

# Available Contraceptive Options

## Hormonal

- Oral Contraceptive Pills
  - Combined (estrogen/progesterone)
  - Progesterone-Only
- Depo Provera Injection
- Implant
- Levonorgestrel IUDs
- Vaginal Rings
- Transdermal Patches

## Non-Hormonal

- Copper IUD
- Diaphragm
- Condoms
  - Internal
  - External
- Fertility Based Awareness Methods
- Vaginal Gels
- Spermicides
- Withdrawal
- Tubal Ligation
- Vasectomy
- Abstinence