

What's Your **SEX**pertise?

EMERGENCY CONTRACEPTION

Emergency Contraception Pills (ECP) also known as the "morning after pill," works to prevent pregnancy after unprotected sexual intercourse or the failure of a regular method of contraception. It is most effective the sooner you take it, but can be taken up to 72 hours after incident.

HOW DOES ECP WORK?

- Prevents pregnancy by temporarily stopping the release of an egg from a woman's ovary, fertilization, and/or implantation of fertilized embryo depending on where the woman is at in her menstrual cycle.

- ECP will not work if you are already pregnant

WHEN SHOULD I USE ECP?

- Contraception was not used for sexual intercourse
- Your method of contraception failed (the condom broke, diaphragm slipped out of place)
- You missed more than two consecutive days of birth control pills this cycle
- You were sexually assaulted and currently not using a reliable method of contraception

WHERE IS ECP AVAILABLE?

ECP is available over the counter at any pharmacy if you are 17 years or older with a photo I.D. for about \$50. Olin Pharmacy offers ECP at a significantly reduced price of about \$35

ARE THERE SIDE EFFECTS?

While side effects with Plan B are rare, some women will experience one or more of the following: nausea, abdominal pain, fatigue, headache, dizziness, breast tenderness, vomiting, and menstrual changes (heavier or lighter bleeding). If you vomit within an hour after taking the pill, call your clinician as soon as possible.

IS IT SAFE AND EFFECTIVE?

- The FDA has approved Plan B as a safe way to reduce the chance of pregnancy after unprotected sex
- EC is not 100% effective against pregnancy prevention but reduces the risk by 85%
- The earlier EC is taken, the more effective it is.

RESOURCES

To speak with someone 24/7 -----> Olin Phone Information Nurse: 517-353-5557
To make an appointment call -----> Olin Appointment Desk: 517-353-4660
For Online Information -----> Olin Health Center Health Education Services
<http://www.olin.msu.edu/bodyline.php>

Birth Control Pills



The Pill is **taken orally**. There are many **different types/brands** of the pill containing different amounts of hormones (some contain estrogen and progestin, others just progestin). The pill is taken everyday- three weeks of the month you will take a hormonal pill, and one week of the month, pills without hormones. Talk to your doctor about different pills.

- The pill can be up to 99% effective.
- It should be taken at the same time every day.
- Does not protect against STIs.

The Ring The Nuva Ring

The ring is **inserted directly into a woman's vagina**. It is worn for three weeks, then removed for the fourth week. It can be removed for up to four hours at a time, but doesn't have to. It contains the **same types of hormones** as birth control pills.

- The ring is up to 99% effective.
- Because the ring is inserted only once a month, it reduces the risk of human error.
- Does not protect against STIs.



The Shot Depo Provera



Depo Provera shot contains the hormone Progestin. It is administered once every three months. **You can use the shot for up to 2 years.** Then you are recommended to switch to another method of birth control.

- The Shot is up to 99% effective.
- Does not protect against STIs.
- It should be administered on the same day every month at same time

Condom



are made of **Latex or Isoprene**. They are placed over the penis **during sexual activity** to place a barrier to prevent the transmission of fluids from one partner to another. Please make sure you know the **correct way to put on a condom**. Ask at Olin!

- Condoms are most effective when used correctly and consistently.
- They can be up to 98% effective.
- Condoms are used to protect against most STIs and Pregnancy
- Condoms DO NOT ALWAYS protect against Herpes or HPV, but they can reduce the risk of transmission

Dental Dam

A dental dam is a piece of **polyurethane** that is placed over the vagina or anus in order to create a barrier to perform **safer oral sex**. You can buy a dental Dam, cut one out of a condom, or use the non-microwavable type of plastic wrap.

- Dental Dams can reduce the risk of getting or transmitting an STI, but they are not 100% effective.
- They are not for penile oral sex.



The Female condom is made from

Female Condom

Polyurethane. It can be inserted inside the woman's vagina 8-12 hours before intercourse. It prevents transmission of fluids from partner to partner.

- It can be up to 95% effective when used correctly and consistently & NOT used with a male condom.
- They protect against pregnancy and most STIs. However, they DO NOT ALWAYS protect against Herpes or HPV, but can reduce the risk of transmission.



SEXUALLY TRANSMITTED INFECTIONS

WHAT YOU NEED TO KNOW ABOUT ASSESSMENTS

WHAT IS AN STI ASSESSMENT?

