

# Birth Control Comparison Chart

\* prescription • surgical procedure

## Abstinence

100% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> <li>Highly effective</li> <li>No side effects</li> <li>No cost</li> <li>Can increase intimacy between partners</li> </ul>	<ul style="list-style-type: none"> <li>May be difficult to abstain from all sexual activity for extended periods of time</li> </ul>

## The Pill \*

91-97% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Regulates periods</li> <li>Decreases cramps and acne</li> <li>Does not interfere with spontaneity</li> </ul>	<ul style="list-style-type: none"> <li>Must be taken daily at the same time</li> <li>Can't be used with some medical problems and medications</li> <li>Can cause side effects such as nausea</li> </ul>

## IUD \*

99.8-99.2% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Not taken daily</li> <li>Level hormones</li> <li>May reduce period side effects</li> <li>Long-term</li> <li>Can become pregnant quickly after removal</li> </ul>	<ul style="list-style-type: none"> <li>Large initial cost without insurance</li> <li>Can cause hormonal side effects</li> <li>Insertion may be uncomfortable</li> </ul>

## The Shot \*

94% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Convenient</li> <li>1 shot prevents pregnancy for 11-13 weeks</li> <li>Immediately effective</li> <li>Reversible</li> </ul>	<ul style="list-style-type: none"> <li>May cause adverse effects including irregular bleeding, weight gain, headache, dizziness</li> <li>Ovulation may not reoccur for a year after injection</li> <li>May cause bone mineral density loss</li> </ul>

## Nexplanon \*

99.9% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Not taken daily</li> <li>No estrogen related side effects</li> <li>Lasts up to 3 years</li> </ul>	<ul style="list-style-type: none"> <li>Insertion may be uncomfortable</li> <li>Large initial cost without insurance</li> <li>Progestin related side effects</li> </ul>

## Sterilization •

99.5% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Highly effective</li> <li>Long lasting contraceptive solution</li> </ul>	<ul style="list-style-type: none"> <li>Usually permanent</li> <li>Reversal procedures are expensive and complicated</li> </ul>

## The Patch \*

91% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Easy to use</li> <li>Stays on well</li> <li>Small</li> </ul>	<ul style="list-style-type: none"> <li>Must be replaced weekly</li> <li>Possible skin reactions</li> </ul>

## Vaginal Ring \*

91% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Easy to use</li> <li>Can be worn for three weeks</li> <li>Effects fertility one month at a time</li> <li>Spontaneity</li> </ul>	<ul style="list-style-type: none"> <li>Increased risk of heart attack or stroke</li> <li>Possible expulsion from body</li> </ul>

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## Plan B

89% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Reduces risk of pregnancy by 89% if taken within 72 hours</li> <li>Available over the counter to women over 15</li> </ul>	<ul style="list-style-type: none"> <li>Must be taken as soon as possible after unprotected intercourse</li> <li>Possible side effects are nausea, vomiting and irregular bleeding</li> </ul>

## Diaphragm with spermicide \*

88% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Can be carried in pocket/purse</li> <li>Can't be felt by partner</li> <li>Immediately effective</li> <li>No hormonal effect</li> <li>Inserted ahead of time (8 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Leave in place 8 hours after intercourse</li> <li>Additional spermicide for each sex act and every 2 hours</li> <li>Requires fitting and periodic refitting</li> </ul>

## Male Condom

82% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> <li>Available over the counter</li> <li>Easy to carry</li> <li>Involves male partner in contraception</li> </ul>	<ul style="list-style-type: none"> <li>Decreases spontaniety</li> <li>May break (Especially if used improperly)</li> </ul>

## Female Condom

79% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> <li>Female controlled</li> <li>More comfortable to men</li> <li>Stronger than latex</li> <li>Can be inserted before sex</li> <li>available online</li> </ul>	<ul style="list-style-type: none"> <li>Not aesthetically pleasing</li> <li>Can slip into vagina/anus during sex</li> <li>Difficult insertion/removal</li> <li>Not easy to find in drug stores</li> <li>More expensive than male condoms</li> </ul>

## Withdrawal

78% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Free</li> <li>Can be used in combination with other birth control methods</li> </ul>	<ul style="list-style-type: none"> <li>May not withdraw in time</li> <li>Pre-ejaculate can still contain viable sperm (it can get you pregnant)</li> <li>Very ineffective in pregnancy prevention</li> </ul>

## Cervical cap with spermicide \*

86-71% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Inserted ahead of time (6 hours)</li> <li>Few side effects</li> <li>Reusable and inexpensive</li> <li>Requires less spermicide than Diaphragm</li> </ul>	<ul style="list-style-type: none"> <li>Requires consistent use</li> <li>May need to be resized</li> <li>Leave in place 8 hrs after intercourse</li> <li>May be difficult to insert/remove</li> <li>Allergic reaction possible</li> </ul>

## Spermicide

72% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>Easy to use</li> <li>Enhances vaginal lubrication</li> </ul>	<ul style="list-style-type: none"> <li>Must be inserted before each act of intercourse</li> <li>May leak from vagina</li> </ul>

## Sponge

88-76% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> <li>immediate and continuous protection for 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>May be difficult for some women to insert or remove</li> <li>May cause vaginal irritation</li> <li>May make sex too messy or dry</li> </ul>

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## Fertility Awareness

76% effective

Does **not** protect  
against STDs

+	-
<ul style="list-style-type: none"><li>• Requires no drugs or devices</li><li>• Inexpensive</li><li>• May be acceptable to members of religious groups</li></ul>	<ul style="list-style-type: none"><li>• Must abstain from sex for first cycle to chart mucus</li><li>• Calendar: requires good record keeping before and during method use</li><li>• Unpredictability of cycle</li><li>• Extended periods of abstinence</li></ul>

\* Prescription

• Surgical Procedure

**Not all side effects are listed**, please consult your provider for more information

Percentages are based on **typical use** rather than perfect use