

Birth Control Comparison Chart

* perscription • surgical procedure

Abstinence

100% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> • Highly effective • No side effects • No cost • Can increase intimacy between partners 	<ul style="list-style-type: none"> • May be difficult to abstain from all sexual activity for extended periods of time

The Pill *

91-97% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Regulates periods • Decreases cramps and acne • Does not interfere with spontaneity 	<ul style="list-style-type: none"> • Must be taken daily at the same time • Can't be used with some medical problems and medications • Can cause side effects such as nausea

IUD *

99.8-99.2% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Not taken daily • Level hormones • May reduce period side effects • Long-term • Can become pregnant quickly after removal 	<ul style="list-style-type: none"> • Large initial cost without insurance • Can cause hormonal side effects • Insertion may be uncomfortable

The Shot *

94% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Convenient • 1 shot prevents pregnancy for 11-13 weeks • Immediately effective • Reversible 	<ul style="list-style-type: none"> • May cause adverse effects including irregular bleeding, weight gain, headache, dizziness • Ovulation may not reoccur for a year after injection • May cause bone mineral density loss

Nexplanon *

99.9% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Not taken daily • No estrogen related side effects • Lasts up to 3 years 	<ul style="list-style-type: none"> • Insertion may be uncomfortable • Large initial cost without insurance • Progestin related side effects

Sterilization •

99.5% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Highly effective • Long lasting contraceptive solution 	<ul style="list-style-type: none"> • Usually permanent • Reversal procedures are expensive and complicated

The Patch *

91% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Easy to use • Stays on well • Small 	<ul style="list-style-type: none"> • Must be replaced weekly • Possible skin reactions

Vaginal Ring *

91% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> • Easy to use • Can be worn for three weeks • Effects fertility one month at a time • Spontaneity 	<ul style="list-style-type: none"> • Increased risk of heart attack or stroke • Possible expulsion from body

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Plan B

89% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> Reduces risk of pregnancy by 89% if taken within 72 hours Available over the counter to women over 15 	<ul style="list-style-type: none"> Must be taken as soon as possible after unprotected intercourse Possible side effects are nausea, vomiting and irregular bleeding

Diaphragm with spermicide *

88% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> Can be carried in pocket/purse Can't be felt by partner Immediately effective No hormonal effect Inserted ahead of time (8 hours) 	<ul style="list-style-type: none"> Leave in place 8 hours after intercourse Additional spermicide for each sex act and every 2 hours Requires fitting and periodic refitting

Male Condom

82% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> Available over the counter Easy to carry Involves male partner in contraception 	<ul style="list-style-type: none"> Decreases spontaniety May break (Especially if used improperly)

Female Condom

79% effective

Protects against STDs

+	-
<ul style="list-style-type: none"> Female controlled More comfortable to men Stronger than latex Can be inserted before sex available online 	<ul style="list-style-type: none"> Not aesthetically pleasing Can slip into vagina/anus during sex Difficult insertion/removal Not easy to find in drug stores More expensive than male condoms

Withdrawal

78% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> Free Can be used in combination with other birth control methods 	<ul style="list-style-type: none"> May not withdraw in time Pre-ejaculate can still contain viable sperm (it can get you pregnant) Very ineffective in pregnancy prevention

Cervical cap with spermicide *

86-71% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> Inserted ahead of time (6 hours) Few side effects Reusable and inexpensive Requires less spermicide than Diaphragm 	<ul style="list-style-type: none"> Requires consistent use May need to be resized Leave in place 8 hrs after intercourse May be difficult to insert/remove Allergic reaction possible

Spermicide

72% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> Easy to use Enhances vaginal lubrication 	<ul style="list-style-type: none"> Must be inserted before each act of intercourse May leak from vagina

Sponge

88-76% effective

Does **not** protect against STDs

+	-
<ul style="list-style-type: none"> immediate and continuous protection for 24 hours 	<ul style="list-style-type: none"> May be difficult for some women to insert or remove May cause vaginal irritation May make sex too messy or dry

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Fertility Awareness

76% effective

Does **not** protect
against STDs

+	-
<ul style="list-style-type: none">• Requires no drugs or devices• Inexpensive• May be acceptable to members of religious groups	<ul style="list-style-type: none">• Must abstain from sex for first cycle to chart mucus• Calendar: requires good record keeping before and during method use• Unpredictability of cycle• Extended periods of abstinence

* Prescription

• Surgical Procedure

Not all side effects are listed, please consult your provider for more information

Percentages are based on **typical use** rather than perfect use