**If you DO NOT WANT to become pregnant or are UNSURE…**

* What is the most reliable way to prevent pregnancy?

|  |  |  |  |
| --- | --- | --- | --- |
|  | Birth Control Method | Safe While Breastfeeding | Risk of  Becoming Pregnant  in 1 Year |
| Highly Effective | IUD (Mirena, copper) | ✓ | *Less than 1 pregnancy per 100 women*  *each year* |
| Implant (Nexplanon) | ✓ |
| Effective | Pill (progestin-only) | ✓ | *6 to 9 pregnancies*  *per 100 women*  *each year* |
| Pill (combined) |  |
| Patch |  |
| Injection (Depo) | ✓ |
| Ring (Nuvaring) |  |
| Less Effective | Condom | ✓ | *18 to 24 pregnancies per 100 women*  *each year* |
| Withdrawal | ✓ |
| Fertility Awareness | ✓ |

**If you WANT to become pregnant or are OK EITHER WAY…**

* It’s best to wait at least 18 months between pregnancies to have the best chance for a healthy baby
* Take 400 micrograms of folic acid or folate per day (found in prenatal vitamins)
* Avoid drinking alcohol, smoking, and street drugs
* Talk to your doctor about whether your current medications are safe to take during pregnancy
* Make an appointment with a women’s health provider to plan a safe and healthy pregnancy

**Women’s Health Providers**

**Fair Oaks Health Center**

2710 Middlefield Road  
Redwood City, CA 94063

(650) 578-7141

**Ravenswood Family Health Center**

1885 Bay Road

East Palo Alto, CA 94303

(650) 330-7400

**Planned Parenthood Redwood City**

2907 El Camino Real

Redwood City, CA 94061

(650) 503-7810

**San Mateo Medical Center**

222 West 39th Avenue, Third Floor  
San Mateo, CA 94403

(650) 573-3702

**Planned Parenthood San Jose Health Center**

1691 The Alameda

San Jose, CA 95126

(408)287-7526

**Planned Parenthood Mountain View**

225 San Antonio Road

Mountain View, CA 94040

(650)948-0807

*Same day appointments available, especially for birth control*

**Si NO QUIERE quedar embarazada o NO ESTÁ SEGURA ...**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Método Anticonceptivo | Seguro Durante  La Lactancia | Riesgo de  Quedar Embarazada  en un 1 Año |
| Muy Efectivo | DIU (Mirena, copper) | ✓ | *Menos de 1 mujer*  *de cada 100 mujeres*  *cada año* |
| Implante (Nexplanon) | ✓ |
| Efectivo | Píldoras (solo progestina) | ✓ | *Entre 6 y 9 mujeres*  *de cada 100 mujeres*  *cada año* |
| Píldoras (hormona combinada) |  |
| Parche |  |
| Inyección (Depo) | ✓ |
| Anillo (Nuvaring) |  |
| Menos Efectivo | Condón | ✓ | *Entre 18 y 24 mujeres de cada 100 mujeres*  *cada año* |
| Eyacular fuera | ✓ |
| Observación de la fertilidad | ✓ |

* ¿Cuál es la forma más confiable de prevenir el embarazo?

**Si QUIERE quedar embarazada…**

* Es mejor esperar al menos 18 meses entre embarazos para obtener un bebé saludable
* Tome 400 microgramos de ácido fólico o folato al día (se encuentra en las vitaminas prenatales)
* Evite tomar alcohol, fumar tabaco, y/o utilizar drogas
* Hable con su médico para asegurar que sus medicamentos son seguros durante el embarazo
* Haga una cita con un proveedor de salud para mujeres para planear un embarazo seguro y saludable

**Proveedores Para Mujeres**

**Fair Oaks Health Center**

2710 Middlefield Road  
Redwood City, CA 94063

(650) 578-7141

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225 San Antonio Road

Mountain View, CA 94040

(650)948-0807

*horarios disponibles el mismo día, especialmente para anticonceptivos*