







# BIRTH CONTROL METHODS





METHOD	HOW EFFECTIVE?*	POSSIBLE BENEFITS	OTHER CONSIDERATIONS	HOW TO GET?
Copper IUD 	99%	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Can be used as emergency contraception</li> <li>A “set-it-and-forget-it” method</li> <li>Lasts 3-12 years</li> </ul>	<ul style="list-style-type: none"> <li>Users may have heavier periods with increased cramping</li> <li>Insertion can be painful</li> <li>Does not protect against STIs</li> </ul>	Health care provider
Tubal Ligation/ Removal 	99%	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Permanent</li> </ul>	<ul style="list-style-type: none"> <li>Requires surgery</li> <li>Cannot be reversed</li> <li>Does not protect against STIs</li> </ul>	Surgery
Vasectomy 	99%	<ul style="list-style-type: none"> <li>Simple procedure</li> <li>Permanent</li> </ul>	<ul style="list-style-type: none"> <li>Reversal is difficult and not always successful</li> <li>Discomfort during recovery</li> <li>Does not protect against STIs</li> </ul>	Outpatient procedure
External Condom 	87% (when used correctly every time you have sex, effectiveness rises to 98%)	<ul style="list-style-type: none"> <li>Protects against STIs</li> <li>Easy to find in stores and often free at health centers</li> <li>Can be used in the moment</li> </ul>	<ul style="list-style-type: none"> <li>You have to use a condom every time you have sex</li> <li>May reduce sensation</li> </ul>	Readily available in many locations
Internal Condom 	79%	<ul style="list-style-type: none"> <li>Protects against STIs</li> <li>Can be inserted before sex</li> <li>Stronger than latex</li> </ul>	<ul style="list-style-type: none"> <li>Can be difficult to insert and remove</li> <li>Not available over-the-counter</li> </ul>	Prescription
Cervical Cap 	71-86%	<ul style="list-style-type: none"> <li>Portable, reusable, and hormone-free</li> <li>Can be inserted before sex</li> </ul>	<ul style="list-style-type: none"> <li>Used with spermicide</li> <li>Can be difficult to insert and remove</li> <li>More effective for those that haven’t had a vaginal birth before</li> <li>Does not protect against STIs</li> </ul>	Health care provider

Non-Hormonal Methods

Hormonal Methods

 % based on typical use, not perfect use

# BIRTH CONTROL METHODS (CONTINUED)




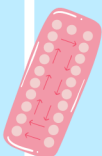
METHOD	HOW EFFECTIVE?*	POSSIBLE BENEFITS	OTHER CONSIDERATIONS	HOW TO GET?
Fertility Awareness Method 	Varies widely (no high quality studies to measure effectiveness)	<ul style="list-style-type: none"> <li>Inexpensive</li> <li>Hormone-free</li> <li>No side effects</li> </ul>	<ul style="list-style-type: none"> <li>Must carefully track menstrual cycle</li> <li>May have to take basal body temp and/or check cervical mucus every day</li> <li>Requires periods of abstinence</li> <li>Some cycles can be unpredictable</li> <li>Does not protect against STIs</li> </ul>	There are apps and books to help learn FAM
Vaginal Gel (Phexxi) 	79-86%	<ul style="list-style-type: none"> <li>Easy to use gel</li> <li>Hormone-free</li> <li>No side effects</li> </ul>	<ul style="list-style-type: none"> <li>Must be inserted no more than an hour before each act of intercourse</li> <li>May cause irritation, urinary tract infections, or yeast infection</li> <li>May be messy after sex</li> <li>Does not protect against STIs</li> </ul>	Prescription
Diaphragm 	83%	<ul style="list-style-type: none"> <li>Portable, reusable, and hormone-free</li> <li>Can be inserted before sex</li> </ul>	<ul style="list-style-type: none"> <li>May require fitting and periodic refitting</li> <li>Can be difficult to insert and remove</li> <li>Best if used with spermicide</li> <li>Does not protect against STIs</li> </ul>	Health care provider
Withdrawal "Pulling Out" 	80%	<ul style="list-style-type: none"> <li>Free</li> <li>Can be used with other forms of birth control</li> </ul>	<ul style="list-style-type: none"> <li>May not withdraw in time</li> <li>Pre-ejaculate may have viable sperm</li> <li>Does not protect against STIs</li> </ul>	N/A

