

## Birth Control Options

- Oral Contraceptives** Advantages: Continuous protection when taken correctly, reversible, non-contraceptive health benefits  
Disadvantages: Must be taken on daily schedule; side effects may include nausea, breast tenderness, changes in menses; cardiovascular risk in smokers greater than age 35  
Effectiveness: > 99%
- Patch** Advantages: Applied weekly, rapidly reversible, continuous protection when correctly used  
Disadvantages: Cardiovascular risk in smokers greater than age 35; side effects may include nausea, breast tenderness, changes in menses  
Effectiveness: > 99%
- Ring** Advantages: Inserted monthly, rapidly reversible, continuous protection when correctly used  
Disadvantages: Requires comfort with self insertion; Cardiovascular risk in smokers greater than age 35; side effects may include nausea, breast tenderness, changes in menses  
Effectiveness: > 99%
- Oral Progestin Pill** Advantages: Option for women who are unable to tolerate estrogen  
Disadvantages: Strict adherence to daily dosing necessary; changes in menses  
Effectiveness: 95%
- Injectable Progestin** Advantages: Continuous protection for 3 months; convenient  
Disadvantages: Delayed return to fertility; irregular or absent menses; weight gain  
Effectiveness: > 99%
- Implant (progestin)** Advantages: Continuous protection for 3 years; reversible; convenient  
Disadvantages: Unpredictable bleeding pattern; rare risk of infection at site of insertion  
Effectiveness: > 99%
- Intrauterine Device (IUD)**  
(Nonhormonal) Advantages: Continuous protection for 10 years; reversible; convenient  
Disadvantages: May increase monthly bleeding and cramping; rare risk of uterine perforation or pelvic infection

Effectiveness: > 99%

***Intrauterine System (IUS)***

(Hormonal - Mirena) Advantages: Continuous protection for 5 years; menses lighter, less painful; convenient, reversible

Disadvantages: Small possibility of hormonal side effects; rare risk of uterine perforation or pelvic infection

Effectiveness: > 99%

***Sterilization (tubal ligation, vasectomy, Essure)***

Advantages: Continuous contraception, convenient

Disadvantages: Permanent method; surgical procedure

Effectiveness: > 99%

***Condom***

Advantages: Easily obtained, inexpensive, offers some STD protection

Disadvantages: Less spontaneity, may cause irritation

Effectiveness: 80-97%

***Diaphragm***

Advantages: Easy to use, may be inserted up to 6 hours before sex

Disadvantages: Requires comfort with self-insertion; risk of bladder infection

Effectiveness: 80-94%

***Fertility Awareness (periodic abstinence)***

Advantages: Minimal cost

Disadvantages: Requires careful planning and motivation; intercourse prohibited for up to half of cycle; not for women with irregular cycles

Effectiveness: 75-99%