



**FAMILY
HEALTH
SERVICES**

Methods of Birth Control

Method	How do you use it?	Effectiveness	Advantages	Disadvantages	Available at FHS?
Abstinence: The decision to not engage in sexual behavior.	This method is used by saying "No." The individual makes a decision based upon their feelings and values. She or he uses other ways to express intimacy and affection.	There is no chance of becoming pregnant as long as the person adheres to their decision to not engage in sexual behavior.	It costs nothing to use. There are no side effects. Anyone can use it. Abstinence also prevents the risk of sexually transmitted diseases.	It is often hard to stick to the decision to be abstinent. Others often try to pressure the individual into having sex.	Available anywhere, anytime
Depo-Provera: a shot of hormone that provides protection for up to 12 weeks.	Depo-Provera contains a hormone that interrupts the woman's menstrual cycle. Every 12 weeks a woman is given an injection of Depo. The first shot is generally given within five days of the onset of a normal period.	Depo-Provera is among the most effective types of birth control. About 3 women per 1,000 who use Depo become pregnant each year	Depo lasts for 12 weeks at a time, maintenance is only required four times a year. Drug interactions are minimal	Possible side effects: menstrual changes, weight gain, headaches, nervousness, abdominal pain, dizziness or fatigue. Often a woman cannot conceive for up to 18 months after her last shot.	Yes
Implanon: a flexible plastic rod with hormones that provides protection for up to 3 years.	Implanon is a low-dose birth control hormone that is inserted under the skin of the upper arm. Hormone is released continuously to prevent pregnancy for up to 3 years.	Implanon is highly effective when inserted properly. Less than 1 women in 100 will become pregnant each year.	It is very discreet. It is reversible—you may become pregnant quickly after the removal of implanon. Provides continuous protection for 3 years.	Possible side effects: Irregular bleeding, mood swings, weight gain, depression, headache and acne. May interact with other medications.	Yes
Nuva Ring: a plastic vaginal ring of hormones that provides protection for up to 21 days.	Nuva Ring is a flexible plastic ring that is placed in the vagina. The ring releases hormones to prevent pregnancy. The ring is worn for 21 days and removed for 7 days, and then a new ring is inserted.	Nuva Ring is among the most effective types of birth control. It is 98% to 99% effective when used properly	The maintenance for Nuva Ring is every 21 days. Nothing to do at the time of intercourse. Regular lighter periods.	Possible side effects: headaches, nausea, vaginal irritation/discharge, breast tenderness and irregular bleeding. Interacts with other medication such as antibiotics.	Yes
Ortho-Evra: a hormone patch worn on the skin that provides protection for one week.	Each patch contains a hormone that is absorbed through the skin. The patch is placed on specific sites on the body and changed once a week for three out of four weeks.	Ortho Evra is among the most effective types of birth control. It is 99% effective when used properly.	Patch only needs maintenance once each week. Periods are usually lighter, less painful and more regular.	Possible skin reaction at site of application. Must remember to change patch every week. Possible side effects similar to Lunelle or Pill. Interacts with other medications such as antibiotics.	Yes
Birth Control Pills: hormones compressed into a pill form.	The hormones prevent the release of eggs from the ovaries. Pills generally come in 28 day packages. A pill needs to be taken each day at the same time every day for best results	Birth control pills are among the most effective types of birth control. Used properly, 1 in 100 women who use pills become pregnant each year. On average, 3 in 100 women become pregnant on the pill.	Pills may provide some protection from certain types of cancer. Periods are usually lighter, less painful and very regular. There are few health concerns for young users	Possible side effects: menstrual changes, headaches, weight gain, nausea, breast tenderness, and more. It may increase the risk of certain diseases in some women. Interacts with other medications such as antibiotics	Yes
Condoms: a thin tube-shaped piece of latex (rubber) that fits over the penis	The condom catches sperm so it doesn't enter the vagina. The condom is rolled onto the penis after it becomes hard. Leave space at the tip to catch the semen.	When used correctly, condoms are a very effective birth control method and a protection against most STD's. 2-10 women become pregnant every year using condoms	Easy to obtain, easy to use	Often people do not use condoms every single time they have sex nor do they use them correctly all of the time. A few people are allergic to latex	Yes
Diaphragm: a shallow rubber cup that fits inside the vagina to block sperm from reaching the uterus, used with spermicidal jelly or cream to kill sperm.	Before intercourse place the diaphragm along with spermicide inside the vagina. Add more spermicide each time you have sex	Used properly, 6 out of 100 women become pregnant. With average use, 20 per 100 women become pregnant	Few serious health risks. May be inserted up to 6 hours prior to sex.	Must remain in the vagina 6-8 hours after sex. The cream or jelly must be reapplied each time prior to sex and may cause minor irritation. Available only by prescription	Yes
IUD(intrauterine device): a small plastic or copper device inserted into the uterus	Doctor or nurse practitioner inserts the IUD in the woman's uterus where it prevents the ovaries from releasing eggs and altering the lining of the uterus	Approximately 6 per 100 women using the IUD become pregnant each year	Provides continuous protection for up to five years. May decrease menstrual cramps for some women	Not recommended for teens or women who have never been pregnant. May cause PID, heavier periods, anemia, infections or damage to uterine wall	Yes
Over the Counter: sponges, foams, creams, jellies, film and suppositories all contain spermicides that kill sperm when placed inside the vagina prior to sex	The over the counter spermicidal methods form a barrier inside the vagina to kill sperm before they reach the uterus	When used by themselves, among the least effective methods of preventing pregnancy. 21-25 women per 100 become pregnant using only this	Easy to obtain, may be purchased at most drug stores and supermarkets	Spermicide may cause irritation, must be careful to follow instructions	Yes
Natural Family Planning: a woman charts her cycle to determine when she is at greatest risk of pregnancy	A woman monitors her body temperature, vaginal mucus, and menstrual cycle to determine ovulation and avoids sex during fertile periods	Next to withdrawal, the least effective birth control method. Failure rates vary from 20-47 per 100 women becoming pregnant every year using the Rhythm Method	Besides unintended pregnancy, no health risks. Few, if any religious or ethical objections. Helps a woman understand her fertility patterns	Fertility cycle and physical signs may be hard to understand. Requires careful charting on daily basis or best accuracy. Periodic abstinence required	Yes
Withdrawal: "pulling out"	Prior to ejaculation, the man pulls out of the woman's vagina	Least effective means of birth control	Besides unintended pregnancy, no health risks	Virtually impossible, pre-ejaculatory fluid contains sperm anyway	Not applicable
Sterilization: permanent contraception	Women have tubal ligation—tubes tied; Men have vasectomy	Less than 1% chance of pregnancy after sterilization	Permanent method; safe for most people	Surgical procedure entails some risks; irreversible	No, Referral Only