Appendix: Intervention script

We wanted to let you know that you will have access to all types of birth control except for permanent sterilization and they are all safe to start on the day of your upcoming appointment. The most effective types of birth control to prevent pregnancy are the intrauterine device (or IUD), which is a small device that goes in your uterus, and the implant, which is a small device that goes in your arm. The IUD and the implant are the most effective methods of birth control available to women (more than 99% effective), they work for several years, and they decrease your chances of having an unintended pregnancy in the next few years. Both can be removed at any time if you don’t like them. We have both the IUD and the implant available at our clinic, and inserting these devices adds less than 5 minutes to your visit time. Other methods such as the shot, the pill, and the ring, are also available at our clinic and are safe to start immediately. You will have an opportunity to discuss birth control methods and to ask questions on the day of your appointment. If you would like more information about different methods of birth control, you can check out www.bedsider.org or www.pplm.org.