



## BIRTH CONTROL GUIDE

If you do not want to get pregnant, there are many birth control options to choose from. No one product is best for everyone. Some methods are more effective than others at preventing pregnancy. Check the pregnancy rates on this chart to get an idea of how effective the product is at preventing pregnancy. The pregnancy rates tell you the number of pregnancies expected per 100 women during the first year of typical use. Typical use shows how effective the different methods are during actual use (including sometimes using a method in a way that is not correct or not consistent). The only sure way to avoid pregnancy is not to have any sexual contact. Talk to your healthcare provider about the best method for you.

FDA-Approved Methods		Number of pregnancies expected (per 100 women)*	Use	Some Risks or Side Effects* This chart does not list all of the risks and side effects for each product.
Most Effective	Sterilization Surgery for Women	less than 1	Onetime procedure. Permanent.	Pain Bleeding Infection or other complications after surgery
	Sterilization Surgery for Men	less than 1	Onetime procedure. Permanent.	Pain Bleeding Infection
	IUD Copper	less than 1	Inserted by a healthcare provider. Lasts up to 10 years.	Cramps Heavier, longer periods Spotting between periods
	IUD with Progestin	less than 1	Inserted by a healthcare provider. Lasts up to 3-5 years, depending on the type.	Irregular bleeding No periods (amenorrhea) Abdominal/pelvic pain
	Implantable Rod	less than 1	Inserted by a healthcare provider. Lasts up to 3 years.	Menstrual Changes Weight gain Acne Mood swings or depressed mood Headache
	Shot/Injection	6	Need a shot every 3 months.	Loss of bone density Irregular bleeding/bleeding between periods Headaches Nervousness Abdominal discomfort Weight gain Dizziness
	Oral Contraceptives "The Pill" (Combined Pill)	9	Must swallow a pill every day.	Spotting/bleeding between periods Nausea Breast tenderness Headache
	Oral Contraceptives "The Pill" (Extended Continuous Use Combined Pill)	9	Must swallow a pill every day.	Spotting/bleeding between periods Nausea Breast tenderness Headache
	Oral Contraceptives "The Mini Pill" (Progestin Only)	9	Must swallow a pill at the same time every day.	Spotting/bleeding between periods Nausea Breast tenderness Headache
	Patch	9	Put on a new patch each week for 3 weeks (21 total days). Don't put on a patch during the fourth week.	Spotting/bleeding between menstrual periods Nausea Breast tenderness Skin irritation Stomach pain Headache
	Vaginal Contraceptive Ring	9	Put the ring into the vagina yourself. Keep the ring in your vagina for 3 weeks and then take it out for one week.	Vaginal discharge, discomfort in the vagina, mild irritation Headache Nausea Mood changes Breast tenderness
	Diaphragm with Spermicide	12	Must use every time you have sex.	Irritation Allergic reactions Urinary tract infection
	Sponge with Spermicide	12-24	Must use every time you have sex.	Irritation
	Cervical Cap with Spermicide	17-23	Must use every time you have sex.	Irritation Allergic reactions Abnormal Pap test
	Male Condom	18	Must use every time you have sex. <b>Provides protection against some STDs.</b>	Irritation Allergic reactions
	Female Condom	21	Must use every time you have sex. <b>Provides protection against some STDs.</b>	Discomfort or pain during insertion or sex Burning sensation, rash or itching
Spermicide Alone	28	Must use every time you have sex.	Irritation Allergic reactions Urinary tract infection	
<b>OTHER CONTRACEPTION</b>				
<b>Emergency Contraceptives (EC):</b> May be used if you did not use birth control or if your regular birth control fails (such as a condom breaks). It should not be used as a regular form of birth control. Emergency contraception prevents about 55 - 85% of predicted pregnancies.				
Levonorgestrel 1.5 mg (1 pill) Levonorgestrel .75 mg (2 pills)	7 out of every 8 women who would have gotten pregnant will not become pregnant after taking this EC.	Swallow the pills as soon as possible within 3 days after having unprotected sex.	Menstrual changes Headache Dizziness Breast pain	Lower stomach (abdominal) pain Nausea Vomiting Tiredness
Ulipristal Acetate	6 or 7 out of every 10 women who would have gotten pregnant will not become pregnant after taking this EC.	Swallow the pills within 5 days after having unprotected sex.	Headache Abdominal pain Tiredness	Nausea Menstrual pain Dizziness

\*For more information on the chance of getting pregnant while using a method or on the risks of a specific product, please check the product label or Trussell, J. (2011). "Contraceptive failure in the United States." Contraception 83(5):397-404.