















Method	How Well Does It Work?	How to Use	Pros	Cons
<p><b>The Implant</b> Nexplanon®</p> 	> 99%	<p>A health care provider places it under the skin of the upper arm</p> <p>It must be removed by a health care provider</p>	<p>Long lasting (up to 5 years)</p> <p>No pill to take daily</p> <p>Often decreases cramps</p> <p>Can be used while breastfeeding</p> <p>You can become pregnant right after it is removed</p>	<p>Can cause irregular bleeding</p> <p>After 1 year, you may have no period at all</p> <p>Does not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs)</p>
<p><b>Progestin IUD</b> Liletta®, Mirena®, Skyla® and others</p> 	> 99%	<p>Must be placed in uterus by a health care provider</p> <p>Usually removed by a health care provider</p>	<p>May be left in place 3 to 7 years, depending on which IUD you choose</p> <p>No pill to take daily</p> <p>May improve period cramps and bleeding</p> <p>Can be used while breastfeeding</p> <p>You can become pregnant right after it is removed</p>	<p>May cause lighter periods, spotting, or no period at all</p> <p>Rarely, uterus is injured during placement</p> <p>Does not protect against HIV or other STIs</p>
<p><b>Copper IUD</b> ParaGard®</p> 	> 99%	<p>Must be placed in uterus by a health care provider</p> <p>Usually removed by a health care provider</p>	<p>May be left in place for up to 12 years</p> <p>No pill to take daily</p> <p>Can be used while breastfeeding</p> <p>You can become pregnant right after it is removed</p>	<p>May cause more cramps and heavier periods</p> <p>May cause spotting between periods</p> <p>Rarely, uterus is injured during placement</p> <p>Does not protect against HIV or other STIs</p>
<p><b>The Shot</b> Depo-Provera®</p> 	96%	<p>Get a shot every 3 months</p>	<p>Each shot works for 12 weeks</p> <p>Private</p> <p>Usually decreases periods</p> <p>Helps prevent cancer of the uterus</p> <p>No pill to take daily</p> <p>Can be used while breastfeeding</p>	<p>May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive</p> <p>May cause delay in getting pregnant after you stop the shots</p> <p>Side effects may last up to 6 months after you stop the shots</p> <p>Does not protect against HIV or other STIs</p>
<p><b>The Pill</b></p> 	93%	<p>Must take the pill daily</p>	<p>Can make periods more regular and less painful</p> <p>Can improve PMS symptoms</p> <p>Can improve acne</p> <p>Helps prevent cancer of the ovaries</p> <p>You can become pregnant right after stopping the pills</p>	<p>May cause nausea, weight gain, headaches, change in sex drive – some of these can be relieved by changing to a new brand</p> <p>May cause spotting the first 1-2 months</p> <p>Does not protect against HIV or other STIs</p>
<p><b>Progestin-Only Pill</b></p> 	93%	<p>Must take the pill daily</p>	<p>Can be used while breastfeeding</p> <p>You can become pregnant right after stopping the pills</p>	<p>Often causes spotting, which may last for many months</p> <p>May cause depression, hair or skin changes, change in sex drive</p> <p>Does not protect against HIV or other STIs</p>
<p><b>The Patch</b> Ortho Evra®</p> 	93%	<p>Apply a new patch once a week for three weeks</p> <p>No patch in week 4</p>	<p>Can make periods more regular and less painful</p> <p>No pill to take daily</p> <p>You can become pregnant right after stopping patch</p>	<p>Can irritate skin under the patch</p> <p>May cause spotting the first 1-2 months</p> <p>Does not protect against HIV or other STIs</p>
<p><b>The Ring</b> Nuvaring®</p> 	93%	<p>Insert a small ring into the vagina</p> <p>Change ring each month</p>	<p>One size fits all</p> <p>Private</p> <p>Does not require spermicide</p> <p>Can make periods more regular and less painful</p> <p>No pill to take daily</p> <p>You can become pregnant right after stopping the ring</p>	<p>Can increase vaginal discharge</p> <p>May cause spotting the first 1-2 months of use</p> <p>Does not protect against HIV or other STIs</p>

