

Mistakes That Often Make CONTRACEPTIVES INEFFECTIVE



Taking certain medications and supplements when using birth control, especially hormonal methods.

Using condoms that are broken or expired.



Missing birth control pills schedule and not taking them at the same time each day.

Using oil-based lubricants with latex condoms.



Forgetting to get another shot of the birth control before it wears off or loses its effectiveness.

References

1. Reference Manual for Oral Contraceptive Pills; Family Planning Division, MoHFW
2. What Happens If You Use An Expired Condom?; National Coalition for Sexual Health
3. Birth control pill fact sheet; The University of Iowa
4. Lubricants for Latex Condoms; USAID
5. Birth Control Using a Diaphragm; AAFP
6. Natural Contraceptive Methods; Geneva Foundation for Medical Education and Research
7. The contraceptive injection; NHS