

Pregnancy Planning and Syphilis:

What You Should Know

Syphilis and Congenital Syphilis are on the Rise in California

- + Syphilis is caused by an infection spread by sexual contact.
- + Congenital syphilis occurs when syphilis is passed to infants during pregnancy. It can be life threatening.
- + Testing and treatment are the key to preventing syphilis and congenital syphilis.
- + Effective birth control and pregnancy planning services can also prevent congenital syphilis.

Pregnancy Planning and Birth Control Options

Would you like to be pregnant this year? Are you trying to get pregnant now?

Yes

Our goal is to support you to have a healthy pregnancy, birth, and baby.

- + Get syphilis treatment immediately – both for yourself and your sex partner(s).
- + See below for local clinics that provide syphilis treatment and can link you to preconception and prenatal care.

Not right now

Our goal is to support you to avoid pregnancy if you do not want to be pregnant.

- + Get syphilis treatment immediately – both for yourself and your sex partner(s).
- + Learn more about effective birth control methods, how well they work, and find one that is right for you (see information on back).
- + See below for local clinics that provide syphilis treatment and birth control options.

For syphilis treatment and birth control services in your county, please visit:

For a complete list of clinics near you that offer syphilis testing and treatment, visit gettested.cdc.gov.

For a complete list of clinics near you that offer birth control and pregnancy planning services, visit essentialaccess.org/programs-and-services/clinic-map.

Picking the Best Type of Birth Control for You

If you do not want to get pregnant right now, there are many types of birth control you can choose from to help you prevent pregnancy. The chart below shows the different birth control options available and how well they work to help you decide what is best for you right now. Any of these methods should be free for most people. Your health care provider can give you more information.

More Effective

TIER 1

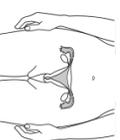
Less than 1 pregnancy per 100 users in one year



Implant



Vasectomy



Tubal Occlusion



IUD

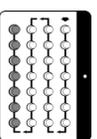
- How to make your method most effective**
- After most procedures, there will be little or nothing to do or remember
 - **Vasectomy:** Use another method for first 3 months

TIER 2

4–7 pregnancies per 100 users in one year



Injectable



Pill



Patch



Ring

- **Injectable:** Get repeat injections on time
- **Pills:** Take a pill each day
- **Patch, ring:** Keep in place, change on time

TIER 3

More than 13 pregnancies per 100 users in one year



Male/External Condom



Female/Internal Condom



Fertility Awareness–Based Methods



Diaphragm



Sponge

- **Condoms, sponge, withdrawal, spermicides, diaphragm:** Use correctly every time you have sex
- **Fertility awareness–based methods:** Abstain or use condoms on fertile days

Condoms also protect against STDs.

Less Effective

Withdrawal



Spermicides



For a complete list of clinics near you that offer birth control and pregnancy planning services, visit [essentialaccess.org/programs-and-services/clinic-map](https://www.essentialaccess.org/programs-and-services/clinic-map).

Adapted from: Trussell J, Alken AR, Micks E, Guthrie K, Efficacy, safety, and personal considerations. In: Hatcher RA, Nelson AL, Trussell J, et al, eds. *Contraceptive Technology, 21st edition*. New York, NY: Ayer Company Publishers, Inc., 2018.