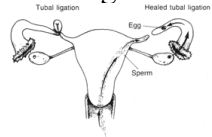
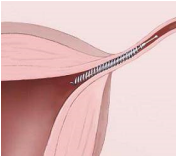




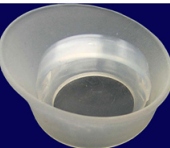


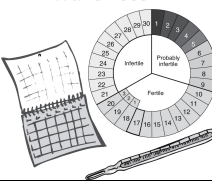

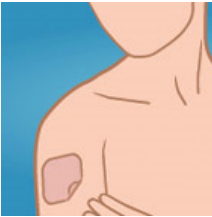





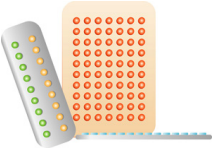
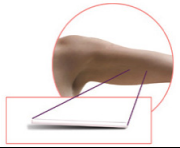
Birth Control Methods

| | Method | Failures per Year * | | How it Works/ How to Use | Advantages | Disadvantages | Most common side effects |
|--------------------------|--|---------------------|-------------|---|--------------------------------|---|-------------------------------------|
| | | Typical Use | Perfect Use | | | | |
| Permanent Methods | Tubal Ligation  | 5 in 1000 | 5 in 1000 | Surgically blocks passage of ovum | Permanent | Post surgical discomfort, nonreversible | Minor surgical and anesthesia risks |
| | Essure  | 1 in 1000 | 1 in 1000 | Surgically blocks passage of ovum; done in the office; confirmation of complete blockage of tubes is done | Permanent, in-office procedure | Post surgical discomfort (although usually less than a tubal ligation), nonreversible | Minor surgical risks |
| | Vasectomy  | 1-2 in 1000 | 1 in 1000 | Surgically blocks passage of sperm; done in the office | Permanent, in-office procedure | Post surgical discomfort, nonreversible | Minor surgical risks |

| | Method | Failures per Year * | | How it Works/ How to Use | Advantages | Disadvantages | Most common side effects |
|--|---|--|---|--|--|--|---|
| | Copper T IUD / “Paragard”  | 8 in 1000 | 6 in 1000 | Inhibits sperm activity, kills sperm. Inserted into uterus by provider, lasts up to 10 years. | No hormonal side effects, long term, easy to use, rapid return to fertility after removal, very confidential | Initial cost, provider must insert and remove | Occasional cramping, heavier periods |
| | Condoms  | 150 in 1000 (male condom) 210 in 1000 (female condom) | 20 in 1000 (male condom) 50 in 1000 (female condom) | Prevents sperm from entering the uterus. Placed on penis or in vagina at time of expected intercourse, a new one must be used every time | Inexpensive, no need for prescription, prevents transmission of sexually transmitted infections (STIs) | Requires partner cooperation, can break, may interrupt spontaneity | Rare latex allergy with male condom |
| | Diaphragm with Spermicidal Gel  | 160 in 1000 | 60 in 1000 | Prevents and inhibits sperm from entering the uterus. Placed into vagina before expected intercourse (can be placed up to 6-8 hours before sex); provider must initially fit | Few side effects, no hormones | Must learn proper insertion technique, may interrupt spontaneity | Rare bladder infection; NOTE: new diaphragms are made of non-latex material |
| | Cervical Cap with Spermicidal Gel (FemCap)  | 320 in 1000 (women who have given birth) 160 in 1000 (women who have not given birth) | 260 in 1000 (women who have given birth) 90 in 1000 (women who have not given birth) | Prevents and inhibits sperm from entering the uterus. Placed into vagina before expected intercourse (can be placed up to 6-8 hours before sex) | Few side effects, no hormones | Must learn proper insertion technique, may interrupt spontaneity | Cervical irritation |

