Contraception

The choice of a contraceptive method is a decision many people will make during their lifetime. There are many contraceptive options available at this time. Finding the best option is a unique choice, different for every individual. Decisions are made based on:

- Your individual needs
- Your lifestyle
- How you feel about pregnancy
- Effectiveness
- Cost
- Advantages
- Disadvantages
- How each method works
- Whether the method helps to prevent sexually transmitted infections
- Your partner’s ideas about contraception choices

How do I Select a Contraceptive Method?

We encourage you to take advantage of Bedsider.org [1] or My Method [2] to learn more about what method might be right for you.

All of the following methods are available at Campus Health.

- Male Condom | Female Condom [3]
- Depo Provera [4] (the Shot [5])
- Diaphragm [6]
- Emergency Contraception, [7](EC)
- Implant [8]***
- Intra-Uterine Device (IUD) [8]*** Hormonal and Copper
- Pill [9]
- Patch [10]
- Ring [11]
You may also find it helpful to discuss abstinence and/or fertility awareness as contraceptive methods with Student Wellness staff or your medical provider.

If you have had unprotected intercourse, or think you may need Emergency Contraception (Plan B) [7], go to the nearest pharmacy or come to Campus Health Pharmacy to purchase the product.

***For Implant and IUD insertion [8], a consult visit with a gynecology provider must be scheduled prior to getting the device inserted. To set up a consult visit please call the appointment line 919-966-2281***

**How do I Obtain Contraception at Campus Health?**


**What if I Still Have Questions?**

Make an appointment with Student Wellness [14] to review the options best suited for you. After reviewing your options for your specific needs, you'll be prepared for an appointment with your health care provider to discuss and obtain the contraceptive option you have chosen.

*Bedsider.org (Our #1 recommended web resource on contraception) [15]*
| Condoms and Safer Sex Supplies at UNC [13] |
| IUD and Implant [8] |
| The Pill, Patch and Ring [17] |

**Source URL:** https://campushealth.unc.edu/health-topics/sexual-health/contraception

**Links**

[10] https://www.bedsider.org/methods/the_patch
[12] https://campushealth.unc.edu/services/gynecology/getting-prescription-birth-control-old
[14] https://studentwellness.unc.edu/programs/share
[16] https://campushealth.unc.edu/services/gynecology/getting-prescription-birth-control