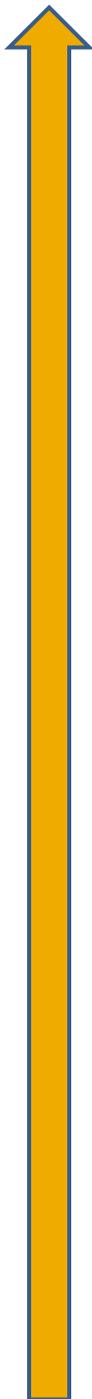


# Birth Control Options

Most Effective



Least Effective

Method	Number of pregnancies expected per 100 women per year*	How To Use	Benefits	Risks
<b>Implantable Rod</b> ( <i>Nexplanon</i> ®)	Fewer than 1	<ul style="list-style-type: none"> <li>Put in by your doctor</li> <li>Lasts 3 years</li> </ul>	<ul style="list-style-type: none"> <li>Works well</li> <li>Nothing to remember every day</li> </ul>	<ul style="list-style-type: none"> <li>Need a doctor to put it in</li> <li>Irregular bleeding</li> <li>Weight gain</li> </ul>
<b>Copper IUD</b>	Fewer than 1	<ul style="list-style-type: none"> <li>Put in by your doctor</li> <li>Lasts 10 years</li> </ul>	<ul style="list-style-type: none"> <li>Works well</li> <li>Nothing to remember every day</li> </ul>	<ul style="list-style-type: none"> <li>Need a doctor to put it in</li> <li>Can sometimes tear a hole in your uterus</li> <li>Cramps and bleeding</li> </ul>
<b>IUD with Progestin</b> ( <i>Mirena</i> ®, <i>Skyla</i> ®, <i>Liletta</i> ®)	Fewer than 1	<ul style="list-style-type: none"> <li>Put in by your doctor</li> <li><i>Mirena</i>® lasts 5 years</li> <li><i>Skyla</i>® lasts 3 years</li> </ul>	<ul style="list-style-type: none"> <li>Works well</li> <li>Nothing to remember every day</li> </ul>	<ul style="list-style-type: none"> <li>Need a doctor to put it in</li> <li>Irregular or missed periods</li> <li>Pelvic/stomach pain</li> <li>Can sometimes tear a hole in your uterus</li> </ul>
<b>Progesterone shot</b> ( <i>Depo-Provera</i> ®)	6	<ul style="list-style-type: none"> <li>Get a shot every 3 months</li> </ul>	<ul style="list-style-type: none"> <li>Nothing to remember every day</li> <li>Periods might stop after 6 months</li> <li>Might take longer to get pregnant after stopping</li> </ul>	<ul style="list-style-type: none"> <li>Need an injection every 3 months</li> <li>Irregular or missed periods</li> <li>Weaker bones</li> <li>Weight gain</li> </ul>
<b>Combined oral pill</b> <i>The pill</i>	9	<ul style="list-style-type: none"> <li>Take a pill once a day</li> </ul>	<ul style="list-style-type: none"> <li>Regular, lighter periods</li> <li>Less cramping</li> <li>Less acne</li> </ul>	<ul style="list-style-type: none"> <li>Need a prescription</li> <li>Headaches, sore breasts, nausea, dizziness</li> <li>High blood pressure and blood clots (rarely)</li> </ul>
<b>Progestin-only pill</b> <i>The mini-pill</i>	9	<ul style="list-style-type: none"> <li>Take a pill once a day</li> </ul>	<ul style="list-style-type: none"> <li>Lighter periods</li> <li>Less cramping</li> </ul>	<ul style="list-style-type: none"> <li>Same risks as The Pill</li> </ul>
<b>Patch</b> <i>Ortho-Evra</i> ®	9	<ul style="list-style-type: none"> <li>Put on a patch once a week for 3 weeks. No patch for 4<sup>th</sup> week.</li> </ul>	<ul style="list-style-type: none"> <li>Remember once a week</li> <li>Regular, lighter periods</li> <li>Less cramping and acne</li> </ul>	<ul style="list-style-type: none"> <li>Same risks as The Pill</li> <li>Might have a higher risk of blood clots</li> </ul>
<b>Vaginal Ring</b> <i>NuvaRing</i> ®	9	<ul style="list-style-type: none"> <li>Put in your vagina for 3 weeks. Take out for the 4<sup>th</sup> week.</li> </ul>	<ul style="list-style-type: none"> <li>Remember once a month</li> <li>Regular, lighter periods</li> <li>Less cramping</li> <li>Less acne</li> </ul>	<ul style="list-style-type: none"> <li>Same risks as The Pill</li> <li>Have to put the ring in yourself</li> <li>Vaginal discharge</li> </ul>
<b>Male Condom</b>	18	<ul style="list-style-type: none"> <li>Placed over the penis each time you have sex</li> </ul>	<ul style="list-style-type: none"> <li>Protects against some sexually transmitted infections</li> <li>Less expensive (50¢ each)</li> <li>Don't need a prescription</li> <li>Latex and non-latex options available</li> </ul>	<ul style="list-style-type: none"> <li>Must be put on before penis enters vagina</li> <li>Need a new one every time you have sex</li> <li>Can break</li> <li>Some people are allergic to latex</li> </ul>
<b>Female Condom</b>	21	<ul style="list-style-type: none"> <li>Put into your vagina each time you have sex.</li> </ul>	<ul style="list-style-type: none"> <li>Protects against some sexually transmitted infections</li> <li>Don't need a prescription</li> <li>Controlled by the woman</li> <li>Can put in hours before sex</li> </ul>	<ul style="list-style-type: none"> <li>Need a new one every time you have sex</li> <li>More expensive than male condoms (\$4 each)</li> </ul>

\*Effectiveness of this method of contraception with typical use (including sometimes using a method in a way that is not correct or consistent)