

Birth Control Guide

Most Effective



Least Effective

Methods	Number of pregnancies expected per 100 women	How to use it	Some Risks
Sterilization Surgery for Women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> Pain Bleeding Infection or other complications after surgery Ectopic (tubal) pregnancy
Surgical Sterilization Implant for Women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> Mild to moderate pain after insertion Ectopic (tubal) pregnancy
Sterilization Surgery for Men	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> Pain Bleeding Infection
Implantable Rod	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> Acne Weight gain Cysts of the ovaries Mood changes Depression Hair loss Headache Upset stomach Dizziness Sore breasts
IUD	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> Cramps Bleeding Pelvic inflammatory disease Infertility Tear or hole in the uterus Lower interest in sexual activity Changes in your periods
Shot/Injection	1	Need a shot every 3 months	<ul style="list-style-type: none"> Bone loss Bleeding between periods Weight gain Breast tenderness Headaches
Oral Contraceptives (Combined Pill) "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> Dizziness Nausea Changes in your cycle (period) Changes in mood Weight gain High blood pressure Blood clots Heart attack Strokes
Oral Contraceptives (Progestin-only) "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> Irregular bleeding Weight gain Breast tenderness
Oral Contraceptives Extended/Continuous Use "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> Risks are similar to other oral contraceptives Bleeding Spotting between periods
Patch	5	Must wear a patch every day	<ul style="list-style-type: none"> Exposure to higher average levels of estrogen than most oral contraceptives
Vaginal Contraceptive Ring	5	Must leave ring in every day for 3 weeks	<ul style="list-style-type: none"> Vaginal discharge Swelling of the vagina Irritation Similar to oral contraceptives
Male Condom	11-16	Must use everytime you have sex; requires partner's cooperation Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs	<ul style="list-style-type: none"> Allergic reactions
Diaphragm with Spermicide	15	Must use everytime you have sex	<ul style="list-style-type: none"> Irritation Allergic reactions Urinary tract infection Toxic shock
Sponge with Spermicide	16-32	Must use everytime you have sex	<ul style="list-style-type: none"> Irritation Allergic reactions Hard time removing Toxic shock
Cervical Cap with Spermicide	17-23	Must use everytime you have sex	<ul style="list-style-type: none"> Irritation Allergic reactions Abnormal Pap test Toxic shock
Female Condom	20	Must use everytime you have sex May give some protection against STIs	<ul style="list-style-type: none"> Irritation Allergic reactions
Spermicide	30	Must use everytime you have sex	<ul style="list-style-type: none"> Irritation Allergic reactions Urinary tract infection
Emergency Contraception — If your primary method of birth control fails			
Emergency Contraceptives "The Morning After Pill"	15	Must use within 72 hours of unprotected sex It should not be used as a regular form of birth control	<ul style="list-style-type: none"> Nausea Vomiting Abdominal pain Fatigue Headache