

BIRTH CONTROL FOR PEOPLE WITH RHEUMATIC DISEASES*



IUD MOST EFFECTIVE

- » This t-shaped piece of plastic—available with or without hormones—is placed in the uterus by a health care professional and keeps sperm from doing their thing. (As in not fertilizing an egg.)
- » Trouble remembering your birth control? The IUD just may be for you. Once it's in, you can keep it for 3-12 years.
- » IUDs with hormones can lighten your period and even may make your periods stop all together. The hormones in the IUD will not affect your rheumatic disease or treatments.
- » You can have the IUD removed anytime you want and can get pregnant pretty fast after you stop using it.
- » Both types of IUDs are safe for everyone with a rheumatic disease.

IMPLANT MOST EFFECTIVE

- » This teeny tiny rod is placed under the skin in the upper arm by a health care professional and it prevents pregnancy for up to 5 years.
- » It gives off hormones that keep ovaries from releasing eggs. Also has a cool sperm-blocking effect.
- » It's so small that most people can't see it—which means it can be your little secret, if you're so inclined.
- » You can have the implant removed anytime you want and can get pregnant pretty fast after you stop using it.
- » Safe for everyone with a rheumatic disease. The hormone in the implant will not affect your rheumatic disease or treatments.



SHOT

- » A shot that keeps you from getting pregnant for 3 months at a time.
- » It contains progestin, which keeps ovaries from producing eggs. Also has an awesome sperm-blocking effect.
- » Once you get the shot, no one can tell you're on it, so it gives you a lot of privacy.
- » It's possible to get pregnant 13-15 weeks after the last injection, but for some it can take up to 9 months.
- » Safe for most people with a rheumatic disease. If you have antiphospholipid antibodies or at high risk for osteoporosis because of medications you take, think about if this is the best method for you.



PATCH

- » A thin, beige piece of plastic—kind of like a Band-Aid—that you put on your skin and change once a week.
- » Gives off hormones that keep ovaries from releasing eggs. Also has a fabulous sperm-blocking effect.
- » Xulane is less effective if you weigh more than 198 pounds; Twirla is less effective the higher your BMI is, starting at 25.
- » You can get pregnant pretty fast after you stop using the patch.
- » Safe for most people with a rheumatic disease. It's not recommended if you have antiphospholipid antibodies or lupus.



ring

- » A small, bendable ring that's inserted into the vagina. Put it in. Wait 3 weeks. Take it out. Wait 1 week. Repeat.
- » It gives off hormones that prevent ovaries from releasing eggs. Also has a fabulous sperm-blocking effect.
- » It allows you skip your period altogether. Consider the possibilities.
- » You can get pregnant pretty fast after you stop using the ring.
- » Safe for most people with a rheumatic disease. It's not recommended if you have antiphospholipid antibodies or very active lupus.



CONDOM

- » Slip a condom over the penis or insert an internal condom into the vagina to prevent pregnancy and lower the risk of sexually transmitted infections.
- » Latex or non-latex. With spermicide or without. With lube or no lube. There are hundreds of shapes, sizes, and types to choose from.
- » They're cheap (sometimes even free!) and easy to get.
- » You should use them correctly every single time if you want them to be effective.
- » Safe for everyone with a rheumatic disease.



BIRTH CONTROL PILL

- » Take the pill once a day and it'll keep you from getting pregnant.
- » The pill keeps the ovaries from releasing eggs. Also has an excellent sperm-blocking effect.
- » Some pills allow you to skip your period altogether. Consider the possibilities.
- » You can get pregnant pretty fast after you stop using the pill.
- » The most common kind of pills are safe for most people with a rheumatic disease, but they aren't recommended if you have antiphospholipid antibodies or very active lupus.
- » Progestin-only pills are safe for everyone with a rheumatic disease.



*There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. For a complete list go to: www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions

Products displayed are for informational purposes only. ACR does not support any brand or manufacturer.

BEDSIDER

DOWNLOAD OUR
FREE REMINDERS APP
For iOS or Android
at Bedsider.org/reminders_app

AMERICAN COLLEGE
of RHEUMATOLOGY
Empowering Rheumatology Professionals