













# Your Birth Control Choices

Method	How well does it work?	Advantages	How to Use	Possible Problems
<b>Male Latex Condom</b> 	85-98%	Easy to buy in drugstores, markets Can be put on as part of sex play Can help relieve early ejaculation Protects against many infections, including HIV	Must be used every time you have sex	Latex allergy Loss of feeling Can break or slip off
<b>Female Condom</b> 	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 many infections, including HIV	Must be used every time you have sex	May be noisy May be hard to insert May irritate vagina, penis May slip out of place during sex
<b>Spermicide</b> cream, 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	Must be used every time you have sex	Using spermicide nonoxynol-9 may increase risk of HIV infection May irritate vagina, penis Cream, gel, and foam can be messy
<b>Diaphragm</b> 	84-94%	Can last several years Costs very little to use May protect against some infections (NOT HIV)	Must be used every time you have sex Must be used with spermicide Must be fitted by a health care provider	Using spermicide nonoxynol-9 may increase risk of HIV infection Allergy to latex or spermicide Should not be used during vaginal bleeding or infection Increased risk of bladder infection Can be left in place for no more than 24 hours
<b>The Implant</b> (Implanon) 	> 99% (long term studies not available yet)	Long lasting (up to three years) Ability to become pregnant returns quickly when use is stopped No medicine to take daily Nothing needs to be put in place before vaginal intercourse Can be used while breastfeeding	Must be inserted under the skin of the upper arm and removed by a provider	May cause irregular bleeding (spotting, no periods or heavier periods) 1 out of 3 implant users have no periods after 1 year of use
<b>The Pill</b> 	92-99%	Can make periods more regular and less painful Can improve acne Lowers risk of ovarian cancer Ability to become pregnant returns quickly when use is stopped	Must be taken daily	May cause side effects – but these can be relieved by changing to a different pill May cause spotting the first 1-2 months of use

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<b>Progestin-Only Pills</b> 	95-99%	Ability to become pregnant returns quickly when use is stopped Can be used while breastfeeding	Must be taken at the same time daily	May cause spotting
<b>The Patch (Ortho Evra)</b> 	92-99%	Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly when use is stopped	A new patch is worn each week for three weeks per month	Can irritate skin underneath the patch May cause spotting the first 1-2 months of use
<b>The Ring (Nuvaring)</b> 	95-99%	Does not require a "fitting" by a health care provider Does not require spermicide Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly when use is stopped	A small ring is inserted into the vagina A new ring is inserted each month	Can cause increased vaginal discharge May cause spotting the first 1-2 months of use
<b>The Shot (Depo-Provera)</b> 	99%	Each shot works for 12 weeks Helps prevent cancer of the lining of the uterus (womb) No pill to take daily Can be used while breastfeeding	Must get shot every three months	May cause changes in your period (spotting, no periods or heavier periods), weight gain, depression, hair changes, skin rash, change in sex drive May cause delay in getting pregnant after shots are stopped Some women may have side effects up to 6 months after stopping the shots
<b>IUD</b> Intrauterine Device: ParaGard, Mirena 	99%	Nothing to put in place before sex ParaGard may be left in place for up to 10 years, and Mirena for 5 years No pill to take daily IUDs with hormones (Mirena) may reduce period cramps and bleeding Ability to become pregnant returns quickly when IUD is removed Can be used while breastfeeding	Must be inserted and removed by a health care provider	ParaGard may cause increase in cramps and heavier and longer periods Mirena may cause lighter or fewer periods IUDs can cause spotting between periods Rarely, wall of uterus is punctured during insertion
<b>Emergency Contraception (Plan B)</b> 	89%	Can lower the risk of pregnancy if taken within 5 days of unprotected sex Can be used while breastfeeding	Take 2 pills together as soon as you can after unprotected sex	Side effects other than nausea are rare but can include vomiting, fatigue, headache, dizziness and breast pain The next period sometimes comes a few days early or a few days late May cause spotting