

**Birth Control Methods 2010**

<b>METHOD</b>	<b>EFFECTIVE RATE</b>	<b>OPTIONS OF METHOD</b>	<b>HOW DO I USE IT</b>	<b>RETURN TO FERTILITY</b>	<b>STI PROTECTION</b>	<b>COMMENTS</b>
The Pill  Oral Contra- ceptive	99%	Many types of pill are available.	Take the pill everyday.	One can get Pregnant Soon after Stopping the Pill.	None.	Side Effects like nausea & spotting go away in a short time. Severe side effects are rare and related to blood clots which can cause strokes, heart attacks.
The Shot  Depo- provera	99%	There is an IM and subcutaneous version of the shot	Get a shot every 12 wks	Some get pregnant soon-others may take up to 18 months.	None	The most common side effect is either no period, spotting or heavy bleeding. Being on the depo for two years can effect bone density.
The Patch  Ortho-Evra	99%	One brand.	Apply once a week for 3 wks no patch for wk 4, then restart cycle.	Soon after Stopping Patch.	None	Same as the pill. However, the patch has 60% more estrogen than the pill, so there may be greater risk for blood clots.
Vaginal Ring  Nuva Ring	99%	One Brand	Insert ring into vaginal & leave for 3 wks, wk 4, do not use ring & then restart with new ring.	Soon after stopping use.	None	Same as the pill.
Progestin IUD  Mirena	99%	One Brand	After IUD is inserted into your womb, this provides protection for 5 ys.	Fertility can return in one year.	None.	A health professional has to insert the IUD. Your periods may go away with this method. it is important to avoid STI's with this method.
Copper IUD  Pargard	99%	One Brand	After IUD is inserted into your womb, this provides protection for 10 yrs.	Fertility returns in one month.	None	A health professional has to insert the IUD. You may have heavier periods. It is important to avoid STIs with this method.
Male Condom	97%	Many brands	A new one is placed on the erect penis each time you have sex.	Without this device, there is no protection against pregnancy.	Yes	Latex condom protect against HIV; non-latex may not.
Female Condom  Reality	95%	One brand.	Can be inserted vaginally up to 8 hrs before sex.	Without this device there is no protection against pregnancy.	Yes	

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Spermicide	94%-use with barrier method increases effectiveness.	Foams, jellies, film, cream, suppositories.	Use every time you have sex	Without use, no protection against pregnancy.	No.	Nonoxynl-9 spermicide might increase the risk of HIV transmission.
Diaphragm	94%	Variety of Sizes.	Insert into vaginal each time you have sex, use spermicide with this method. May insert 6 hrs before sex.	Without use no protection against pregnancy.	Yes	There is no protection against HIV. People with latex allergy cannot use this method.
Cervical Cap	84% in women who had a child; 91% in those who have not	Must be used Each time You have Sex, & must Use Spermicide.	Insert into vagina each time you have sex, use spermicide.	Without use no protection against pregnancy.	Yes	
Implanon	The FDA Is working on Approving This method.	Several yrs	Healthcare professional inserts into your arm.	Return to fertility may be soon, or up to 18 mo.	No	This method will have same side effects as depo-provera.
Sponge	The FDA is working to approve this method.	Must be used each time you have sex.	Insert vaginally may leave in for several hrs.	Without use, no protection.	No	
Surgical Sterilization	Greater than 99%	Female-tubal Male-vasectomy	Permanent irreversible.	No return to fertility.	No	Medicaid pays for this; the health department has a program with a sliding fee scale for this.