

Providing High-Quality Contraceptive Care in Post-Roe America



Reproductive Justice

Reproductive Justice (RJ) is the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities.

Pediatricians can incorporate the RJ framework into contraceptive counseling by:

- Acknowledging historical and ongoing reproductive mistreatment of people of color and other marginalized individuals whose reproductive desires have been devalued
- Mitigating the effect of bias (unconscious or otherwise) on counseling and care provision
- Prioritizing patients' values, preferences, and lived experiences in the selection or discontinuation of a contraceptive method

Person-centered Contraception Counseling

Can be done quickly and effectively in any healthcare setting. Strategies include:

Asking for Permission

Would you like to talk about birth control options?

Centering Patient Preferences

What matters most to you?

Giving Information Respectfully

Some methods can... how would that be for you?

Normalizing the Journey

I think we can find something that you like/works for you.



Clinical Support Tools

The Importance of Access to Contraception (AAP Statement)

CDC Medical Eligibility Criteria App



Choosing a Method

Hello Greenlight



My Birth Control



Bedsider



Quick start algorithm



Switching methods



Managing Irregular Bleeding



Managing Missed or Late Contraception



Key

- Progestin hormone
- Progestin and estrogen hormones
- No hormones
- How often to use/take/change

Start and stop on your own

Plan B® Emergency Contraception

Works best for BMI <26.
May have spotting or period at new time.

Pulling Out

Requires partner control.
No change to period.

Fertility Awareness

When fertile, use another contraceptive.
No change to period.

Condoms External or Internal

Can prevent sexually transmitted infections.
No change to period.

Spermicide or Vaginal Sponge

Spermicide comes in a cream, gel, foam, film, sponge, or suppository.
No change to period.

Prescription to start, stop on your own

Pills Progestin or Combined

Over 70 different formulations/types.
May have lighter period or temporary spotting.

Patch

Works for BMI <30.
May have lighter period or temporary spotting.

Vaginal Ring

Can be removed just before sex.
May have lighter period or temporary spotting.

Ella® Emergency Contraception

Works best for BMI <35.
May have spotting or period at new time.

Phexxi® Vaginal Gel

May act as lubricant to help with dryness.
No change to period.

Diaphragm or Cervical Cap

Use with spermicide.
No change to period.

Visit to start, stop on your own

Shot

May cause weight gain and delayed return to fertility.
May have spotting, heavier period, lighter period, or no period.

Arm Implant

Plastic rod placed just beneath the skin.
May have spotting, lighter period, or no period.

Hormonal IUD

Can be emergency contraception.
May have spotting, lighter period, or no period.

Copper IUD

Can be emergency contraception.
May have spotting or heavier period.

Permanent Sterilization

Either partner can be sterilized.
No change to period.

Scan for

- This guide
- Information sheets on each method
- A postpartum contraception guide

www.PICCK.org

Learn More About...

Reproductive Justice

- [Webinar](#) and [Reading list](#)

Patient-centered contraception counseling

- Translating Patient Preferences and Needs into Contraceptive Options ([handout](#))
- A Patient-Centered Approach to Contraceptive Options Counseling ([e-learning course](#))

Contraception options

- Contraception options [mini-courses](#) (Contraception 101, Prescribing EC, etc.)
- [LARC training](#)

Adolescent Reproductive Health

- Adolescent Health Initiative [webinars and trainings](#)
- Adolescent Reproductive and Sexual Health Education [Project](#)
- Reproductive Health National Training [Center](#)

