



Birth Control Options

Copper IUD: Hormone free and over 99% effective. Must be placed and removed by a health care provider. Pros: May be left in the uterus for up to 10 years. No pill to take daily. Can be used while breastfeeding. You can become pregnant right after it is removed. Cons: May cause more cramps and heavier periods. May cause spotting between periods. Rarely, uterus is injured during placement. Does not protect against HIV or other STIs. **Device:** Paragard

Progestin IUD: Over 99% effective. Must be placed and removed by a health care provider. Pros: May be left in the uterus for up to 3-5 years. No pill to take daily. Can be used while breastfeeding. You can become pregnant right after it is removed. Cons: May cause lighter periods spotting, or no period at all. Rarely, uterus is injured during placement. Does not protect against HIV or other STIs. **Devices:** Mirena (5 years); Liletta (3 years); Skyla (3 years); Kyleena (5 years)

Implant: Over 99% effective. Must be placed by a health care provider under the skin of the inside of the upper arm. Must be removed by a health care provider. Pros: May be left in place up to 3 years. No pill to take daily. Often decreases cramps. Can be used while breastfeeding. You can become pregnant right after it is removed. Cons: Can cause irregular bleeding. After 1 year, you may have no period at all. Does not protect against HIV or other STIs. **Device:** Nexplanon

The Ring: 91-99% effective. Insert a small ring into the vagina. Change ring each month. Pros: One size fits all. Private. Does not require spermicide. Can make periods more regular and less painful. No pill to take daily. You can become pregnant right after stopping the ring. Cons: Can increase vaginal discharge. May cause spotting the first 1-2 months of use. Does not protect against HIV or other STIs. **Ring:** Nuva Ring

The Shot: 94-99% effective. Must get a shot every 3 months. Pros: Each shot works for 12 weeks. Private. Usually decreases periods. Helps prevent cancer of the uterus. No pill to take daily. Can be used while breastfeeding. Cons: May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive. May cause delay in getting pregnant after you stop the shots. Side effects may last up to 6 months after you stop the shots. Does not protect against HIV or other STIs. **Shot:** Depo-Provera

The Pill: 91-99% effective. Must take the pill daily. Pros: Can make periods more regular and less painful. Can improve PMS symptoms. Can improve acne. Helps prevent cancer of the ovaries. You can become pregnant right after stopping the pills. Cons: May cause nausea, weight gain, headaches, change in sex drive – some of these can be relieved by changing to a new brand. May cause spotting the first 1-2 months. Does not protect against HIV or other STIs.

Progestin Only Pills: 91-99% effective. Must take the pill daily. Pros: Can be used while breastfeeding. You can become pregnant right after stopping the pills. Cons: Often causes spotting, which may last for many months. May cause depression, hair or skin changes, change in sex drive. Does not protect against HIV or other STIs.

The Patch: 91-99% effective. Apply a new patch once a week for three weeks. No patch in week 4. Pros: Can make periods more regular and less painful. No pill to take daily. You can become pregnant right after stopping patch. Cons: Can irritate skin under the patch. May cause spotting the first 1-2 months. Does not protect against HIV or other STIs. **Patch:** Ortho Evra

Male/External Condom: 82-98% effective. Use a new condom each time you have sex. Use a polyurethane condom if allergic to latex. Pros: Can buy at many stores. Can put on as part of sex play/foreplay. Can help prevent early ejaculation. Can be used for oral, vaginal, and anal sex. Protects against HIV and other STIs. Can be used while breastfeeding. Cons: Can decrease sensation. Can cause loss of erection. Can break or slip off. Male controlled.

Female/Internal Condom: 79-95% effective. Use a new condom each time you have sex. Use extra lubrication as needed. Pros: Can buy at many stores. Can put in as part of sex play/foreplay. Can be used for anal and vaginal sex. May increase pleasure when used for vaginal sex. Good for people with latex allergy. Protects against HIV and other STIs. Can be used while breastfeeding. Female controlled. Cons: Can decrease sensation. May be noisy. May be hard to insert. May slip out of place during sex.

Diaphragm: 88-94% effective. Must be used each time you have sex. Must be used with spermicide. Pros: Can last several years. Costs very little to use. May protect against some infections, but not HIV. Can be used while breastfeeding. Cons: Using spermicide may raise the risk of getting HIV. Should not be used with vaginal bleeding or infection. Raises risk of bladder infection.

Diaphragms: Caya and Milex

Withdrawal (Pull-out): 78-96% effective. Pull penis out of vagina before ejaculation (that is, before coming). Pros: Costs nothing. Can be used while breastfeeding. Cons: Less pleasure for some. Does not work if penis is not pulled out in time. Does not protect against HIV or other STIs. Must interrupt sex.

Fertility Awareness (Natural Family Planning): 76-95% effective. Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your periods. It works best if you use more than one of these. Avoid sex or use condoms/spermicide during fertile days. Pros: Costs little. Can be used while breastfeeding. Can help with avoiding or trying to become pregnant. Cons: Must use another method during fertile days. Does not work well if your periods are irregular. Many things to remember with this method. Does not protect against HIV or other STIs.

Spermicide: 72-82% effective. Insert spermicide each time you have sex. Pros: Can buy at many stores. Can be put in as part of sex play/foreplay. Comes in many forms: cream, gel, sponge, foam, inserts, film. Can be used while breastfeeding. Cons: May raise the risk of getting HIV. May irritate vagina, penis. Cream, gel, and foam can be messy.

Emergency Contraception Pills (Morning after pill): 58-94% effective. Works best the sooner you take it after unprotected sex. You can take EC up to 5 days after unprotected sex. If pack contains 2 pills, take both together. Pros: Can be used while breastfeeding. Available at pharmacies, health centers, or health care providers: call ahead to see if they have it. People of any age can get some brands without a prescription. Cons: May cause stomach upset or nausea. Your next period may come early or late. May cause spotting. Does not protect against HIV or other STIs. Pharmacies sell progestin EC to people of any age without a prescription. Ulipristal acetate EC requires a prescription. May cost a lot. **Progestin EC:** Plan B and others. **Ulipristal acetate EC:** Ella