

Birth Control Method

Effectiveness of Birth Control Methods

When choosing a Birth Control Method, think about the following:

- How effective the method is in preventing pregnancy
- How easy/difficult it will be to use as directed
- If/when you might want to get pregnant in the future
- Whether the method offers additional health benefits in addition to birth control
- Whether it needs cooperation from your partner
- You age, overall health, and any medical conditions
- How often you have sex
- How often you will need to see your health care professional for refills or visits
- Possible side effects of the method
- Whether it helps protect against human immunodeficiency virus (HIV) and other sexually transmitted infections (STIs)

Most Effective

Less than 1 pregnancy per 100 women in a year

Reversible



Implant
0.05 percent
Approved for up to 3 years of use



IUD
0.2 to 0.8 percent
Hormonal approved for up to 3-8 years of use; copper approved for up to 10 years of use

Permanent



Sterilization
0.15 to 0.5 percent
Available for women and men

6 to 12 pregnancies per 100 women in a year



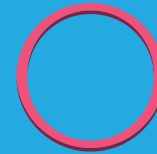
Injection
6%
Get a shot on time every 3 months



Pill
9%
Take a pill on time each day



Patch
9%
Change patch every week

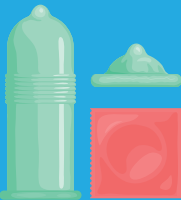


Vaginal Ring
9%
Change ring every month

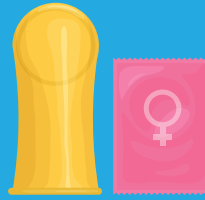


Diaphragm
12%
Use each time you have sex; must be refitted after childbirth

18 or more pregnancies per 100 women in a year



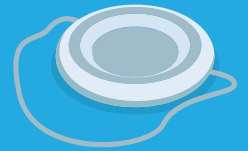
Male Condom
18%
Use each time you have sex; protects against STI's



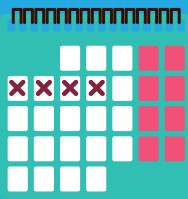
Female Condom
21%
Use each time you have sex; protects against STI's



Cervical Cap
17% to 23%
Use each time you have sex



Sponge
12% to 24%
Use each time you have sex



Fertility Awareness-Based Methods
24%
Requires training; use a barrier method or abstain from sex periodically



Spermicide
28%
Use each time you have sex

Least Effective