


















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
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?	
FEMALE STERILIZATION 	.5 out of 100	Surgical procedure	Once	No menstrual side effects	Pain, bleeding, risk of infection	Permanent	
MALE STERILIZATION 	.15 out of 100						
LNG IUD 	.2 out of 100	Placed inside uterus	Up to 7 years	Spotting, lighter or no periods	Some discomfort with placement	No estrogen May reduce cramps	
COPPER IUD 	.8 out of 100		Up to 10 years	May cause heavier, longer periods		No hormones May cause cramps	
IMPLANT 	.05 out of 100	Placed in upper arm	Up to 3 years	Spotting, lighter or no periods		No estrogen May reduce cramps	
INJECTABLES 	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	
PILL 	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	
PATCH 	9 out of 100	Put on skin	Weekly			Lower ovarian and uterine cancer risk	
RING 	9 out of 100	Put in vagina	Monthly				
DIAPHRAGM 	12 out of 100	Put in vagina with spermicide	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones	
EXTERNAL CONDOM 	13 out of 100	Put over penis	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones No prescription	
VAGINAL GEL 	14 out of 100	Put in vagina			Allergic reaction, irritation	No hormones	
WITHDRAWAL 	20 out of 100	Pull penis out of vagina before ejaculation			No side effects	No hormones Nothing to buy	
INTERNAL CONDOM 	21 out of 100	Put in vagina			Allergic reaction, irritation	No hormones No prescription	
SPONGE 	24 out of 100	Put in vagina			No side effects	No hormones Increased awareness of fertility signs	
FERTILITY AWARENESS-BASED METHODS 	24 out of 100	Monitor fertility signs and abstain or use condoms on fertile days			Every day	Allergic reaction, irritation	No hormones No prescription
SPERMICIDES 	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.

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