pregnant of course) for sex youve had at least two weeks prior, best if three. It also has to be read within the given timeframe (usually 3-5 minutes) to avoid evaporation lines. Indent lines are also a thing since it can show where the dye should be, if the test were positive.

Contraceptives feel so frustrating Im getting married this year and for the first time in my life Ive had to worry about birth control and its so fucking frustrating. Condoms and the pill are a no go for me and my boyfriend because of efficiency + other things and complete sterilization is not an option either because we do want kids later down the line. But despite deciding on the IUD or insertion it feels like Im (and solely me) being punished for even having sex. Ive always had hormonal issues like severe acne/hormonal probs and painful periods as well as endo and it seems like everything I look into would just make my symptoms worse. Its so frustrating and I cant help but cry knowing this is just going to be my life now and even on top of birth control Im going to constantly be anxious about the probability of pregnancy. I love my boyfriend very much but he didnt seem to understand my concerns until I mentioned abortion if something went wrong. Then he started looking into things like IUDs for me but I cant help but feel resentful that Im cursed with the burden of being careful just because of my organs while having a penis is ignorant and painless bliss while Ill have to have things put into me or piercing my cervix because I want to enjoy my sex life. Does anyone else feel this way or am I just being a baby? You just say other things regarding condom usage so I dont know if youre referring to a religious objection to barriers, or if he just doesnt like them or something else entirely, but you dont have to take hormonal birth control if you dont want to. If its an efficacy issue, when used perfectly condoms are 98% effective and the pill is even more effective if taken correctly. Doublecheck symptothermal fertility awareness methods have been shown to be up to 99.4% effective when you are taught the method and the rules are followed correctly. There are other options for you, but if condoms are not against your religion I would definitely urge you to reconsider them. I was in the same boat so I got the ring. You put it in and forget about it until 21 days later. Or if youre like me and have annovera and want to skip periods you forget about it until every once in a while where you need to rinse it. You can skip period and have complete control without procedures. I use annovera so it lasts a year! I was on pills for 9ish years and always stressed about the timing etc bc I would forget. The ring is amazing. I get where youre coming from. Women are unfairly expected to go through BC troubles without complaint and its our responsibility to make sure we use it correctly until an effective and approved male contraceptive comes out. I was hesitant to start pills due to side effects but ultimately went with them and condoms. I was lucky enough to not experience a lot of side effects, so you may also get lucky (unless youve already tried and thats not the case). As for efficiency, pills are very effective especially when paired with other methods. Condoms are also effective and there are thin condoms is thats a problem. You can use as much lube as needed if thats also a problem. Take a breath, you do have other options (like tracking). If you keep thinking like this, your sex life and relationship is going to seriously suffer. You have to start thinking in a different way. You cant feel resentful for being born a woman and having to think about birth control - theres nothing you can do to change that. Youre also not alone in this responsibility because your partner has said he will wear condoms. Stop thinking of birth control as this painful, annoying thing we have to live with. Millions of women are on birth control with very little side effects. We are SO lucky that modern science has made it possible for us to have sex with minimal risk of pregnancy. You also seem to be very misinformed - the vast majority of birth control, with the exception of the copper IUD, tend to make periods lighter and less painful. The pill is routinely prescribed to help hormonal acne. I think you really need to speak to a doctor about your options, and they can give a professional, medical opinion. Then I think it might be a good idea to speak to a therapist about the frustration youre feeling, which is irrational, because you actually have no prior experience with birth control to be thinking so negatively about it. I think its a fair way to feel. The only option for men is condoms. Everything else, the onus is put on the woman. Agreed! Condoms might be the best option. You should check out the Fertility Awareness Method. r/FAMnNFP It prevents pregnancy by identifying ovulation. You only ovulate once per month and the egg lives for 24 hours. You take your temperature every day, look at your discharge and record it in an app to identify your fertile window. When you are not ovulating it is physically impossible to get pregnant. If you want an extra layer of protection you can use withdrawal as well. Idk why most guys dont consider that as an option in helping to prevent pregnancy.