



Chemical Birth Control

Delivering Health or Health Problems?

Combined Oral Contraceptives (YAZ, etc.)

Side effects include heart attacks, strokes, blood clots in the legs, lungs, heart, or brain, high blood pressure, liver tumors, gallstones, change in sex drive, and yellowing of the skin or eyes (jaundice).¹

Progestin-Only Pills

Side effects include irregular menstrual bleeding, ovarian cysts, depression, weight gain, decreased libido, headaches, breast tenderness, fatigue, and acne.²

Depo-Provera (Birth Control Shot)

Side effects include increased risk of breast cancer, heart attacks, depression, blood clots, osteoporosis, hair loss or increased hair on the face or body, severe chest pain, decreased libido, severe pelvic pain, sudden numbness, and abnormally heavy menstrual bleeding.³

Ortho Evra (Birth Control Patch)

Side effects include heart attacks, strokes, blood clots in the legs, lungs, heart, or brain, high blood pressure, liver tumors, gallstones, change in sex drive, and yellowing of the skin or eyes (jaundice).⁴

NuvaRing (Birth Control Vaginal Ring)

Side effects include heart attacks, strokes, blood clots in the legs, lungs, heart, or brain, thrombophlebitis and venous thrombosis with or without embolism, arterial thromboembolism, pulmonary embolism, myocardial infarction, cerebral hemorrhage, cerebral thrombosis, hypertension, hepatic adenomas, high blood pressure, liver tumors, gallstones, change in sex drive, and yellowing of the skin or eyes (jaundice).⁵

Implanon (Birth Control Implant)

Side effects include depression, ovarian cysts, weight gain, heavy menstrual bleeding, depersonalization, breast pain, change in sex drive, insomnia, vaginal discharge, back pain, and irritability.⁶

Plan B One-Step (Levonorgestrel)

Side effects include dizziness, fatigue, breast tenderness, headaches, heavier menstrual bleeding, lower abdominal pain, and nausea.⁷

ellaOne

Side effects include hives, dry mouth, kidney stones, hot flashes, attention deficit, swollen tongue, acid reflux, blurred vision, depression, anxiety, menstrual disorders, constipation, trembling, infection, dehydration, renal pain, and nose bleeds.⁸

RU-486, Mifeprex, Mifegyne (Mifepristone)

Side effects include serious or fatal infections, sepsis, uterine bleeding, severe bleeding, abdominal pain/cramping, spotting, fever/chills, weakness, dizziness, severe or ongoing nausea, vomiting, diarrhea, severe pelvic pain, back pain, headache, anemia, tachycardia (including racing pulse, heart palpitations, heart pounding), syncope, and shortness of breath.⁹

1 <https://www.plannedparenthood.org/learn/birth-control/birth-control-pill/how-safe-is-the-birth-control-pill> | 2 <https://www.mayoclinic.org/tests-procedures/minipill/about/pac-20388306> | 3 <https://www.plannedparenthood.org/learn/birth-control/birth-control-shot/what-are-the-disadvantages-of-the-birth-control-shot> | 4 <https://www.rxlist.com/ortho-evra-side-effects-drug-center.htm> | 5 <https://www.nuvaring.com/> | 6 <https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-implanon/how-safe-is-the-birth-control-implant> | 7 <https://www.planb-one-step.com/safety-and-side-effects.aspx> | 8 <http://www.hra-pharma.com/PIL/UK/> | 9 https://www.rxlist.com/mifeprex-ru486-drug.htm#side_effects