









Your Body. Your Birth Control.

Review all available methods with your provider and understand which one best meets your priorities & preferences.







METHOD Options	 IUD (Non-hormonal)	 IUD (Hormonal)	 Implant	 Shot	 Pill	 Vaginal Ring	 Patch	 Diaphragm
TYPICAL USE Effectiveness	99% effective Less than 1 out of 100 become pregnant	99% effective Less than 1 out of 100 become pregnant	99% effective Less than 1 out of 100 become pregnant	96% effective 4 out of 100 become pregnant	92% effective 8 out of 100 become pregnant	91% effective 9 out of 100 become pregnant	91% effective 9 out of 100 become pregnant	88% effective 12 out of 100 become pregnant
HOW LONG Does It Last	Up to 12 years	Up to 8 years	Up to 5 years	Up to 3 months	For 1 day	Up to 1 month or 1 year	Up to 1 week	For 1 sex act
HOW DO YOU Get Started	Inserted by your provider	Inserted by your provider	Inserted by your provider	Shot given by your provider	Prescription from provider	Prescription from provider	Prescription from provider	Provided by provider
WHAT DO YOU Need To Do	No action required	No action required	No action required	Get shot from provider every 3 months	Take pill every day	Insert ring into vagina and replace every month	Place patch on body and replace every week	Use with spermicide & put inside vagina
POSSIBLE Bleeding Changes	Heavier periods that may return to normal after 3-6 months	Irregular, lighter, or no period at all	Infrequent, irregular, prolonged, or no period	Irregular or no period	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	Shorter, lighter, more predictable periods	None
POSSIBLE Side Effects	Cramping, that usually improves after 3-6 months, spotting	Cramping, during and after insertion, spotting	Insertion site pain	Weight changes	Nausea or breast tenderness	Nausea or breast tenderness	Nausea, breast tenderness, application site reaction	Allergic reaction, irritation
IF STOPPED When Can You Get Pregnant	Immediately, schedule removal with provider	Immediately, schedule removal with provider	Immediately, schedule removal with provider	Immediately, but may have 6-12 month delay. No action required	Immediately, stop taking pills	Immediately, must remove ring from body	Immediately, must remove patch from body	Immediately

Only the condom protects against STIs and HIV.

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Do-It-Yourself Methods:

These options are available to you without needing a prescription or a visit to your provider.

METHOD Options	 External Condom	 Withdrawal	 Internal Condom	 Sponge	 FAM Fertility Awareness Based Methods	 Spermicides
TYPICAL USE Effectiveness	87% effective 13 out of 100 become pregnant	80% effective 20 out of 100 become pregnant	79% effective 21 out of 100 become pregnant	76-88% effective 12-24 out of 100 become pregnant	76% effective 24 out of 100 become pregnant	72% effective 28 out of 100 become pregnant
HOW LONG Does It Last	For 1 sex act	For 1 sex act	For 1 sex act	For 1 sex act	1 menstrual cycle	For 1 sex act
HOW DO YOU Get Started	Buy over the counter	Discuss with partner prior to sex	Buy over the counter	Buy over the counter	Learn about your menstrual cycle & determine which FAM to use	Buy over the counter
WHAT DO YOU Need To Do	Use condom for each sex act	Pull penis out of the vagina before ejaculation	Put inside vagina	Put inside vagina	Monitor fertility signs & abstain from sex/use condoms during fertile days	Put inside vagina
POSSIBLE Bleeding Changes	None	None	None	None	None	None
POSSIBLE Side Effects	Allergic reaction to latex	None	Allergic reaction, irritation	Allergic reaction, irritation	None	Allergic reaction, irritation
IF STOPPED When Can You Get Pregnant	Immediately	Immediately	Immediately	Immediately	Immediately	Immediately

PERMANENT METHODS

Sterilization involves safe & effective surgical procedures that permanently prevent pregnancies. These procedures are over 99% effective at preventing pregnancy, and are usually covered by insurance. There is some risk of infection with the procedures, and sometimes pain and discomfort during and after the procedures. Sterilization does not prevent STIs.

Tubal Ligation: For people with uteruses, there are several types of tubal ligation that either permanently block or close the fallopian tubes. Many hospitals, doctors & clinics do tubal ligations.

Vasectomy: For people with penises, vasectomy is a simple surgery performed in a doctor's office or hospital that prevents pregnancy by blocking sperm from leaving the body.

EMERGENCY CONTRACEPTION

Accidents happen. If you forget your birth control or have an emergency (e.g., condom breaks or isn't used), taking emergency contraception (or EC) can be a safe and effective way to prevent a pregnancy up to 5 days after having unprotected sex. Often, the sooner you take it, the better it works. You can even keep EC around just in case. Talk to your local pharmacist or healthcare provider about accessing EC.



For more information about the CAP project, please visit www.contraceptiveactionplan.org.

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