

What's right for me?

**Your results:
contraceptive
methods which
suit you**

Consider, please bin these and other suggestions will pop up.

Contraceptive Method	Best at preventing pregnancy:	Less need to remember:	STI protection:	For regular periods:	For no periods:	For less painful periods:	Less acne:	Less PMS:	Hormones:
Ring	4/5	3/5	4/5	4/5	4/5	4/5	4/5	4/5	Yes
Patch	4/5	3/5	4/5	4/5	4/5	4/5	4/5	4/5	Yes
Combined Pill	4/5	3/5	4/5	4/5	4/5	4/5	4/5	4/5	Yes

Do you want something that is less effort to remember?
▶ Not an issue

Do you want a method without hormones?
▶ Not an issue

Do you want to be pregnant in the next few months?
▶ Yes/maybe

[✉ Email results](#) [📱 SMS results](#)



CONTRACEPTION
choices

**Information
you can trust**

www.ContraceptionChoices.org