

INVISIBLE CONTRACEPTION: Birth control methods that clients can use without their partners' knowledge. *All of these methods must be prescribed by a doctor or nurse practitioner. Talk to your client about safety planning around billing, doctor's office reminder calls, and scheduling visits.*

WHAT IS IT?	HOW DOES IT WORK?	HOW LONG IS IT EFFECTIVE?	HELPFUL HINTS	RISKS OF DETECTION
Implanon	A matchstick-sized tube of hormones (the same ones that are in birth control pills) are inserted in your inner arm .	3 years	Unlike previous implantable methods (Norplant), is generally invisible to the naked eye and scarring is rare.	Implanon might be detected if palpated. Periods may stop completely. This may be a less safe option if her partner closely monitors menstrual cycles.
Intra Uterine Device (IUD)- Mirena & ParaGuard	The small T-shaped device, which prevents pregnancy by changing the lining of your uterus so an egg cannot implant, is inserted into your uterus.	ParaGuard : 12 years Mirena: 5 years	Mirena has a small amount of hormone that is released that can lessen cramping around the time of your period and make the bleeding less heavy.	The IUD has a string that hangs out the cervical opening. If a woman is worried about her partner finding out that she is using birth control , she can ask the provider to snip the strings off at the cervix so her partner can't feel them or pull it out of her.
Depo-Provera ("the birth control shot")	Depo-Provera is a shot that provides hormones—the same ones that are in birth control pills— that prevent a woman from ovulating.	3 months	Once administered, there is no way to stop the effects of the shot.	Periods may stop completely. This may be a less safe option if her partner closely monitors menstrual cycles.
Emergency Contraception ("Morning After Pill")	Either a single dose or series of hormones are given within 72- hours of unprotected sex to prevent pregnancy.	Single dose-- must be taken after every instance of unprotected sex.	Clients can get emergency contraction to keep on hand before unprotected sex occurs. Emergency contraception is NOT abortion—just like "regular" birth control pills, it prevents ovulation.	Clients can remove the pills from the packaging so that partners will not know what they are.

