



MY NEXT STEPS

Provider appointment (if applicable):

Date: _____ Time: _____

Provider: _____

Place: _____

Phone #: _____

How will I get there? (circle)

- a) Drive myself
- b) Have a friend or family member drive me
- c) Public transportation
- d) Other: _____

What support might I need to get to my appointment? (circle)

- a) Transportation
- b) Childcare
- c) Work
- d) Other: _____

What if I can't make my appointment?

RESOURCES

- Find a local health provider in your area: <https://opa-fpclinicdb.hhs.gov/>
- Find a health center: www.ncchca.org/
- NC Free Clinics: <http://ncafcc.org/>
- For more information about birth control methods (including emergency contraception) and other sexual health topics, visit: www.bedsider.org or <https://rhntc.org/>
- For more information about Preconception Health visit: www.ncpreconceptionhealth.org/ or call 1-888-663-4637
- Department of Health and Human Services Customer Service Center can assist in finding programs and people to help you. Call 1-800-662-7030

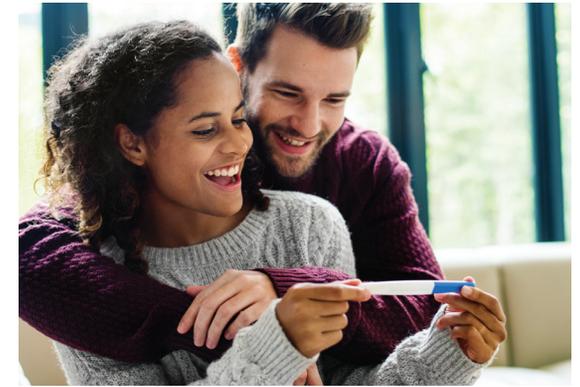


NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

www.ncdhhs.gov
NCDHHS is an equal opportunity employer and provider.
05/2022

The creation of this material was supported, in part, by Title X funding. Supported by the NC Division of MH/DD/SAS through funding from SAMHSA State Targeted Response to the Opioid Crisis grant funds.

Adapted from D. Rinehart et al., NIDA R34DA039381 Developing and testing the feasibility, accessibility and initial efficacy of a brief peer led intervention to improve reproductive health among women in opioid medication-assisted treatment—"SHINE" study.



Family Planning:

Deciding If or When To Have Children



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

MY PLAN

Today's Date: _____

Do you already have a child or children? Yes No

If yes, did you/partner give birth in the last year? Yes No

Do you want a child in the next year?

- Yes.** Talk to your healthcare provider about preparing for a healthy pregnancy.
- No.** Talk about Family Planning options.
- I don't know.** Talk about Family Planning options and preparing for a healthy pregnancy.

Method: _____

What I Like About It

- a. Effectiveness
b. Few potential side effects
c. Cost
d. Other _____

What I'd Like to Know

- a. Effectiveness
b. Potential side effects
c. Cost
d. Other _____

Method: _____

What I Like About It

- a. Effectiveness
b. Few potential side effects
c. Cost
d. Other _____

What I'd Like to Know

- a. Effectiveness
b. Potential side effects
c. Cost
d. Other _____

Method: _____

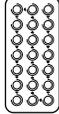
What I Like About It

- a. Effectiveness
b. Few potential side effects
c. Cost
d. Other _____

What I'd Like to Know

- a. Effectiveness
b. Potential side effects
c. Cost
d. Other _____

WOULD YOU LIKE TO BECOME PREGNANT IN THE NEXT YEAR?

	FAMILY PLANNING METHOD	HOW LONG IT LASTS	I WOULD NEED TO DO THE FOLLOWING	I WOULD NEED TO THINK ABOUT	RISK OF PREGNANCY
NEVER	Sterilization (female or male)	Permanent	• See my provider	• If I want to get pregnant in the future, this is not a good method	Less than 1 in 100
	Abstinence* (female and male) 		• Not have sex right now	• Having a lot of self-control in order not to become pregnant	0 in 100
NOT IN THE NEXT YEAR	IUD (hormonal or hormone-free) • Placed into uterus • Can be taken out anytime (female)	3-10 years	• See my provider	• Hormonal: Sometimes causes irregular bleeding or no bleeding • Hormone-free: Sometimes makes periods heavier and increases cramping	Less than 1 in 100
	Implant • Placed into arm • Can be taken out anytime (female) 	1-3 years	• See my provider • Do nothing until removed or replaced	• Sometimes causes irregular bleeding or no bleeding	Less than 1 in 100
	The Shot (female)	3 months	• See my provider every 3 months	• Sometimes causes changes in bleeding and/or increases feeling hungry	6 in 100
	Ring (female) 	1 month	• Insert a ring into my vagina every month	• Sometimes causes headaches, breast tenderness, nausea, or increase risk of blood clots • Must keep ring in a cool environment	9 in 100
	Patch (female)	1 week	• Place a patch on my skin every week	• Sometimes causes headaches, breast tenderness, nausea, or increase risk of blood clots	9 in 100
	Pill (female) 	1 day	• Take a pill every day at the same time	• Sometimes causes headaches, breast tenderness, nausea, or increase risk of blood clots. • Not a good method if you are 35 or older and use tobacco products	9 in 100
	Diaphragm (female)		• Use with spermicide EVERY time I have sex	• Must be used correctly EVERY time you have sex to be effective	12 in 100
	Condom* (male or female) 	1 time	• Use EVERY time I have sex	• Must be used correctly EVERY time you have sex to be effective	18 in 100
	Pulling out* (male)		• Male withdraws before ejaculation	• Female partners have no control over pulling out	22 in 100
	Rhythm method/ Fertility awareness* (female) 		• Track my fertile days each month	• May be difficult to determine the fertile time of the month	24 in 100
YES	Talk to your healthcare provider about preconception health and how to have a healthy pregnancy.				

*How will I talk with my partner(s) about this method?

Condom & abstinence are the only methods that protect against STDs.