

BIRTH CONTROL METHODS

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Hormonal Methods		How to Use	Effectiveness (Perfect Use)	Where to Get	Protect Against STIs?
Nexplanon <i>A soft stick inserted into the upper arm. Hormones thicken cervical mucus and stop ovulation.</i>		Inserted into upper arm and lasts up to 3 years.	More than 99%	Inserted and removed by health care provider.	No
Mirena IUD <i>Small, flexible device that is inserted in uterus. Contains Progesterone. Thickens Cervical mucus.</i>		Inserted in the uterus and lasts up to 5 years.	More than 99%	Inserted in health care provider's office or clinic. Also removed by health care provider.	No
Skyla IUD <i>Small, flexible device that is inserted in uterus. Contains Progesterone. Thickens Cervical mucus</i>		Inserted in the uterus and lasts up to 3 years.	More than 99%	Inserted in health care provider's office or clinic. Also removed by health care provider.	No
The Shot <i>Injection of progesterone that prevents ovulation, thickens cervical mucus and changes uterine lining.</i>		Get injection once every 3 months	More than 99%	Injections given in health care provider's office or clinic	No
The Vaginal Ring <i>Transparent flexible ring that releases hormones into the body to prevent ovulation</i>		Insert monthly and leave in place for 3 weeks, then remove for one week.	More than 99%	Requires a prescription from a health care provider	No
The Patch <i>Slowly releases hormones through the skin to prevent ovulation</i>		Apply to skin and change weekly	More than 99%	Requires a prescription from a health care provider	No
The Pill <i>Contains hormones that prevent ovulation</i>		Take one pill every day at the same time	98%	Requires a prescription from a health care provider	No
Non-hormonal Methods		How to Use	Effectiveness (Perfect Use)	Where to Get	Protect Against STIs?
Paragard IUD <i>Small "T" shaped device inserted in uterus. Contains copper.</i>		Inserted in the uterus and lasts up to 10 years.	99%	Inserted in health care provider's office or clinic. Also removed by health care provider.	No
Condom <i>Provides a barrier between partners so that body fluids are not shared.</i>		Roll onto penis before intercourse.	98%	Drug store, grocery store, clinic, health care office	Yes, most
Female/Receptive Condom <i>Provides a barrier between partners so that body fluids are not shared.</i>		Inserted into vagina before intercourse.	95%	Drug store, grocery store, clinic, health care office	Yes, most
Spermicide <i>Foam, cream, jelly, or film that kill or disable sperm.</i>		Inserted into vagina before intercourse.	75%	Drug store, clinic, health care office	No
Sterilization <i>Vasectomy or tubal ligation.</i>		Permanent surgical procedure	99%	Outpatient procedure performed by health care provider	No
Emergency Contraception – if your primary method of birth control fails					
Emergency Contraception (Plan B, morning after pill) <i>Acts fast to prevent ovulation</i>		Take within 72 hours of unprotected intercourse	80-95%	Available over the counter for people of all ages	No