



Things to Ask Your Healthcare Provider

Healthcare providers are here to support you. Here are some questions you might want to consider asking when you meet a new healthcare provider:

- o *Have you worked with other transgender patients?*
- o *Do you have experience working with patients who are taking hormones?*

Every method has benefits and possible side effects. Side effects may include spotting/bleeding between periods, nausea, breast tenderness, headaches, changes in weight, mood changes, and differences in sex drive.

- o *What side effects should I expect?*
- o *Which side effects are most important to avoid?*
- o *How long will this method take to work?*
- o *How will this method interact with my hormone therapy?*
- o *How will this impact my period?*

Some methods of birth control require a prescription, while others need to be inserted by a provider during an in-office visit.

- o *What is the process for getting this birth control?*
- o *How long does this method last?*
- o *Does this method need to be inserted or removed? If so, what can be done to make me more comfortable during the procedure?*
- o *Does my insurance cover this? How much will this cost?*

Community Resources



The Virginia League for Planned Parenthood— Transgender Health Program

Phone: (804) 482-6154 (Richmond)
(757) 932-5840 (Virginia Beach)
transgenderhealth@vlpp.org



Virginia Sexual and Domestic Violence
ACTION ALLIANCE
Virginia's leading voice on sexual
and intimate partner violence.
www.vsdvalliance.org

Virginia Sexual and Domestic Violence Action Alliance

Phone: (804) 377-0335
info@vsdvalliance.org



Virginia's 24/7 LGBTQ Partner Abuse and Sexual Assault Helpline

Phone: (866) 356-6998
Text: (804) 793-9999
Chat: www.vadata.org/chat

I'm trans. Which
birth control
method is right
for me?





Selecting the Best Birth Control Method for You

There are many birth control methods, so you should be able to find the one that works best for you. For many folks, preventing pregnancy isn't the only consideration when choosing a method of birth control. For some trans people, birth control can be used to help alleviate the anxiety or distress some folks may have about certain body parts or body functions.

You may want to stop periods or need something that can be easily hidden from a partner.

As with any medical decision, you should consult with your healthcare provider to determine what will be best for you. And sometimes, even after selecting what seems like the best method, it may take several tries before finding the one that's right for you.



Things to Consider

Comfort Level: Some methods of birth control require you to be comfortable touching your body. With IUDs, you will need to check the threads regularly to make sure that the device is still in place. If you don't feel comfortable touching your body in this way, these may not be the best methods of birth control for you.

Side Effects: Different methods can affect people very differently. You know your body best! If you don't like how your birth control method makes you feel, don't settle. Talk to your healthcare provider about experimenting until you find a method that works well for you.

Sexually Transmitted Infections (STIs): STIs can be passed from an infected partner to someone else through oral, vaginal, and anal sex. Some STIs can be passed through body fluids (semen, pre-ejaculatory fluid, vaginal fluid, or blood) and others can be passed through genital skin-to-skin contact. **If you are sexually active, using condoms or a dental dam is the ONLY way to prevent STIs.** Condoms and/or dental dams can be used with any hormonal method of birth control.

Hidden Methods: There are many reasons you may need birth control that can be easily hidden from a partner. If you are looking for a method that is discreet, the shot, the implant, and IUDs may be options worth considering. If you are worried that a partner is tampering with your birth control to promote pregnancy, your healthcare provider can help you develop a safety plan.



Fertility and Transition FAQ

It is best to discuss your reproductive options before therapy and as your wishes change.

Hormones: We are still learning a lot about hormone therapy and its impact on fertility. It's possible to cause pregnancy or get pregnant while on hormone therapy, so you should still use birth control if needed. Though sometimes expensive, a process called cryopreservation (storing sperm or eggs and other reproductive cells) can be used if you decide to have a child in the future.

Pubertal Suppression: If you are taking pubertal blockers and never went through puberty, your body did not make mature cells that can be fertilized. You may be infertile unless you allow your body to go through puberty.

Surgeries: Most "bottom surgeries" can affect your ability to have children. During many affirming surgeries that involve genitalia, reproductive organs—like testes or ovaries—are removed. Without these organs, your body cannot produce eggs or sperm.

There are many factors unrelated to your transition that affect fertility. It is important to work with a healthcare provider if you would like to conceive while on hormone therapy.