

# Birth Control Guide

Most Effective



Methods	Number of pregnancies expected per 100 women	How to use it	Some Risks
Sterilization Surgery for Women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> <li>Pain</li> <li>Bleeding</li> <li>Infection or other complications after surgery</li> <li>Ectopic (tubal) pregnancy</li> </ul>
Surgical Sterilization Implant for Women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> <li>Mild to moderate pain after insertion</li> <li>Ectopic (tubal) pregnancy</li> </ul>
Sterilization Surgery for Men	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> <li>Pain</li> <li>Bleeding</li> <li>Infection</li> </ul>
Implantable Rod	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> <li>Acne</li> <li>Weight gain</li> <li>Cysts of the ovaries</li> <li>Mood changes</li> <li>Depression</li> <li>Hair loss</li> <li>Headache</li> <li>Upset stomach</li> <li>Dizziness</li> <li>Sore breasts</li> </ul>
IUD	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none"> <li>Cramps</li> <li>Bleeding</li> <li>Pelvic inflammatory disease</li> <li>Infertility</li> <li>Tear or hole in the uterus</li> <li>Lower interest in sexual activity</li> <li>Changes in your periods</li> </ul>
Shot/Injection	1	Need a shot every 3 months	<ul style="list-style-type: none"> <li>Bone loss</li> <li>Bleeding between periods</li> <li>Weight gain</li> <li>Breast tenderness</li> <li>Headaches</li> </ul>
Oral Contraceptives (Combined Pill) "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> <li>Dizziness</li> <li>Nausea</li> <li>Changes in your cycle (period)</li> <li>Changes in mood</li> <li>Weight gain</li> <li>High blood pressure</li> <li>Blood clots</li> <li>Heart attack</li> <li>Strokes</li> </ul>
Oral Contraceptives (Progestin-only) "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> <li>Irregular bleeding</li> <li>Weight gain</li> <li>Breast tenderness</li> </ul>
Oral Contraceptives Extended/Continuous Use "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none"> <li>Risks are similar to other oral contraceptives</li> <li>Bleeding</li> <li>Spotting between periods</li> </ul>
Patch	5	Must wear a patch every day	<ul style="list-style-type: none"> <li>Exposure to higher average levels of estrogen than most oral contraceptives</li> </ul>
Vaginal Contraceptive Ring	5	Must leave ring in every day for 3 weeks	<ul style="list-style-type: none"> <li>Vaginal discharge</li> <li>Swelling of the vagina</li> <li>Irritation</li> <li>Similar to oral contraceptives</li> </ul>
Male Condom	11-16	Must use every time you have sex; requires partner's cooperation <b>Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs</b>	<ul style="list-style-type: none"> <li>Allergic reactions</li> </ul>
Diaphragm with Spermicide	15	Must use every time you have sex	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Urinary tract infection</li> <li>Toxic shock</li> </ul>
Female Condom	20	Must use every time you have sex <b>May give some protection against STIs</b>	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> </ul>
Spermicide	30	Must use every time you have sex	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Urinary tract infection</li> </ul>
<b>Emergency Contraception — If your primary method of birth control fails</b>			
Emergency Contraceptives "The Morning After Pill"	15	Must use within 120 hours of unprotected sex <b>It should not be used as a regular form of birth control</b>	<ul style="list-style-type: none"> <li>Nausea</li> <li>Vomiting</li> <li>Abdominal pain</li> <li>Fatigue</li> <li>Headache</li> </ul>

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