











Most Common Birth Control Methods

| METHOD | EFFICACY ^o TYPICAL USE/ PERFECT USE | STD PROTECTION | PROS | CONS/SIDE EFFECTS* |
|---|--|-------------------|--|---|
|  Vasectomy | Over 99% | NO | <ul style="list-style-type: none"> Doesn't interrupt sex Intended to be permanent | <ul style="list-style-type: none"> Vasectomy, Female Sterilization: Regret Vasectomy: Infection, bleeding under the skin, rarely—cut ends of the tube grow back together Female sterilization: <ul style="list-style-type: none"> Essure: Pain, mild nausea, light-headedness during and shortly after procedure Tubal Ligation: Reaction to anesthesia, serious injury with the laparoscope |
|  Female Sterilization | Over 99% | NO | | |
|  Implants | 99% | NO | <ul style="list-style-type: none"> Implants: Fast return to fertility after removal and a good choice for women who forget to take pills Some IUCs/IUDs: Lighter, more regular periods, less anemia, and longest lasting method (except for sterilization) | <ul style="list-style-type: none"> Implants, IUC/IUD: Nausea and sore breasts (usually clear up in 2–3 months) Implants: Irregular periods, possible weight gain, possible headaches Some IUCs/IUDs: Spotting first three months, irregular or heavy periods |
|  IUC/IUD | Over 99% | NO | | |
|  Shot (Depo Provera [®]) | 94% / 99% | NO | <ul style="list-style-type: none"> Doesn't interrupt sex Can be used while breastfeeding right after delivery | <ul style="list-style-type: none"> Irregular periods, headaches, possible weight changes |
|  Patch | 94% / 99% | NO | <ul style="list-style-type: none"> Doesn't interrupt sex Helps prevent ovarian and uterine cancer More regular periods and reduces menstrual cramps Good choice for women who forget to take pills | <ul style="list-style-type: none"> <i>Rare—blood clots, heart attack, stroke</i> Patch: Possible skin irritation, can fall off, nausea and spotting at first Vaginal Ring: may cause vaginal irritation, can fall out |
|  Vaginal Ring | 94% / 99% | NO | | |
|  Pills | 91% / 99% | NO | <ul style="list-style-type: none"> Doesn't interrupt sex Helps prevent ovarian and uterine cancer More regular periods and reduces menstrual cramps | <ul style="list-style-type: none"> <i>Rare—blood clots, heart attack, stroke</i> Must be taken daily, may cause nausea and spotting at first |
|  Male Condoms | 82% / 98% | YES | <ul style="list-style-type: none"> Easy to find and purchase Used only when needed Best protection against HIV and most STDs No effect on a woman's natural hormones | <ul style="list-style-type: none"> Latex allergies, loss of sensation, possible breakage |
|  Female Condoms | 79% / 95% | YES | | |

We also offer emergency contraception (the "morning after" pill) which can prevent pregnancy if taken within 5 days after unprotected intercourse.

Appointment Line: 1.877.855.7526 | www.ppmarmonte.org/appts

^o Data from CDC Effectiveness of Family Planning Methods, p. 2011

* Not a complete list of possible side effects.

[†] Never been pregnant or given birth vaginally

[‡] Given birth vaginally