Contraception Method Details

Reported pregnancy rate is the number of women out of 100 who will become pregnant in one year using the specified birth control method.*

1. Birth Control Pills
   • Daily hormonal pill to prevent pregnancy
   • Some contain both estrogen and progestin, others contain only progestin
   • Less than 1/100 women will be pregnant in a year

2. Fertility Awareness-Based Methods
   • Tracking ovulation (release of an egg) to prevent pregnancy; based on temperature, cervical mucus, or a calendar
   • Less than 1/100 women will be pregnant in a year

3. Morning-After Pill (Emergency Contraception)
   • Used up to 5 days after unprotected intercourse

4. Breastfeeding as Birth Control
   • Effective up to 6 months after birth; hormones released from breastfeeding prevent pregnancy
   • Less than 1/100 women will be pregnant in a year

5. Intrauterine Devices (IUDs)
   • Small plastic device inserted into uterus by health care provider
   • Less than 1/100 women will be pregnant in a year
   • Uterine perforation with insertion is rare
   • Mirena and Skyla IUD (Hormonal)
     • Mirena effective for 6 years
     • Skyla effective for 3 years
     • May cause lighter period and reduced cramps
   • ParaGard IUD
     • Copper, no hormones
     • Effective for 12 years
     • May increase period cramps and cause heavier periods
     • Can be used as emergency contraception

6. Birth Control Implant (Implanon and Nexplanon)
   • Small rod inserted into arm by provider
   • Contraception for up to 4 years by hormone release (progestin)
   • May cause irregular menses for first 6-12 months
   • Less than 1/100 women will be pregnant in a year

7. Birth Control Patch
   • Small hormonal skin patch applied 3 weeks per month to prevent pregnancy
   • Less than 1/100 women will be pregnant in a year

8. Birth Control Shot (Depo-Provera)
   • Hormonal (progestin) shot every 3 months
   • Less than 1/100 women will be pregnant in a year

9. Vaginal Ring (NuvaRing)
   • Small flexible ring placed in vagina for 3 weeks per month; contains hormones estrogen and progestin
   • Less than 1/100 women will be pregnant in a year

10. Sterilization for Women
    • Surgery that blocks fallopian tubes to prevent pregnancy
    • Less than 1/100 women will be pregnant in a year

11. Vasectomy (in male partner)
    • Procedure prevents sperm from leaving man’s body
    • Less than 1/100 women will be pregnant in a year

12. Male Condom
    • Reduces risk of sexually transmitted disease (STD)
    • Worn on penis; made of latex or plastic
    • Can be used for vaginal, oral, and anal intercourse
    • Less than 18/100 women will be pregnant in a year

13. Female Condom
    • Reduces risk of STD
    • Pouch inserted into vagina before intercourse
    • 5/100 women will be pregnant in a year

14. Cervical Cap (FemCap)
    • Silicone cup inserted into vagina before intercourse
    • Most effective when used with spermicide
    • Less effective at preventing pregnancy in women who have previously given birth
    • Never given birth: 14/100 women pregnant in a year
    • Given birth: 29/100 women pregnant in a year

15. Diaphragm
    • Silicone cup inserted into vagina before intercourse
    • Most effective when used with spermicide
    • 6/100 women will be pregnant in a year

16. Birth Control Sponge (Today Sponge)
    • Foam sponge inserted into vagina before intercourse; contains spermicide
    • Never given birth: 9/100 women pregnant in a year
    • Given birth: 20/100 women pregnant in a year

17. Withdrawal (Pull Out Method)
    • Penis pulled out of vagina before semen released

18. Spermicide
    • Chemical that prevents sperm from moving
    • Inserted into vagina before intercourse
    • 15/100 women will be pregnant in a year

All reported data obtained from Planned Parenthood.
* Rates based on 100% compliance of method.
Which contraception method is right for you?

Do you prefer a birth control method as needed or one that functions continuously?

- Continuous
  - Daily
    - Would you prefer a daily or long-acting form of birth control?
    - Daily
      - Are you currently breastfeeding?
        - No
          - 1. Birth Control Pills
          - 2. Fertility Awareness-Based Methods
          - 3. Morning-After Pill
        - Yes
          - 4. Breastfeeding as Birth Control
    - Long-Acting
      - Would you prefer a reversible or irreversible form of birth control?
        - Reversible
          - Would you prefer a contraceptive method that is effective for several years?
            - Yes
              - 5. Intrauterine Devices (IUDs)
              - 6. Birth Control Implant (Implanon and Nexplanon)
            - No
          - 7. Birth Control Patch
          - 8. Birth Control Shot (Depo-Provera)
          - 9. Vaginal Ring (NuvaRing)
        - Irreversible
          - 10. Sterilization for Women
          - 11. Vasectomy (in male partner)

  - As Needed
    - Would you prefer a birth control that also protects against sexually transmitted diseases (STDs)?
      - Yes
        - 12. Male Condom
        - 13. Female Condom
      - No
        - 14. Cervical Cap (FemCap)
        - 15. Diaphragm
        - 16. Birth Control Sponge (Today Sponge)
        - 17. Withdrawal (Pull Out Method)
        - 18. Spermicide