

Table 5

# Contraceptive Options for Women Older Than 35

## **Combination Hormonal Contraception\***

- › Oral contraceptives
- › Patch
- › Ring

## **Progestin-Only Contraception**

- › Subcutaneous implants
- › Oral progestin-only tablets
- › Depo-medroxyprogesterone acetate (Depo-Provera) injections
- › Intrauterine systems containing levonorgestrel

## **Barrier Devices**

- › Condoms (for men or women)
- › Spermicides
- › Cervical caps and shields

## **Tubal Ligation**

## **Hysteroscopic Inserts**

## **Natural Family Planning**

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\* Combined hormonal contraception is contraindicated in women who smoke.

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