Hormonal Methods of Birth Control contain estrogen and/or progestin.

- Requires a gynecological exam and prescription from your doctor or nurse practitioner (Available at McKinley)
- Provides continuous contraceptive protection when used correctly
- Offers **NO** protection against STI's (use condoms)

They prevent pregnancy by:

1. Preventing ovulation
2. Altering the cervical mucus, making it less penetrable to sperm
3. Altering the endometrial lining, inhibiting implantation of a fertilized egg

Non-Hormonal Methods:

- Some are referred to as “barrier” methods
- Prevents sperm from entering the cervix

**Methods Available @ McKinley Health Center**

**Hormonal Methods:**
- Pill
- Contraceptive Patch
- Nuva Ring
- Depo

**Non-Hormonal Methods:**
- Condoms (male & female)
- Diaphragm
- Spermicide
- Some students choose to abstain from sex to prevent pregnancy

McKinley Health Center
Take Charge of Your Health