

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 needs cooperation from your partner
- 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

<p>Reversible</p>  <p>Implant 0.05 percent Approved for up to 3 years of use</p>	 <p>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</p>	<p>Permanent</p>  <p>Sterilization 0.15 to 0.5 percent Available for women and men</p>
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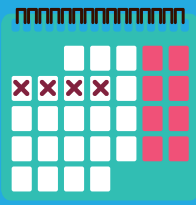
6 to 12 pregnancies per 100 women in a year

 <p>Injection 6% Get a shot on time every 3 months</p>	 <p>Pill 9% Take a pill on time each day</p>	 <p>Patch 9% Change patch every week</p>	 <p>Vaginal Ring 9% Change ring every month</p>	 <p>Diaphragm 12% Use each time you have sex; must be refitted after childbirth</p>
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18 or more pregnancies per 100 women in a year

 <p>Male Condom 18% Use each time you have sex; protects against STI's</p>	 <p>Female Condom 21% Use each time you have sex; protects against STI's</p>	 <p>Cervical Cap 17% to 23% Use each time you have sex</p>	 <p>Sponge 12% to 24% Use each time you have sex</p>
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Least Effective

 <p>Fertility Awareness-Based Methods 24% Requires training; use a barrier method or abstain from sex periodically</p>	 <p>Spermicide 28% Use each time you have sex</p>
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