



- **Bridge methods of contraception** are birth control methods used for a period of time before obtaining an ultimately desired method.
- **Patients may be in greater need of bridge methods in the time of the COVID-19 pandemic**, as many clinicians are unable to offer them appointments for in-office contraception (IUD, implant, or Depo-Provera).
- Bridge methods can provide protection against unwanted pregnancy during the period of restricted ambulatory access to care.
- During telemedicine visits, counsel patients on the full range of methods they are medically eligible for. **If the patient decides on a method that requires an in-person visit, counsel about the bridge methods** of contraception they can use until they are able to come into the office or clinic.
- If the patient has not previously used their bridge method, **counsel them on its correct and consistent use**.
- Counsel about **dual method use**, as using more than one of these methods at a time can further decrease the risk of unintended pregnancy.



ACCESS WITH PRESCRIPTION



ACCESS WITHOUT YOUR PROVIDER



SHORT-ACTING REVERSIBLE CONTRACEPTIVES

- Oral contraceptive pills
- Contraceptive patch
- Contraceptive vaginal ring

Prescription required

- Pick up from pharmacy
- Can be mailed if set up by insurance company

Pills, patches, and rings can be ordered online through the following apps and websites:

- Nurx (pill, patch, ring)
- Simple Health (pill, patch, ring)
- Hey Doctor (pill, patch, ring)
- The Pill Club (pill)
- Lemonaid (pill)



EMERGENCY CONTRACEPTION

- Ella
- Plan B

Ella: Prescription required

- Pick up from pharmacy
- Pharmacies may be able to order it for next-day pick up if it is not in stock

Plan B can be purchased over the counter (no prescription) in-person or online from pharmacies, big box stores, or Amazon

Ella and Plan B can be ordered online through the following apps and websites:

- PRJKT RUBY (Ella)
- Nurx (Ella, Plan B)
- The Pill Club (Plan B)
- Virtuwel (Plan B)



PHEXXI

Prescription required

- Pick up from pharmacy

Phexxi's website will mail it to you after you complete an assessment and consultation <https://www.phexxi.com/howtogetphexxi>



SPONGE

No prescription required

Purchase the sponge in-person or online from pharmacies and at www.todaysponge.com



SPERMICIDE

No prescription required

Purchase spermicide in-person or online from pharmacies, big box stores, or Amazon



CONDOMS

- Internal condoms
- External condoms

No prescription required

Purchase condoms in-person or online from pharmacies, big box stores, or Amazon



WITHDRAWAL

No prescription required

No purchase required