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<p><b>External Condom</b></p> 	87%	<p>Use a new condom each time you have sex</p> <p>Use a polyurethane condom if allergic to latex</p>	<p>Can buy at many stores</p> <p>Can put on as part of sex play/foreplay</p> <p>Can help prevent early ejaculation</p> <p>Can be used for oral, vaginal, and anal sex</p> <p>Protects against HIV and other STIs</p> <p>Can be used while breastfeeding</p>	<p>Can decrease sensation</p> <p>Can cause loss of erection</p> <p>Can break or slip off</p>
<p><b>Internal Condom</b></p> 	79%	<p>Use a new condom each time you have sex</p> <p>Use extra lubrication as needed</p>	<p>Can put in as part of sex play/foreplay</p> <p>Can be used for anal and vaginal sex</p> <p>May increase pleasure when used for anal and vaginal sex</p> <p>Good for people with latex allergy</p> <p>Protects against HIV and other STIs</p> <p>Can be used while breastfeeding</p>	<p>Can decrease sensation</p> <p>May be noisy</p> <p>May be hard to insert</p> <p>May slip out of place during sex</p> <p>Requires a prescription from your health care provider</p>
<p><b>Withdrawal Pull-out</b></p>	80%	<p>Pull penis out of vagina before ejaculation (that is, before coming)</p>	<p>Costs nothing</p> <p>Can be used while breastfeeding</p>	<p>Less pleasure for some</p> <p>Does not work if penis is not pulled out in time</p> <p>Does not protect against HIV or other STIs</p> <p>Must interrupt sex</p>
<p><b>Diaphragm</b> Caya® and Milex®</p> 	83%	<p>Must be used each time you have sex</p> <p>Must be used with spermicide</p>	<p>Can last several years</p> <p>Costs very little to use</p> <p>May protect against some infections, but <b>not HIV</b></p> <p>Can be used while breastfeeding</p>	<p>Using spermicide may raise the risk of getting HIV</p> <p>Should not be used with vaginal bleeding or infection</p> <p>Raises risk of bladder infection</p>
<p><b>Fertility Awareness</b> Natural Family Planning</p> 	85%	<p>Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/ or keeping a record of your periods</p> <p>It works best if you use more than one of these</p> <p>Avoid sex or use condoms/spermicide during fertile days</p>	<p>Costs little</p> <p>Can be used while breastfeeding</p> <p>Can help with avoiding or trying to become pregnant</p>	<p>Must use another method during fertile days</p> <p>Does not work well if your periods are irregular</p> <p>Many things to remember with this method</p> <p>Does not protect against HIV or other STIs</p>
<p><b>Spermicide</b> Cream, gel, sponge, foam, inserts, film</p> 	79%	<p>Insert spermicide each time you have sex</p>	<p>Can buy at many stores</p> <p>Can be put in as part of sex play/foreplay</p> <p>Comes in many forms: cream, gel, sponge, foam, inserts, film</p> <p>Can be used while breastfeeding</p>	<p>May raise the risk of getting HIV</p> <p>May irritate vagina, penis</p> <p>Cream, gel, and foam can be messy</p>
<p><b>Emergency Contraception (EC) Pills</b> Progesterin EC (Plan B® One-Step and others) and ulipristal acetate ella®</p> 	58 - 94%	<p>Works best the <b>sooner</b> you take it after unprotected sex</p> <p>You can take EC up to 5 days after unprotected sex</p> <p>If pack contains 2 pills, take both together</p>	<p>Can be used while breastfeeding</p> <p>Available at pharmacies, health centers, or health care providers; call ahead to see if they have it</p> <p>People of any age can get progesterin EC without a prescription</p>	<p>May cause stomach upset or nausea</p> <p>Your next period may come early or late</p> <p>May cause spotting</p> <p>Does not protect against HIV or other STIs</p> <p>Ulipristal acetate EC requires a prescription</p> <p>May cost a lot</p>