

# Choosing Your Birth Control Method

- **All these methods are safe for most people to use.** Talk with our staff about what method is right for you.
- **Some methods work better than others.** Some methods work very well no matter what. Other methods work well only if you use them the right way, every time. The numbers below show how well each method works for most women.

- **Want to protect yourself from HIV and other sexual infections?** Use a condom every time you have sex or decide not to have sex at all.
- **Had sex with no method?** You can still prevent pregnancy. Ask us about your **emergency contraceptive options**.

**Long Term Methods:** These methods are the most effective and are safe and easy to use. None of these methods protect against HIV and other sexual infections.

Method / Interest	How To Use	Effectiveness	Pros	Cons	Helpful Tips
<b>Implant</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider places it under the skin of your arm.</li> <li>• Lasts up to 4 years.</li> </ul>	Over 99%	<ul style="list-style-type: none"> <li>• Few side effects.</li> <li>• Once it is inserted, there's nothing more to do.</li> </ul>	<ul style="list-style-type: none"> <li>• Causes changes in your periods.</li> </ul>	<ul style="list-style-type: none"> <li>• After 4 years, you can have it taken out and have a new one put in.</li> </ul>
<b>IUC</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider places it in your uterus.</li> <li>• Four different types.</li> <li>• Lasts up to 3-12 years.</li> </ul>	Over 99%	<ul style="list-style-type: none"> <li>• Few side effects.</li> <li>• Once inserted, there's nothing more to do.</li> </ul>	<ul style="list-style-type: none"> <li>• Can cause cramping after placement.</li> </ul>	<ul style="list-style-type: none"> <li>• Check the strings once a month.</li> </ul>
<b>Essure</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider places soft inserts into your fallopian tubes.</li> </ul>	Over 99%	<ul style="list-style-type: none"> <li>• Does not change your sex life.</li> <li>• Permanent birth control.</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot easily change your mind.</li> </ul>	<ul style="list-style-type: none"> <li>• Consent must be signed 30 days prior.</li> <li>• You will need a confirmation test afterwards.</li> </ul>
<b>Vasectomy (Male)</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A healthcare provider blocks your tubes.</li> </ul>	Over 99%	<ul style="list-style-type: none"> <li>• Does not change your sex life.</li> <li>• Permanent birth control.</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot easily change your mind.</li> </ul>	<ul style="list-style-type: none"> <li>• Consent must be signed 30 days prior.</li> <li>• You will need a confirmation test afterwards.</li> </ul>
<p><b>Hormonal Methods:</b> All of these methods are safe for most women to use. They may cause changes in your period, spotting, bleeding between periods, and other side effects. None of these methods will protect you from HIV or other sexual infections.</p>					
<b>Shot (Depo)</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A trained staff member gives woman a shot every 13 weeks.</li> </ul>	94%	<ul style="list-style-type: none"> <li>• Easy to use.</li> <li>• Light periods or no periods at all.</li> </ul>	<ul style="list-style-type: none"> <li>• May have some weight gain.</li> </ul>	<ul style="list-style-type: none"> <li>• Get a shot every 13 weeks.</li> </ul>
<b>Ring</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider prescribes it.</li> <li>• You insert a new ring in your vagina once a month.</li> </ul>	91%	<ul style="list-style-type: none"> <li>• Easy to use.</li> </ul>	<ul style="list-style-type: none"> <li>• Must insert and remove the ring.</li> </ul>	<ul style="list-style-type: none"> <li>• Use the ring for three weeks and leave out for one week.</li> </ul>
<b>Patch</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider prescribes it.</li> <li>• You put a new patch on each week.</li> </ul>	91%	<ul style="list-style-type: none"> <li>• Easy to use.</li> </ul>	<ul style="list-style-type: none"> <li>• May have a localized skin rash.</li> </ul>	<ul style="list-style-type: none"> <li>• Change on the same day of the week, for three weeks in a row.</li> </ul>
<b>Pill</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider prescribes it.</li> <li>• You take one pill every day.</li> </ul>	91%	<ul style="list-style-type: none"> <li>• Easy to use.</li> <li>• May prevent cramps and heavy bleeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Must take the pill every day at about the same time.</li> </ul>	<ul style="list-style-type: none"> <li>• Can help you schedule your periods.</li> </ul>
<b>Mini-Pill</b>  Interested? <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• A health care provider prescribes it.</li> <li>• You take one pill every day.</li> </ul>	91%	<ul style="list-style-type: none"> <li>• Easy to use.</li> <li>• Has progestin only. There's no estrogen.</li> </ul>	<ul style="list-style-type: none"> <li>• Must take the mini-pill every day at about the same time.</li> </ul>	<ul style="list-style-type: none"> <li>• A good choice for women who cannot use estrogen.</li> </ul>

**Barrier Methods:** You must use these methods every time you have sex. Except for abstinence, latex condoms are the best protection against HIV/AIDS and other sexual infections. The other barrier methods do not.