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# BIRTH CONTROL METHODS (CONTINUED)




METHOD	HOW EFFECTIVE?*	POSSIBLE BENEFITS	OTHER CONSIDERATIONS	HOW TO GET?
Implant 	99%	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Lasts five years</li> <li>Nothing to remember; it works continuously</li> <li>Progestin-only, may be appropriate for more users</li> <li>May have lighter periods or no bleeding</li> </ul>	<ul style="list-style-type: none"> <li>May cause irregular periods</li> <li>Initial cost may be high for those without insurance</li> <li>May cause side effects like breast pain, headaches, or nausea</li> <li>Insertion may be painful</li> <li>Does not protect against STIs</li> </ul>	Health care provider
Hormonal IUD 	99%	<ul style="list-style-type: none"> <li>Highly effective</li> <li>Can be used as emergency contraception</li> <li>A "set-it-and-forget-it" method</li> <li>Lasts between 3-8 years</li> <li>May have lighter periods or no bleeding</li> </ul>	<ul style="list-style-type: none"> <li>May cause irregular periods</li> <li>Initial cost may be high</li> <li>Insertion may be painful</li> <li>Does not protect against STIs</li> </ul>	Health care provider
Birth Control Shot 	96%	<ul style="list-style-type: none"> <li>May make periods lighter</li> <li>Only one shot every three months</li> <li>Easy to keep private</li> </ul>	<ul style="list-style-type: none"> <li>May cause side effects such as irregular periods and weight gain</li> <li>May take several months after stopping for ovulation to return</li> <li>Does not protect against STIs</li> </ul>	Health care provider or Prescription
Combined Oral Contraceptives 	93%	<ul style="list-style-type: none"> <li>May make periods lighter</li> <li>Can take them continually to skip periods</li> <li>May lessen cramps and other PMS symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Side effects may include nausea, irregular bleeding, and headaches</li> <li>Must be taken every day</li> <li>Not suitable for people with certain medical conditions</li> <li>Does not protect against STIs</li> </ul>	Prescription

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Progestin-Only Oral Contraceptives 	93%	<ul style="list-style-type: none"> <li>• Periods may be lighter</li> <li>• Progestin only, may be appropriate for more people</li> </ul>	<ul style="list-style-type: none"> <li>• Side effects may include nausea, irregular bleeding, and headaches</li> <li>• Must be taken at the same time every day</li> <li>• Does not protect against STIs</li> </ul>	Over the Counter or Prescription
Vaginal Ring 	93%	<ul style="list-style-type: none"> <li>• Periods may be lighter and more regular</li> <li>• Can choose to skip periods</li> <li>• May lessen cramps and other PMS symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Side effects may include nausea, irregular bleeding, headaches</li> <li>• Partner may be able to feel ring during sex</li> <li>• Does not protect against STIs</li> </ul>	Prescription
Patch 	93%	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Applied to skin for a week then replaced</li> <li>• May make periods lighter, more regular, and less painful</li> </ul>	<ul style="list-style-type: none"> <li>• You have to stay on a schedule: change the patch every week for three weeks and then skip a week</li> <li>• May cause skin irritation</li> <li>• Does not protect against STIs</li> </ul>	Prescription

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## Emergency Contraception

EC OPTION	WHEN TO USE	OTHER THINGS TO KNOW
Copper IUD	Within 5 days	Can remain in place as reliable, long-term contraception for years
Levonorgestrel pills	Within 3 days (72 hours)	Works better the sooner you take it. May be less effective for those over 165 pounds.
Ella	Within 5 days	Works better the sooner you take it. May be less effective for those over 195 pounds.