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*
|----------------------|-----------------------------------------------|-----|------------------------
| Sterilization Surgery for Men | Less than 1 | Sterilization | Pain, Bleeding, Infection or other complications after surgery
| Sterilization Implant for Women | Less than 1 | Sterilization | Pain, cramping, Pelvic or back discomfort, Vaginal bleeding
| Sterilization Surgery for Men | Less than 1 | Sterilization | 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, Mood swings or depressed mood, Weight gain, Headache, Acne
| Contraceptives | | | Abdominal discomfort
| Oral Contraceptives | | | Spotted bleeding, breast tenderness, Headache
| "The Pill" (Combined Pill) | 9 | Must swallow a pill every day. | Spotted bleeding, breast tenderness, Headache
| Oral Contraceptives | | | Spotted bleeding, breast tenderness, Headache
| "The Pill" (Progestin Only) | 9 | Must swallow a pill at the same time every day. | Spotted bleeding, breast tenderness, Headache
| Patch | 9 | Put on a new patch each week for 3 weeks (21 total days). | Spotted or bleeding between menstrual periods, Nausea, 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, and mild irritation, Headache, Mood changes, Nausea, Breast tenderness
| Diaphragm with Spermicide | 12 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions
| Sponge with Spermicide | 12-24 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions
| Cervical Cap with Spermicide | 17-23 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions, Abnormal Pap test
| Male Condom | 18 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions
| Female Condom | 21 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions, Abnormal Pap test
| Spermicide Alone | 28 | Must use every time you have sex. | Menstrual pain, Urinary tract infection, Allergic reactions, Abnormal Pap test

OTHER CONTRACEPTION

Emergency Contraceptives (EC):

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, Nausea, Dizziness, Vomiting, Breast pain, Tiredness, Lower stomach (abdominal) pain

**Ulipristal Acetate**
6 out of 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, Nausea, Abdominal pain, Menstrual pain, Tiredness, Dizziness


*This chart does not list all of the risks and side effects for each product.*