

# BIRTH CONTROL

## RESOURCES

Where can I get birth control?

**STUDENT HEALTH CENTER**  
374 E Grand Ave, Carbondale  
618/453-3311

- make an appointment with a medical provider to discuss birth control options.  
[shc.siu.edu/appointments](http://shc.siu.edu/appointments) or 618/536-2391.

**SHAWNEE HEALTH SERVICE**  
400 Lewis Lane, Carbondale  
618/519-990

**ADOLESCENT HEALTH CENTER**  
101 South Wall St, Carbondale  
618/529-2621

- (under 25 years of age)

**SHAWNEE WOMEN'S HEALTH**  
202 W. Jackson Street, Carbondale  
618/457-0465

### ARHP.ORG

Offers "Method Match" which enables you to figure out the best birth control option for you

### PLANNED PARENTHOOD.ORG

"My Method" gives a walkthrough of personalized birth control options

## QUESTIONS AND FACTS

1. If my partner and I use condoms, do we need to use birth control too? **ANSWER:** YES! Condoms are great at preventing STIs, but are only 85% effective at preventing pregnancy. Using an additional birth control for pregnancy prevention makes you much less likely to become pregnant.

2. If I want to go on birth control, what do I do?

**ANSWER:** Make an appointment to see a doctor at the Student Health Center who can talk to you about which options are best for you. You can schedule your appointment via the web by going to on-line to [shc.siu.edu/appointments](http://shc.siu.edu/appointments) and clicking **Saluki Health Web Portal** or by calling the appointment line 618/536-2391.

3. Can a woman get pregnant even if a man pulls out (withdraws) before he ejaculates? **ANSWER:** YES! Pulling out before a man ejaculates, known as withdrawal, is not effective at preventing pregnancy or STI transmission. Pre cum is released before the man begins to climax and contains STIs and 200,000,000 sperm. Just one of these sperm could result in a pregnancy. In addition, some men may not have the willpower or ability to withdraw the penis before ejaculating.

4. Can douching after sex prevent pregnancy?

**ANSWER:** NO! Douching is not an effective method of contraception. Additionally, douching removes a woman's normal vaginal fluid. This fluid helps prevent infections, STIs and pregnancy.

5. Is all birth control the same?

**ANSWER:** NO! There are many different types of birth control. Every type has advantages and disadvantages. Some birth control, like IUDs and implants are more than 99% effective. Depo shots are 97% effective. Your healthcare provider can talk to you about what your options are and which choices best fit your lifestyle and needs.