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Type	Method	How well does it work?	How often do I use it?	How do I use it?			After I stop it, when can I get pregnant?	Does it protect me from STDs?
HORMONAL	Progestin IUD Mirena [®] , Liletta [®] , Skyla [®] 	↑ > 99%	 Mirena [®] 7 years  Skyla [®] , Liletta [®] 3 years	 Placed in uterus	 Lighter or no period  OK to breastfeed	 Need a provider  ↑ vaginal discharge	 Right after	 No
	The Implant Nexplanon [®] 	> 99%	 3 years	 Placed under skin of arm	 Lighter or no period  OK to breastfeed	 Need a provider	 Right after	 No
	The Shot Depo-Provera [®] 	97-99%	 Every 3 months	 Injection	 Lighter period  OK to breastfeed  Private	 Mood changes  May cause weight gain, discomfort	 Up to 1 year	 No
	The Ring Nuvaring [®] 	92-99%	 Every month	 Insert into vagina	 Private  Regular periods	 May ↑ vaginal discharge	 Right after	 No
	The Patch Ortho Evra [®] 	92-99%	 Every week	 Apply to skin	 Regular periods	 Can irritate skin	 Right after	 No
	The Pill Oral Contraceptives 	92-99%	 Every day	 Pill	 Regular periods  Can improve acne	 Remember to take  May cause weight gain, discomfort  Can't smoke	 Right after	 No
	Progestin Pill The minipill 	92-99%	 Every day	 Pill	 OK to breastfeed	 Remember to take  Mood changes	 Right after	 No
	Emergency Contraception Pills Progestin EC (Plan B One-Step [®] , Next Choice [™] , others) + Ulipristal acetate (ella [®]) 	0-94% <small>(Ulipristal EC better than progestin EC if: - Overweight (BMI>26) or - 3-5 days after sex.)</small>	 Up to 5 days after sex	 Pill	 Can buy some without Rx  OK to breastfeed  Works best the sooner you take it	 Nausea  Changes with next period  May need Rx  May cost a lot	 Right after	 No

Options for Birth Control

Type	Method	How well does it work?	How often do I use it?	How do I use it?			After I stop it, when can I get pregnant?	Does it protect me from STDs?
NON-HORMONAL	Copper IUD ParaGard® 	↑ > 99%	 12 years	 Placed in uterus	 OK to breastfeed	 Need a provider  Heavier period	 Right after	 No
	Male Condom 	85-98%	 Before sex	 Roll onto erect penis	 Can easily buy  Prevent early ejaculation  For oral, vaginal, or anal sex  OK to breastfeed	 Can ↓ sensation  Can break or slip off	 Right after	 Yes (unless it slips)
	Female Condom 	79-95%	 Before sex	 Insert into vagina	 Can buy  For vaginal or anal sex  OK to breastfeed	 Can ↓ sensation  Can slip out	 Right after	 Yes (unless it slips)
	Diaphragm 	84-94%	 Before sex	 Insert into vagina	 Lasts several years  Costs nothing  OK to breastfeed	 Need a provider  Use with spermicide  Can't use in bleeding or infection	 Right after	 May ↑ HIV risk
	Spermicide Cream, gel, sponge, foam, inserts, film 	71-85%	 Before sex	 Insert into vagina	 Can easily buy  OK to breastfeed	 Can irritate skin  Can be messy	 Right after	 May ↑ HIV risk
	Withdrawal Pull-out	73-96%	 During sex	 Pull penis out of vagina before ejaculation	 Costs nothing  OK to breastfeed	 Interrupts orgasm  Won't work if not pulled out in time	 Right after	 No
	Rhythm Natural Family Planning, Fertility Awareness 	75-88%	 Every day	 Predict fertile days  When fertile, use another method or avoid sex	 Costs little  OK to breastfeed  Can help with trying to get pregnant	 Must use another method  Won't work if you have irregular periods  Many things to remember	 Right after	 No

Options for Birth Control