<table>
<thead>
<tr>
<th>Method</th>
<th>How well does it work?</th>
<th>How to Use</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Implant</td>
<td>&gt; 99%</td>
<td>A health care provider places it under the skin of the upper arm. It must be removed by a health care provider.</td>
<td>Long lasting (up to 3 years) No pill to take daily Often decreases cramps Can be used while breastfeeding Can become pregnant right after it is removed</td>
<td>Can cause irregular bleeding After 1 year, you may have no period at all Does not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs)</td>
</tr>
<tr>
<td>Progestin IUD (Liletta®, Mirena®, Skyla®)</td>
<td>&gt; 99%</td>
<td>Must be placed in uterus by a health care provider Usually removed by a health care provider</td>
<td>Mirena® may be left in place up to 7 years Skyla® and Liletta® may be left in place up to 3 years No pill to take daily May improve period cramps and bleeding Can be used while breastfeeding Can become pregnant right after it is removed</td>
<td>May cause lighter periods, spotting, or no period at all Rarely, uterus is injured during placement Does not protect against HIV or other STIs</td>
</tr>
<tr>
<td>Copper IUD (ParaGard®)</td>
<td>&gt; 99%</td>
<td>Must be placed in uterus by a health care provider Usually removed by a health care provider</td>
<td>May be left in place for up to 12 years No pill to take daily Can be used while breastfeeding Can become pregnant right after it is removed</td>
<td>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</td>
</tr>
<tr>
<td>The Shot Depo-Provera®</td>
<td>94-99%</td>
<td>Get shot every 3 months 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</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>The Pill</td>
<td>91-99%</td>
<td>Must take the pill daily</td>
<td>Can make periods more regular and less painful Can improve PMS symptoms Can improve acne Helps prevent cancer of the ovaries</td>
<td>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</td>
</tr>
<tr>
<td>Progestin-Only Pills</td>
<td>91-99%</td>
<td>Must take the pill daily</td>
<td>Can be used while breastfeeding Can become pregnant right after stopping the pills</td>
<td>Often causes spotting, which may last for many months May cause depression, hair or skin changes, change in sex drive</td>
</tr>
<tr>
<td>The Patch Ortho Evra®</td>
<td>91-99%</td>
<td>Apply a new patch once a week for three weeks No patch in week 4</td>
<td>Can make periods more regular and less painful No pill to take daily You can become pregnant right after stopping patch</td>
<td>Can irritate skin under the patch May cause spotting the first 1-2 months</td>
</tr>
<tr>
<td>The Ring Nuvring®</td>
<td>91-99%</td>
<td>Insert a small ring into the vagina Change ring each month</td>
<td>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</td>
<td>Can increase vaginal discharge May cause spotting the first 1-2 months of use</td>
</tr>
<tr>
<td>Method</td>
<td>How well does it work?</td>
<td>How to Use</td>
<td>Pros</td>
<td>Cons</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>------------------------</td>
<td>--------------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Male/External Condom</td>
<td>82-98%</td>
<td>Use a new condom each time you have sex</td>
<td>Can buy at many stores</td>
<td>Can decrease sensation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use a polyurethane condom if allergic to latex</td>
<td>Can put on as part of sex play/foreplay</td>
<td>Can cause loss of erection</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use extra lubrication as needed</td>
<td>Can help prevent early ejaculation</td>
<td>Can break or slip off</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Protects against HIV and other STIs</td>
<td></td>
</tr>
<tr>
<td>Female/Internal Condom</td>
<td>79-95%</td>
<td>Use a new condom each time you have sex</td>
<td>Can buy at many stores</td>
<td>Can decrease sensation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use extra lubrication as needed</td>
<td>Can put in as part of sex play/foreplay</td>
<td>May be noisy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use lubrication as needed</td>
<td>Can be used for anal and vaginal sex</td>
<td>May be hard to insert</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>May increase pleasure when used for vaginal sex</td>
<td>May slip out of place during sex</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Good for people with latex allergy</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Protects against HIV and other STIs</td>
<td></td>
</tr>
<tr>
<td>Withdrawal</td>
<td>78-96%</td>
<td>Pull penis out of vagina before ejaculation (that is, before coming)</td>
<td>Costs nothing</td>
<td>Less pleasure for some</td>
</tr>
<tr>
<td>Pull-out</td>
<td></td>
<td></td>
<td>Can be used while breastfeeding</td>
<td>Does not work if penis is not pulled out in time</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Does not protect against HIV or other STIs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Must interrupt sex</td>
</tr>
<tr>
<td>Diaphragm</td>
<td>88-94%</td>
<td>Must be used each time you have sex</td>
<td>Can last several years</td>
<td>Using spermicide may raise the risk of getting HIV</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Must be used with spermicide</td>
<td>Costs very little to use</td>
<td>Should not be used with vaginal bleeding or infection</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A health care provider will fit you and show you how to use it</td>
<td>May protect against some infections, but not HIV</td>
<td>Raises risk of bladder infection</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhythm</td>
<td>76-99%</td>
<td>Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your periods</td>
<td>Costs little</td>
<td>Must use another method during fertile days</td>
</tr>
<tr>
<td>Natural Family Planning, Fertility Awareness</td>
<td></td>
<td>It works best if you use more than one of these: Avoid sex or use condoms/spermicide during fertile days</td>
<td>Can help with avoiding or trying to become pregnant</td>
<td>Does not work well if your periods are irregular</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Many things to remember with this method</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Does not protect against HIV or other STIs</td>
</tr>
<tr>
<td>Spermicide</td>
<td>72-82%</td>
<td>Insert more spermicide each time you have sex</td>
<td>Can buy at many stores</td>
<td>May raise the risk of getting HIV</td>
</tr>
<tr>
<td>Cream, gel, sponge, foam, inserts, film</td>
<td></td>
<td></td>
<td>Can be put in as part of sex play/foreplay</td>
<td>May irritate vagina, penis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Comes in many forms: cream, gel, sponge, foam, inserts, film</td>
<td>Cream, gel, and foam can be messy</td>
</tr>
<tr>
<td>Emergency Contraception Pills</td>
<td>58-94%</td>
<td>Works best the sooner you take it after unprotected sex</td>
<td>Can be used while breastfeeding</td>
<td>May cause stomach upset or nausea</td>
</tr>
<tr>
<td>Progestin EC (Plan B One-Step, Next Choice® and others) and ulipristal acetate (ella®)</td>
<td></td>
<td>You can take EC up to 5 days after unprotected sex</td>
<td>Available at pharmacies, health centers or health care providers: call ahead to see if they have it</td>
<td>Your next period may come early or late</td>
</tr>
<tr>
<td></td>
<td>Ulipristal EC works better than progestin EC if you weigh more than 155 pounds (BMI &gt; 26)</td>
<td>If pack contains 2 pills, take both together</td>
<td>Women and men of any age can get some brands without a prescription</td>
<td>May cause spotting</td>
</tr>
<tr>
<td></td>
<td>Ulipristal EC works better than progestin EC in the 3-5 days after sex</td>
<td>You should start a birth control method right after using EC to avoid pregnancy</td>
<td></td>
<td>Does not protect against HIV or other STIs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women under age 17 need a prescription</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ulipristal requires a prescription</td>
</tr>
</tbody>
</table>

Reproductive Health Access Project / April 2015  www.reproductiveaccess.org