

Make Your Own Birth Control Teaching Kit 2012 Supplies

Planned Parenthood of Metropolitan Washington –Birth Control Training Kit

www.plannedparenthood.org/ppmw	(202) 347-8500	
Birth control pills	CycleBeads	Ortho Evra patch (photo)
Depo-Provera	Lubricant	Plan B emergency contraception
IUD	Diaphragm	Dental dams
NuvaRing	Spermicide	Tote
Male condom/female condom	Speculum	

Distributor list to purchase additional contraceptive methods:

<u>Cardinal Health</u>	www.cardinal.com	Contact: Rob Irwin	rob.irwin@cardinalhealth.com
<u>Smith Medical Partners</u>	www.smpspecialty.com	Contact: Brad Russell	brad.russell@smpspecialty.com (800) 292-9653 x3256

Ansell Healthcare Products (732) 345-5356 healthcarela@ansell.com

Penis demo model w/bag

Apothecus (516) 624-8200

www.apothecus.com	VCF Vaginal contraceptive foam	VCF Vaginal contraceptive film
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Bayer Theracom (866) 318-3531 (Also Cardinal)

Mirena IUS	www.mirenasupport.com
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Merck 1-800-NSC-MERCK

www.merck.com	NuvaRing	Nexplanon	Pelvic Model
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Target Lowe's Kmart

Hefty 15 qt. storage bin

Teaching Tools and Materials

Oregon Reproductive Health Program Website www.healthoregon.org/fp
See *Health Education Materials* link

Order *Birth Control: Choosing a method that's right for you* (flip book brochures) Eng./Span.

Download:

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| English and Spanish contraceptive method fact sheets and poster (Cardea Services) | Abstinence card |
| O.A.R.S. model handout and card | Male Anatomy diagram |
| 4 Steps to Counseling Family Planning Clients | Fertility Pattern |
| Comparing Effectiveness of Birth control Methods | Checklist for Print Materials |
| Using Effective Teaching Techniques | |
| How Pregnancy Occurs (female reproductive health system diagram) | |
| Create a Respectful Environment for All Clients | |
| Create a Teen Friendly Clinic Environment | |