

Most Effective



Least Effective

Methods	Number of pregnancies expected per 100 women*	Use	Some Risks
Sterilization Surgery for Women	less than <b>1</b>	Onetime procedure Permanent	<ul style="list-style-type: none"> <li>Pain</li> <li>Bleeding</li> <li>Infection or other complications after surgery</li> <li>Ectopic (tubal) pregnancy</li> </ul>
Surgical Sterilization Implant for Women	less than <b>1</b>	Onetime procedure Waiting period before it works Permanent	<ul style="list-style-type: none"> <li>Mild to moderate pain after insertion</li> <li>Ectopic (tubal) pregnancy</li> </ul>
Sterilization Surgery for Men	less than <b>1</b>	Onetime procedure Waiting period before it works Permanent	<ul style="list-style-type: none"> <li>Pain</li> <li>Bleeding</li> <li>Infection</li> </ul>
Implantable Rod	less than <b>1</b>	Inserted by a healthcare provider Lasts up to 3 years	<ul style="list-style-type: none"> <li>Changes in bleeding patterns</li> <li>Weight gain</li> <li>Breast and abdominal pain</li> </ul>
IUD Copper	less than <b>1</b>	Inserted by a healthcare provider Lasts up to 10 years	<ul style="list-style-type: none"> <li>Cramps</li> <li>Bleeding</li> <li>Pelvic inflammatory disease</li> <li>Infertility</li> <li>Tear or hole in the uterus</li> </ul>
IUD w/ Progestin	less than <b>1</b>	Inserted by a healthcare provider Lasts up to 3-5 years, depending on the type	<ul style="list-style-type: none"> <li>Irregular bleeding</li> <li>No periods</li> <li>Abdominal/pelvic pain</li> <li>Ovarian cysts</li> </ul>
Shot/Injection	<b>6</b>	Need a shot every 3 months	<ul style="list-style-type: none"> <li>Bone loss</li> <li>Bleeding between periods</li> <li>Weight gain</li> <li>Nervousness</li> <li>Abdominal discomfort</li> <li>Headaches</li> </ul>
Oral Contraceptives (Combined Pill) "The Pill"	<b>9</b>	Must swallow a pill every day	<ul style="list-style-type: none"> <li>Nausea</li> <li>Breast Tenderness</li> <li>Headache</li> <li>Rare: high blood pressure, blood clots, heart attack, stroke</li> </ul>
Oral Contraceptives (Progestin only) "The MiniPill"	<b>9</b>	Must swallow a pill every day	<ul style="list-style-type: none"> <li>Irregular bleeding</li> <li>Headache</li> <li>Breast tenderness</li> <li>Nausea</li> <li>Dizziness</li> </ul>
Oral Contraceptives Extended/Continuous Use "The Pill"	<b>9</b>	Must swallow a pill every day.	<ul style="list-style-type: none"> <li>Risks are similar to other oral contraceptives (combined)</li> <li>Light bleeding or spotting between periods</li> </ul>
Patch	<b>9</b>	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"> <li>Exposure to higher average levels of estrogen than most oral contraceptives</li> </ul>
Vaginal Contraceptive Ring	<b>9</b>	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"> <li>Vaginal discharge</li> <li>Discomfort in the vagina</li> <li>Mild irritation</li> <li>Risks are similar to oral contraceptives (combined)</li> </ul>
Diaphragm with Spermicide	<b>12</b>	Must use every time you have sex.	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Urinary tract infection</li> <li>Toxic shock</li> </ul>
Sponge with Spermicide	<b>12-24</b>	Must use every time you have sex.	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Hard time removing</li> <li>Toxic shock</li> </ul>
Cervical Cap with Spermicide	<b>17-23</b>	Must use every time you have sex.	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Abnormal Pap test</li> <li>Toxic shock</li> </ul>
Male Condom	<b>18</b>	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"> <li>Allergic reactions</li> </ul>
Female Condom	<b>21</b>	Must use every time you have sex. <i>May give some protection against STIs.</i>	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> </ul>
Spermicide Alone	<b>28</b>	Must use every time you have sex.	<ul style="list-style-type: none"> <li>Irritation</li> <li>Allergic reactions</li> <li>Urinary tract infection</li> </ul>
<b>Emergency Contraception — If your primary method of birth control fails</b>			
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"> <li>Nausea</li> <li>Vomiting</li> <li>Abdominal pain</li> <li>Fatigue</li> <li>Headache</li> </ul>
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"> <li>Headache</li> <li>Nausea</li> <li>Abdominal pain</li> <li>Menstrual pain</li> <li>Tiredness</li> <li>Dizziness</li> </ul>

\*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>