

Most Effective



Least Effective

Methods	Number of pregnancies expected per 100 women*	Use	Some Risks
Sterilization Surgery for Women	less than 1	Onetime procedure Permanent	<ul style="list-style-type: none"> Pain Bleeding Infection or other complications after surgery Ectopic (tubal) pregnancy
Surgical Sterilization Implant for Women	less than 1	Onetime procedure Waiting period before it works Permanent	<ul style="list-style-type: none"> Mild to moderate pain after insertion Ectopic (tubal) pregnancy
Sterilization Surgery for Men	less than 1	Onetime procedure Waiting period before it works Permanent	<ul style="list-style-type: none"> Pain Bleeding Infection
Implantable Rod	less than 1	Inserted by a healthcare provider Lasts up to 3 years	<ul style="list-style-type: none"> Changes in bleeding patterns Weight gain Breast and abdominal pain
IUD Copper	less than 1	Inserted by a healthcare provider Lasts up to 10 years	<ul style="list-style-type: none"> Cramps Bleeding Pelvic inflammatory disease Infertility Tear or hole in the uterus
IUD w/ Progestin	less than 1	Inserted by a healthcare provider Lasts up to 3-5 years, depending on the type	<ul style="list-style-type: none"> Irregular bleeding No periods Abdominal/pelvic pain Ovarian cysts
Shot/Injection	6	Need a shot every 3 months	<ul style="list-style-type: none"> Bone loss Bleeding between periods Weight gain Nervousness Abdominal discomfort Headaches
Oral Contraceptives (Combined Pill) "The Pill"	9	Must swallow a pill every day	<ul style="list-style-type: none"> Nausea Breast Tenderness Headache Rare: high blood pressure, blood clots, heart attack, stroke
Oral Contraceptives (Progestin only) "The MiniPill"	9	Must swallow a pill every day	<ul style="list-style-type: none"> Irregular bleeding Headache Breast tenderness Nausea Dizziness
Oral Contraceptives Extended/Continuous Use "The Pill"	9	Must swallow a pill every day.	<ul style="list-style-type: none"> Risks are similar to other oral contraceptives (combined) Light bleeding or spotting between periods
Patch	9	Put on a new patch each week for 3 weeks (21 total days). Don't put on a patch during the fourth week.	<ul style="list-style-type: none"> Exposure to higher average levels of estrogen than most oral contraceptives
Vaginal Contraceptive Ring	9	Put the ring into the vagina yourself. Keep the ring in your vagina for 3 weeks and then take it out for one week.	<ul style="list-style-type: none"> Vaginal discharge Discomfort in the vagina Mild irritation Risks are similar to oral contraceptives (combined)
Diaphragm with Spermicide	12	Must use every time you have sex.	<ul style="list-style-type: none"> Irritation Allergic reactions Urinary tract infection Toxic shock
Sponge with Spermicide	12-24	Must use every time you have sex.	<ul style="list-style-type: none"> Irritation Allergic reactions Hard time removing Toxic shock
Cervical Cap with Spermicide	17-23	Must use every time you have sex.	<ul style="list-style-type: none"> Irritation Allergic reactions Abnormal Pap test Toxic shock
Male Condom	18	Must use every time you have sex. <i>Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs.</i>	<ul style="list-style-type: none"> Allergic reactions
Female Condom	21	Must use every time you have sex. <i>May give some protection against STIs.</i>	<ul style="list-style-type: none"> Irritation Allergic reactions
Spermicide Alone	28	Must use every time you have sex.	<ul style="list-style-type: none"> Irritation Allergic reactions Urinary tract infection
Emergency Contraception — If your primary method of birth control fails			
Plan B Plan B One Step Next Choice	7 out of every 8 women who would have gotten pregnant will not become pregnant after taking Plan B, Plan B One-Step, or Next Choice	Swallow the pills within 3 days after having unprotected sex.	<ul style="list-style-type: none"> Nausea Vomiting Abdominal pain Fatigue Headache
Ella	6 or 7 out of every 10 women who would have gotten pregnant will not become pregnant after taking Ella.	Swallow the pill within 5 days after having unprotected sex.	<ul style="list-style-type: none"> Headache Nausea Abdominal pain Menstrual pain Tiredness Dizziness

*effectiveness of the different methods during typical/actual use (including sometimes using a method in a way that is not correct or not consistent) <http://www.fda.gov/birthcontrol>