<b>Diaphragm</b>	<ul style="list-style-type: none"> <li>A health care provider will fit you for a diaphragm.</li> <li>You use it every time you have sex.</li> </ul>	88%	<ul style="list-style-type: none"> <li>Can put it in ahead of time.</li> <li>Can be used again and again.</li> </ul>	<ul style="list-style-type: none"> <li>Takes practice to learn how to use it.</li> </ul>	<ul style="list-style-type: none"> <li>Use it with spermicides.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Condoms (Male)</b>	<ul style="list-style-type: none"> <li>You use a new condom every time you have sex.</li> </ul>	82%	<ul style="list-style-type: none"> <li>Can buy in most stores.</li> <li>Protects you from HIV and other sexual infections.</li> <li>Non-latex options.</li> </ul>	<ul style="list-style-type: none"> <li>May be allergic to latex.</li> <li>Can break or slip off.</li> </ul>	<ul style="list-style-type: none"> <li>Must be stored in a cool, dry place.</li> <li>Can only be used with water based lubricants.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Condoms (Female)</b>	<ul style="list-style-type: none"> <li>You use a new condom every time you have sex.</li> </ul>	79%	<ul style="list-style-type: none"> <li>Can buy in many stores.</li> <li>Protects you from HIV and other sexual infections.</li> </ul>	<ul style="list-style-type: none"> <li>Takes practice to learn how to use it.</li> </ul>	<ul style="list-style-type: none"> <li>Take your time putting it in.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Sponge</b>	<ul style="list-style-type: none"> <li>You use a new sponge every time you have sex.</li> </ul>	88% - 71%*	<ul style="list-style-type: none"> <li>Can buy at many stores.</li> <li>Can put in ahead of time.</li> </ul>	<ul style="list-style-type: none"> <li>Can be hard to take out.</li> </ul>	<ul style="list-style-type: none"> <li>Have extra sponges on hand.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Spermicides</b>	<ul style="list-style-type: none"> <li>You put it in your vagina every time you have sex.</li> </ul>	72%	<ul style="list-style-type: none"> <li>Can buy at many stores.</li> <li>There are many kinds.</li> </ul>	<ul style="list-style-type: none"> <li>Can be messy.</li> </ul>	<ul style="list-style-type: none"> <li>Spermicides work best with other barrier methods.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Cap</b>	<ul style="list-style-type: none"> <li>A health care provider will fit you for a cap.</li> <li>You use it every time you have sex.</li> </ul>	71%	<ul style="list-style-type: none"> <li>Can put it in ahead of time.</li> <li>Can be used over and over.</li> </ul>	<ul style="list-style-type: none"> <li>Takes practice to learn how to use it.</li> </ul>	<ul style="list-style-type: none"> <li>Use it with spermicides.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					

**Information-Based Methods:** You and your partner must work together to use these methods. Abstinence can protect you from HIV and other sexual infections, but fertility awareness methods do not.

<b>Abstinence</b>	<ul style="list-style-type: none"> <li>You and your partner decide not have sex.</li> </ul>	Up to 100%	<ul style="list-style-type: none"> <li>Can decide not to have sex if you have no other method.</li> <li>It is free.</li> </ul>	<ul style="list-style-type: none"> <li>May decide to have sex and not be protected.</li> </ul>	<ul style="list-style-type: none"> <li>Decide what you want to do ahead of time and talk with your partner about it.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>LAM (Breast Feeding)</b>	<ul style="list-style-type: none"> <li>You breastfeed in the day and night time.</li> <li>Only effective for 6 months if period does not start.</li> </ul>	98%	<ul style="list-style-type: none"> <li>It is safe and convenient.</li> <li>It is free.</li> </ul>	<ul style="list-style-type: none"> <li>May be hard to only breast feed.</li> <li>Not effective if period starts in less than 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>Can only be relied on for 6 months after giving birth.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Withdrawal</b>	<ul style="list-style-type: none"> <li>Your partner pulls out before ejaculation.</li> </ul>	78%	<ul style="list-style-type: none"> <li>It can be used when no other methods are available.</li> <li>It is free.</li> </ul>	<ul style="list-style-type: none"> <li>It takes a lot of experience to know when to pull out.</li> </ul>	<ul style="list-style-type: none"> <li>Talking to your partner about it really helps.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					
<b>Fertility Awareness Methods</b>	<ul style="list-style-type: none"> <li>Learn how your body works and keep track of your changes.</li> </ul>	76%	<ul style="list-style-type: none"> <li>Good to know how your body works.</li> <li>More than one way to do this.</li> </ul>	<ul style="list-style-type: none"> <li>Can take time to learn.</li> <li>Must abstain/ use another method parts of the month.</li> </ul>	<ul style="list-style-type: none"> <li>Talking to your partner about it really helps.</li> </ul>
<b>Interested?</b> <input type="checkbox"/>					

\*Sponge: Approximately 71% effective for women who have given birth and 88% effective for women who have not given birth.

**At Planned Parenthood we offer three types of emergency contraceptive options. For more information, ask any of our staff members.**