A page showing the instructions for the use of contraceptives for prevention of pregnancy.

1. **Pills (The Pill)**
   - Taken daily to prevent conception.
   - Available in most pharmacies.
   - Must be taken every day without fail.

2. **Depo-Provera (Depo) or Depo-Provera (DMPA)**
   - A single injection every 3 months.
   - Effective contraception for 3 months.

3. **Implanon®**
   - A small rod implanted under the skin of the upper arm.
   - Effective contraceptive for 5 years.

4. **IUD**
   - Inserted into the uterus by a healthcare provider.
   - Effective contraception for 5-10 years.

5. **Condoms (The Pill)**
   - Must be placed on the erect penis before penetration.
   - Effective contraception when used correctly.

6. **Spermicides**
   - Must be placed in the vagina before sexual intercourse.
   - Effective contraception when used correctly.

7. **Barrier Methods**
   - Includes the diaphragm, cervical cap, and vaginal ring.
   - Must be placed in the vagina before sexual intercourse.
   - Effective contraception when used correctly.

8. **Barrier Methods (ovary)**
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individual contraceptive

NuvaRing®

Depo Provera®

Mirena®

IUD