

Birth Control Methods: Actual Size

Designed for providers who counsel clients about birth control methods, this job aid presents the size and appearance of each method, and will be particularly helpful when 3D models are unavailable. Use this job aid on its own or with the [RHNTC's other birth control methods resources](#) to support contraceptive counseling.

CLIENTS CAN START AND STOP ON THEIR OWN

Pill (progestin-only), Opill



Condom (external)



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CLIENTS CAN START AND STOP ON THEIR OWN

Condom (internal)



Spermicidal contraceptive sponge



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REQUIRES PROVIDER TO START WITH A PRESCRIPTION (CLIENTS CAN STOP ON THEIR OWN)

Pill (combined estrogen + progestin
or progestin-only “mini-pill”)



Patch (transdermal system estrogen + progestin)



Twirla



Xulane



*Paperclip included for size comparison

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REQUIRES PROVIDER TO START WITH A PRESCRIPTION (CLIENTS CAN STOP ON THEIR OWN)

Ring (estrogen + progestin)



Monthly (EluRyng or NuvaRing)



Annual (Annovera)

Diaphragm



Cervical Cap



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REQUIRES PROVIDER FOR CLIENTS TO START AND STOP (REVERSIBLE METHODS)

Implant (progestin-only)



Levonorgestrel / hormonal intrauterine device (IUD) progestin-only



Non-hormonal copper IUD

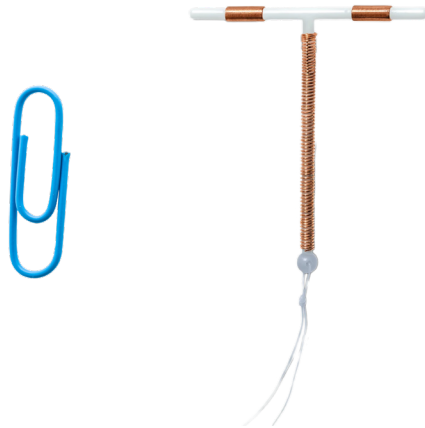


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EMERGENCY CONTRACEPTION (EC)

Non-hormonal copper IUD



— EC Pill —

Ulipristal acetate (ella) and Levonorgestrel 1.5mg pill (Plan B)



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