



BIRTH CONTROL OPTIONS

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| Oral Contraceptives | <p>Advantages: Continuous protection when taken correctly, reversible, non-contraceptive health benefits.</p> <p>Disadvantages: Must be taken on daily schedule; side effects may include nausea, breast tenderness, changes in menses; cardiovascular risk in smokers greater than age 35</p> <p>Effectiveness: > 99%</p> |
| Patch | <p>Advantages: Applied weekly, rapidly reversible, continuous protection when correctly used</p> <p>Disadvantages: Cardiovascular risk in smokers greater than age 35; side effects may include nausea, breast tenderness, changes in menses</p> <p>Effectiveness: > 99%</p> |
| Ring | <p>Advantages: Inserted monthly, rapidly reversible, continuous protection when correctly used</p> <p>Disadvantages: Requires comfort with self-insertion; Cardiovascular risk in smokers greater than age 35; side effects may include nausea, breast tenderness, changes in menses</p> <p>Effectiveness: > 99%</p> |
| Oral Progestin Pill | <p>Advantages: Option for women who are unable to tolerate estrogen</p> <p>Disadvantages: Strict adherence to daily dosing necessary; changes in menses</p> <p>Effectiveness: 95%</p> |
| Injectable Progestin | <p>Advantages: Continuous protection for 3 months; convenient</p> <p>Disadvantages: Delayed return to fertility; irregular or absent menses; weight gain</p> <p>Effectiveness: > 99%</p> |

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| Implant (progestin) | <p>Advantages: Continuous protection for 3 years; reversible; convenient</p> <p>Disadvantages: Unpredictable bleeding pattern; rare risk of infection at site of insertion</p> <p>Effectiveness: > 99%</p> |
| Intrauterine Device (IUD) Nonhormonal) | <p>Advantages: Continuous protection for 10 years; reversible; convenient</p> <p>Disadvantages: May increase monthly bleeding and cramping; rare risk of uterine perforation or pelvic infection</p> <p>Effectiveness: > 99%</p> |
| Intrauterine System (IUS) (Hormonal - Liletta) | <p>Advantages: Continuous protection for 5 years; menses lighter, less painful; convenient, reversible</p> <p>Disadvantages: Small possibility of hormonal side effects; rare risk of uterine perforation or pelvic infection</p> <p>Effectiveness: > 99%</p> |
| Sterilization (tubal ligation, vasectomy, Essure) | <p>Advantages: Continuous contraception, convenient</p> <p>Disadvantages: Permanent method; surgical procedure</p> <p>Effectiveness: > 99%</p> |
| Condom | <p>Advantages: Easily obtained, inexpensive, offers some STD protection</p> <p>Disadvantages: Less spontaneity, may cause irritation</p> <p>Effectiveness: 80-97%</p> |
| Diaphragm | <p>Advantages: Easy to use, may be inserted up to 6 hours before sex</p> <p>Disadvantages: Requires comfort with self-insertion; risk of bladder infection</p> <p>Effectiveness: 80-94%</p> |
| Fertility Awareness (periodic abstinence) | <p>Advantages: Minimal cost</p> <p>Disadvantages: Requires careful planning and motivation; intercourse prohibited for up to half of cycle; not for women with irregular cycles</p> <p>Effectiveness: 75-99%</p> |