

Chosen Family: Contraception for Transgender and Gender Diverse People Webinar Handout

FIGURE 6
Overview of contraceptive methods with transmasculine-specific considerations^{80,83}

	Invasive/surgical procedure	Contains estrogen	Contains progesterone	Risk for spotting/bleeding	Reduces/ceases bleeding	Effect on cramping	Chest/breast tenderness	Privacy/concealability	Requires frequent dosing ¹	Clinician needed to discontinue	Efficacy (perfect/typical)
Combined Oral Contraceptives	N	Y	Y	low	If continuous	↓	+ at start	moderate	N	N	99/91
Progesterone Only Contraceptive Pill	N	Y	Y	low	Y	↓		moderate	N	N	99/91
Patch	N	Y	Y	low	If continuous	↓	+ at start	moderate	Y	N	99/91
Ring	frontal insertion	Y	Y	low	If continuous	↓	+ at start	moderate	Y	N	99/91
Depot medroxyprogesterone acetate	N	N	Y	high	Y	↓	infrequent	very	Y	N	99/94
Implant	subdermal insertion	N	Y	high	Y	↓	possible	very	N	Y	99/99 ²
Intrauterine Device (IUD): Copper	Y	N	N	low	Heavier bleeding	↑	N	very	N	Y	99/99
IUD: Progesterone	Y	N	Y	high	Y	↑ at insertion, then ↓	possible	very	N	Y	99/99
Sterilization	requires surgery	N	N	N	N	none	N	very	N	n/a	99/99
Diaphragm	frontal insertion	N	N	N	N	none	N	moderate	N	N	94/88
Condom: Internal	frontal insertion	N	N	N	N	none	N	low	n/a	N	95/79
Condom: External	N	N	N	N	N	none	N	low	n/a	N	98/82
Emergency Contraception (EC): Ulipristal acetate ³	N	N	N	Y	N	↑, self-limiting	possible	one dose (prescription)	n/a	N	85/85 ⁴
EC: Levonorgestrel	N	N	Y	Y	N	↑, self-limiting	possible	one dose (over the counter)	n/a	N	75-89 ⁵

Superscript number 1 indicates the transmasculine individuals may find daily-, weekly-, or monthly-use contraceptive methods to be periodic reminders of anatomy or previous gender experience that is not aligned with their current identity. *Superscript number 2* indicates the copper intrauterine device is the most effective method of emergency contraception and can be used for up to 5 days after unprotected intercourse.⁸³ *Superscript number 3* indicates that because ulipristal acetate is a progesterone antagonist, it does not work as well for persons already using a progesterone-containing contraceptive (ie, if someone is taking emergency contraception after having missed combined hormonal contraceptives, levonorgestrel would be a better choice).⁸³ *Superscript number 4* indicates that ulipristal acetate EC reduces the risk of pregnancy up to 85% and works just as well on any day you take it up to 5 days after unprotected sex.⁸³ *Superscript number 5* indicates that levonorgestrel EC reduces the risk of pregnancy by 75–89% if you take it within the first 3 days after sex. It is less effective the more time that passes and may not work 4 or 5 days after sex.⁸³

downward arrow, decreases N, no; upward arrow, increases; Y, yes.

Krempasky. Contraception for transmasculine persons. *Am J Obstet Gynecol* 2020.