

## Acceptable Contraception Methods

<p><b>Option 1</b></p> <p><b>Methods to Use Alone</b></p>	<ul style="list-style-type: none"> <li>■ Intrauterine devices (IUDs)</li> <li>■ Tubal sterilization</li> <li>■ Patient's partner had a vasectomy</li> </ul>		
OR			
<p><b>Option 2</b></p> <p><b>Choose One Hormone Method AND One Barrier Method</b></p>	<p><b>Hormone Methods</b> choose 1</p>	AND	<p><b>Barrier Methods</b> choose 1</p>
	<p><b>Estrogen and Progesterone</b></p> <ul style="list-style-type: none"> <li>■ Oral contraceptive pill</li> <li>■ Transdermal patch</li> <li>■ Vaginal ring</li> </ul> <p><b>Progesterone-only</b></p> <ul style="list-style-type: none"> <li>■ Injection</li> <li>■ Implant</li> </ul>		<ul style="list-style-type: none"> <li>■ Diaphragm with spermicide</li> <li>■ Cervical cap with spermicide</li> <li>■ Contraceptive sponge</li> <li>■ Male condom</li> <li>■ Female condom</li> </ul>
OR			
<p><b>Option 3</b></p> <p><b>Choose One Barrier Method from each column (<i>must choose two methods</i>)</b></p>	<p><b>Barrier Methods</b> choose 1</p>	AND	<p><b>Barrier Methods</b> choose 1</p>
	<ul style="list-style-type: none"> <li>■ Diaphragm with spermicide</li> <li>■ Cervical cap with spermicide</li> <li>■ Contraceptive sponge</li> </ul>		<ul style="list-style-type: none"> <li>■ Male condom</li> <li>■ Female condom</li> </ul>