













Your Birth Control Choices

Method	How well does it work?	Advantages	How to Use	Possible Problems
Male Condom 	85-98%	Easy to buy in drugstores, markets Can be put on as part of sex play Can help relieve early ejaculation Protects against HIV and many other sexually transmitted infections (STIs) Can be used while breastfeeding	Use a new condom each time you have sex Use a polyurethane condom if allergic to latex	Latex allergy Loss of feeling Can break or slip off
Female Condom 	79-95%	Easy to buy in drugstores, markets Can be put in as part of sex play Good for people with latex allergy Protects against HIV and other STIs Can be used while breastfeeding	Use a new condom each time you have sex	May be noisy May be hard to insert May irritate vagina, penis May slip out of place during sex
Spermicide gel, sponge, foam, inserts 	71-85%	Easy to buy in drugstores, markets Can be put in as part of sex play Comes in many forms: cream, gel, foam and inserts Can be used while breastfeeding	Insert more spermicide each time you have sex	Using spermicide nonoxynol-9 may raise the risk of getting HIV May irritate vagina, penis Cream, gel, and foam can be messy
Diaphragm 	84-94%	Can last several years Costs very little to use May protect against some infections (NOT HIV) Can be used while breastfeeding	Must be used each time you have sex Must be used with spermicide A health care provider will fit you and show you how to use it	Using spermicide nonoxynol-9 may raise the risk of getting HIV Should not be used with vaginal bleeding or infection Raises risk of bladder infection
The Implant Implanon™ 	> 99%	Long lasting (up to 3 years) No medicine to take daily Can be used while breastfeeding Ability to become pregnant returns quickly after it is removed	A provider places it under the skin of the upper arm Must be removed by a provider	May cause irregular bleeding (spotting, no periods or heavy periods) After 1 year, many women have no period at all Does not protect against HIV or other STIs
The Pill 	92-99%	Can make periods more regular and less painful Can improve PMS symptoms Can improve acne Lowers risk of ovarian cancer Ability to become pregnant returns quickly after stopping the pills	Must take the pill daily	May cause nausea, weight gain, headaches, change in sex drive – but these can be relieved by changing to a new brand May cause spotting the first 1-2 months Does not protect against HIV or other STIs

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Progestin-Only Pills 	92-99%	Can be used while breastfeeding Ability to become pregnant returns quickly after stopping the pills	Must take the pill at the same time each day	Often cause spotting, which may last for many months May cause depression, hair or skin changes, change in sex drive Does not protect against HIV or other STIs
The Patch Ortho Evra™ 	92-99%	Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the patch	Apply a new patch once a week for three weeks. No patch in week 4.	Can irritate skin under the patch May cause spotting the first 1-2 months Does not protect against HIV or other STIs
The Ring Nuvaring™ 	92-99%	Does not require a "fitting" by a health care provider Private Does not require spermicide Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the ring	Insert a small ring into the vagina Change ring each month	Can increase vaginal discharge May cause spotting the first 1-2 months of use Does not protect against HIV or other STIs
The Shot Depo-Provera™ 	97-99%	Each shot works for 12 weeks Private Helps prevent cancer of the lining of the uterus (womb) No pill to take daily Can be used while breastfeeding	Get shot every 3 months	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
IUD Intrauterine Device: Copper (ParaGard™), Progestin (Mirena™) 	99%	Nothing to put in place before sex Copper IUD may be left in place for up to 12 years, and progestin IUD for 7 years No pill to take daily Progestin IUD may help period cramps and bleeding Can be used while breastfeeding Ability to become pregnant returns quickly when IUD is removed	Must be placed in uterus by a health care provider Must be removed by a health care provider	Copper IUD may cause more cramps and heavy periods Progestin IUD may cause lighter periods or no period at all IUDs can cause spotting between periods Rarely, uterus is injured during placement Does not protect against HIV or other STIs
Emergency Contraception Plan B™ 	89%	Can lower the risk of pregnancy if taken within 5 days of unprotected sex Can be used by women with medical problems Can be used while breastfeeding	Take 2 pills together as soon as you can after unprotected sex	Can cause nausea The next period sometimes comes a few days early or a few days late May cause spotting Does not protect against HIV or other STIs