The STI assessment consists of:

- A brief sexual history
- A physical examination
- Lab Testing
- Health Education

WHEN SHOULD I HAVE AN STI ASSESSMENT?

Before sexual activities with a new partner and/or after unprotected sex.

HOW DO I GET TEST RESULTS?

During your visit, your clinician will tell you how to get your results. Some test results are given in person, while other results are available over the phone, 24 hours a day.

What about confidentiality?

The record of your STI assessment and any test results are kept completely confidential and can be released ONLY with your written consent.

Visits to Olin involving sexually transmitted infection assessments are subject to lab fees; office visit charges may also apply.

HOW DO I GET AN STI ASSESSMENT?

Make an appointment by calling Olin at 517-353-4660, or go to the appointment scheduling desk on the first floor of Olin Health Center

STI testing is available by appointment to women in our Gynecology Clinic, and to men in our Primary Care Clinic.

TOGETHER, YOU AND YOUR CLINICIAN WILL DETERMINE WHAT TESTS, IF ANY, ARE APPROPRIATE.

Tests may include:

- Urine Sample
- Oral, vaginal or rectal swab
- Cervical culture or a blood draw

MORE INFORMATION...

You can get an STI from unprotected vaginal, oral or anal sex, as well as skin-to-skin contact.

To Protect Yourself:

- Practice safer sex
- Educate yourself about STI transmission/risk factors
- Understand the limitations of STI testing.
- Pay attention to symptoms; any unusual tenderness, pain, discharge or irritation of genitals

IF YOU HAVE ANY QUESTIONS, PLEASE TALK TO A HEALTH CARE PROFESSIONAL.

STOP IN AT STUDENT HEALTH SERVICES TO LEARN MORE ABOUT SEXUAL HEALTH OR OTHER HEALTH RELATED ISSUES.

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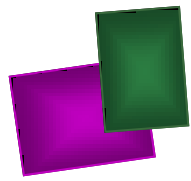
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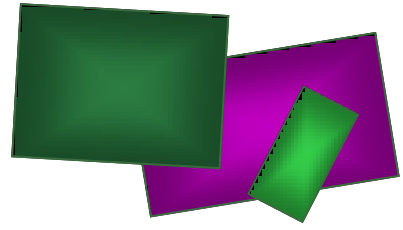
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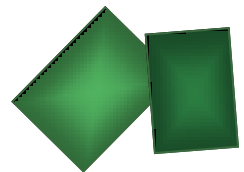
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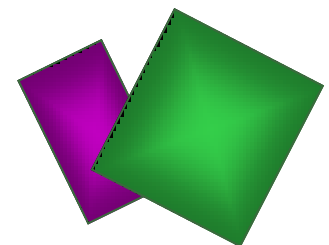
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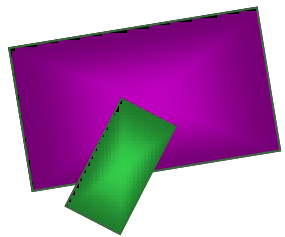
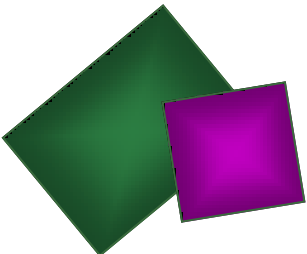
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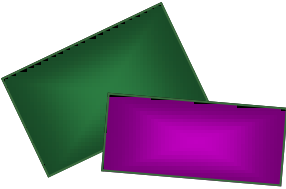
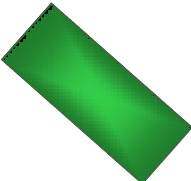
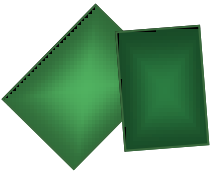
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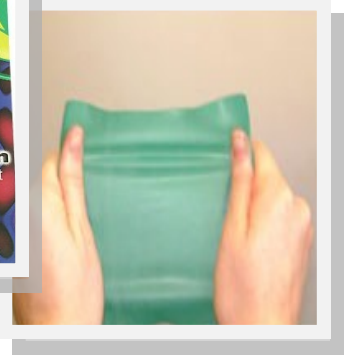
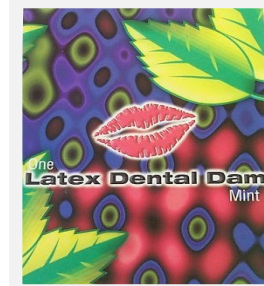
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