


















# Birth Control Method Options

Clients considering their birth control method options should understand the range and characteristics of available methods. Providers can use this chart to help clients consider their birth control method options. Clients should also be counseled about their options for reducing risk of STIs.

MOST EFFECTIVE

MODERATELY EFFECTIVE

LEAST EFFECTIVE

METHOD	What is the risk for pregnancy?*	How do you use this method?	How often is this used?	What are menstrual side effects?	Other possible side effects?	Other things to consider?	
<b>FEMALE STERILIZATION</b> 	.5 out of 100	Surgical procedure	Once	No menstrual side effects	Pain, bleeding, risk of infection	Permanent	
<b>MALE STERILIZATION</b> 	.15 out of 100						
<b>LNG IUD</b> 	.2 out of 100	Placed inside uterus	Up to 8 years	Spotting, lighter or no periods	Some discomfort with placement	No estrogen May reduce cramps	
<b>COPPER IUD</b> 	.8 out of 100		Up to 10 years	May cause heavier, longer periods		No hormones May cause cramps	
<b>IMPLANT</b> 	.05 out of 100	Placed in upper arm	Up to 3 years	Spotting, lighter or no periods		No estrogen May reduce cramps	
<b>INJECTABLES</b> 	4 out of 100	Shot in arm, hip, or under the skin	Every 3 months	Spotting, lighter or no periods	May cause weight gain	No estrogen May reduce cramps	
<b>PILL</b> 	8 out of 100	Take by mouth	Every day at the same time	Can cause spotting for the first few months Periods may become lighter	Nausea, breast tenderness Risk for blood clots	May improve acne May reduce menstrual cramps	
<b>PATCH</b> 	9 out of 100	Put on skin	Weekly			Lower ovarian and uterine cancer risk	
<b>RING</b> 	9 out of 100	Put in vagina	Monthly				
<b>DIAPHRAGM</b> 	12 out of 100	Put in vagina with spermicide	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones	
<b>EXTERNAL CONDOM</b> 	13 out of 100	Put over penis	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones No prescription	
<b>VAGINAL GEL</b> 	14 out of 100	Put in vagina			Allergic reaction, irritation	No hormones	
<b>WITHDRAWAL</b> 	20 out of 100	Pull penis out of vagina before ejaculation			No side effects	No hormones Nothing to buy	
<b>INTERNAL CONDOM</b> 	21 out of 100	Put in vagina			Allergic reaction, irritation	No hormones No prescription	
<b>SPONGE</b> 	24 out of 100	Put in vagina			No side effects	No hormones Increased awareness of fertility signs	
<b>FERTILITY AWARENESS-BASED METHODS</b> 	24 out of 100	Monitor fertility signs and abstain or use condoms on fertile days			Every day	Allergic reaction, irritation	No hormones No prescription
<b>SPERMICIDES</b> 	28 out of 100	Put in vagina			Every time you have sex	Allergic reaction, irritation	No hormones No prescription

\*The number of women out of every 100 who have an unintended pregnancy within the first year of typical use of each method. Other methods of birth control: (1) Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Reference for effectiveness rates: Trussell J. Contraceptive failure in the United States. *Contraception* 2011; 83: 397-404. Sundaram A. Contraceptive failure in the United States. *Perspect Sex Reprod Health* 2017; 49:7-16. Other references available on [www.rhntc.org](http://www.rhntc.org).

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