# Your Body. Your Birth Control.

**Method Options**
- **IUD (Non-hormonal)**
- **IUD (Hormonal)**
- **Implant**
- **Shot**
- **Pill**
- **Vaginal Ring**
- **Patch**
- **Diaphragm**

**Typical Use Effectiveness**
- **IUD (Non-hormonal)**: 99% effective
- **IUD (Hormonal)**: 99% effective
- **Implant**: 99% effective
- **Shot**: 96% effective
- **Pill**: 92% effective
- **Vaginal Ring**: 91% effective
- **Patch**: 91% effective
- **Diaphragm**: 88% effective

**How Long Does It Last**
- **IUD (Non-hormonal)**: Up to 3 - 12 years
- **IUD (Hormonal)**: Up to 3 or 5 years
- **Implant**: Up to 3 years
- **Shot**: Up to 3 months
- **Pill**: For 1 day
- **Vaginal Ring**: Up to 1 month
- **Patch**: Up to 1 week
- **Diaphragm**: For 1 sex act

**How Do You Get Started**
- **IUD (Non-hormonal)**: Inserted by your provider
- **IUD (Hormonal)**: Inserted by your provider
- **Implant**: Inserted by your provider
- **Shot**: Shot given by your provider
- **Pill**: Prescription from provider
- **Vaginal Ring**: Prescription from provider
- **Patch**: Prescription from provider
- **Diaphragm**: Provided by provider

**What Do You Need To Do**
- **IUD (Non-hormonal)**: No action required
- **IUD (Hormonal)**: No action required
- **Implant**: No action required
- **Shot**: Get shot from provider every 3 months
- **Pill**: Take pill every day
- **Vaginal Ring**: Insert ring into vagina and replace every month
- **Patch**: Place patch on body and replace every week
- **Diaphragm**: Use with spermicide & put inside vagina

**Possible Bleeding Changes**
- **IUD (Non-hormonal)**: Heavier periods that may return to normal after 3-6 months
- **IUD (Hormonal)**: Irregular, lighter, or no period at all
- **Implant**: Infrequent, irregular, prolonged, or no period
- **Shot**: Irregular or no period
- **Pill**: Shorter, lighter, more predictable periods
- **Vaginal Ring**: Shorter, lighter, more predictable periods
- **Patch**: Shorter, lighter, more predictable periods
- **Diaphragm**: None

**Possible Side Effects**
- **IUD (Non-hormonal)**: Cramping, that usually improves after 3-6 months, spotting
- **IUD (Hormonal)**: Cramping, during and after insertion, spotting
- **Implant**: Insertion site pain
- **Shot**: Weight changes
- **Pill**: Nausea or breast tenderness
- **Vaginal Ring**: Nausea or breast tenderness
- **Patch**: Nausea, breast tenderness, application site reaction
- **Diaphragm**: Allergic reaction, irritation

**If Stopped When Can You Get Pregnant**
- **IUD (Non-hormonal)**: Immediately, schedule removal with provider
- **IUD (Hormonal)**: Immediately, schedule removal with provider
- **Implant**: Immediately, schedule removal with provider
- **Shot**: Immediately, but may have 6-12 month delay. No action required
- **Pill**: Immediately, stop taking pills
- **Vaginal Ring**: Immediately, must remove ring from body
- **Patch**: Immediately, must remove patch from body
- **Diaphragm**: Immediately

*Only the condom protects against STIs and HIV.*

*Developed by CAI*
<table>
<thead>
<tr>
<th>METHOD Options</th>
<th>External Condom</th>
<th>Withdrawal</th>
<th>Internal Condom</th>
<th>Sponge</th>
<th>FAM</th>
<th>Spermicides</th>
</tr>
</thead>
<tbody>
<tr>
<td>TYPICAL USE Effectiveness</td>
<td>87% effective</td>
<td>80% effective</td>
<td>79% effective</td>
<td>76-88% effective</td>
<td>76% effective</td>
<td>72% effective</td>
</tr>
<tr>
<td>13 out of 100 become pregnant</td>
<td>20 out of 100 become pregnant</td>
<td>21 out of 100 become pregnant</td>
<td>12-24 out of 100 become pregnant</td>
<td>24 out of 100 become pregnant</td>
<td>28 out of 100 become pregnant</td>
<td></td>
</tr>
<tr>
<td>HOW LONG Does It Last</td>
<td>For 1 sex act</td>
<td>For 1 sex act</td>
<td>For 1 sex act</td>
<td>For 1 sex act</td>
<td>1 menstrual cycle</td>
<td>For 1 sex act</td>
</tr>
<tr>
<td>HOW DO YOU Get Started</td>
<td>Buy over the counter</td>
<td>Discuss with partner prior to sex</td>
<td>Buy over the counter</td>
<td>Buy over the counter</td>
<td>Learn about your menstrual cycle &amp; determine which FAM to use</td>
<td>Buy over the counter</td>
</tr>
<tr>
<td>WHAT DO YOU Need To Do</td>
<td>Use condom for each sex act</td>
<td>Pull penis out of the vagina before ejaculation</td>
<td>Put inside vagina</td>
<td>Put inside vagina</td>
<td>Monitor fertility signs &amp; abstain from sex/use condoms during fertile days</td>
<td>Put inside vagina</td>
</tr>
<tr>
<td>POSSIBLE Bleeding Changes</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>POSSIBLE Side Effects</td>
<td>Allergic reaction to latex</td>
<td>None</td>
<td>Allergic reaction, irritation</td>
<td>Allergic reaction, irritation</td>
<td>None</td>
<td>Allergic reaction, irritation</td>
</tr>
<tr>
<td>IF STOPPED When Can You Get Pregnant</td>
<td>Immediately</td>
<td>Immediately</td>
<td>Immediately</td>
<td>Immediately</td>
<td>Immediately</td>
<td>Immediately</td>
</tr>
</tbody>
</table>

**PERMANENT METHODS**

Female & Male Sterilization involve safe & effective surgical procedures that permanently prevent pregnancies. These procedures are over 99% effective at preventing pregnancy, and are usually covered by insurance. There is some risk of infection with the procedures, and sometimes pain and discomfort during and after the procedures. Sterilization does not prevent STIs.

**Female Sterilization:** There are several types of tubal ligation that either permanently block or close the fallopian tubes. Many hospitals, doctors & clinics do tubal ligations.

**Male Sterilization:** Vasectomy is a simple surgery is performed in a doctor’s office or hospital, and prevents sperm from leaving the body and causing pregnancy.

**USE OF EMERGENCY CONTRACEPTION**

Keeping up with your birth control can be challenging at times. If you forget your birth control or have an emergency, there may still be time to prevent a pregnancy. Emergency contraception is a safe and effective way to prevent a pregnancy after having unprotected sex. If you feel that you need added protection against pregnancy, talk to your local pharmacist or healthcare provider about emergency contraception.

For more information about the CAP project, please visit [www.contraceptiveactionplan.org](http://www.contraceptiveactionplan.org).