| | Method | Failures per Year * | | How it Works/ How to Use | Advantages | Disadvantages | Most common side effects |
|----------------------|--|--|---|--|--|--|----------------------------------|
| Non-hormonal Methods | Birth Control Sponge “Today Sponge”  | 320 in 1000 (women who have given birth) 160 in 1000 (women who have not given birth) | 200 in 1000 (women who have given birth) 90 in 1000 (women who have not given birth) | Prevents and inhibits sperm from entering the uterus. Placed into vagina before expected intercourse (can be placed up to 24 hours before sex). Must use a new sponge every time. | No prescription needed, no hormones, few side effects | Must learn proper insertion technique, may interrupt spontaneity | May cause vaginal irritation |
| | Spermicide (alone) – foams, gels, creams  | 290 in 1000 | 180 in 1000 | Blocks the cervix so sperm cannot reach the egg, keeps sperm from moving so it cannot join the egg. Placed into the vagina about 10-60 minutes before sex, must be placed each time. | No prescription needed, no hormones, few side effects | Messy | May cause vaginal irritation |
| | Fertility Awareness Method (Natural Family Planning) Fertility Awareness  | 250 in 1000 | 20 in 1000 | Uses events of menstrual cycle and fertility signs to predict periods of fertility | Inexpensive, no hormones, helps a woman learn about her body | Requires careful daily attention to fertility signs and calendar, dependent on regular menses, hard to use when breast feeding | None |
| | Withdrawal | 270 in 1000 | 40 in 1000 | Greatly reduces amount of sperm released into vagina as penis is removed from vagina <i>before</i> ejaculation of semen | Inexpensive, can be used at the last minute | Requires partner cooperation | May decrease sexual satisfaction |

| | Method | Failures per Year * | | How it Works/ How to Use | Advantages | Disadvantages | Most common side effects |
|--|--|---------------------|-------------|--|---|--|---|
| | Combined Birth Control Pill  | 80 in 1000 | 1-3 in 1000 | Prevents ovaries from releasing eggs, thickens cervical mucous, thins uterine lining. Take one pill every day by mouth. Must get new packet of pills each month. | Decreased risk of ovarian cancer, uterine cancer, osteoporosis, benign breast masses, and acne. Regular cycles, less cramping, improved PMS, protects against PID | Needs to be taken daily, reduces breast milk supply | Nausea, headaches, breast tenderness initially, irregular spotting, mood changes, decreased libido |
| | The Patch  | Unknown | 3 in 1000 | Prevents ovaries from releasing eggs, thickens cervical mucous, thins uterine lining. Apply to skin – a new patch is applied every week. | Similar to birth control pills; more constant level of hormones, possibly less nausea than pills | Must replace patch on schedule, reduces breast milk supply, decreased effectiveness if weight over 198lbs, not covered by Medicaid/Salud | Same as combined birth control pills; skin irritation |
| | Vaginal Ring (NuvaRing)  | Unknown | 3 in 1000 | Prevents ovaries from releasing eggs, thickens cervical mucous, thins uterine lining. Insert ring into vagina. A new ring is inserted every month. | Similar to birth control pill; once-a-month application, more constant level of hormones, possibly less nausea | Must replace ring on schedule, reduces breast milk supply, not covered by Medicaid/Salud | Same as combined birth control pills; possible increase in vaginal infection/secretions or irritation |

| Method | Failures per Year * | | How it Works/ How to Use | Advantages | Disadvantages | Most common side effects |
|--|---------------------|---------------------|--|---|--|---|
| Levonorgestrel IUD / “Mirena”  | 1 in 1000 | 1 in 1000 | Thickens cervical mucous, inhibits sperm. Inserted into uterus by provider, lasts up to 5 years. | Extremely effective, decreases cramping, decreases menstrual bleeding, can continue to breastfeed while using | Initial cost, provider must insert and remove | Irregular to scant menses |
| Progestin Injection / “Depo-Provera” / The Shot  | 30 in 1000 | 3 in 1000 | Disrupts ovulation, thickens cervical mucous, thins uterine lining. Injected every 3 months by provider office | Easy to use, very confidential, decreases blood loss | Regular office visit for injection, may need 12-18 months for return of fertility, cannot be removed after injection | Irregular to no menses; risk of weight gain due to increased appetite, mood changes |
| Progestin Pill / “Mini-Pill”  | 50-80 in 1000 | 3-5 in 1000 | Thickens cervical mucous, thins uterine lining. Take one pill every day by mouth. Must get new packet of pills each month. | Can continue to breastfeed while using, appropriate for some women who cannot take combined pill | Must take at same time every day to be effective | Irregular to no menses |
| Birth Control Implant / “Implanon”  | Less than 1 in 1000 | Less than 1 in 1000 | Prevents ovaries from releasing eggs, thickens cervical mucous, thins uterine lining. Inserted just under the skin on the inner side of your upper arm, can be left into place up to 3 years | Extremely effective, can continue to breastfeed while using, decreases menstrual bleeding | Initial cost, provider must insert and remove | Irregular to scant menses |