



# Birth Control Options Chart

## Hormonal Methods

Method	Effectiveness	How it works	Advantages	Disadvantages
Birth control pills also known as mini-pills	91 - 99%	A daily pill containing hormones that stops you from ovulating. There are combination estrogen or progestin-only (mini-pill) options.	<p>Easy to use and gives you control.</p> <p>Can reduce cramps or result in lighter, more regular periods.</p> <p>Many types available for different needs.</p>	Must remember to take at the same time every day.
Ortho Evra (Patch)	91 - 99%	A thin hormone releasing patch that you stick onto your skin once a week for 3 weeks in a row.	<p>Easy to use and gives you control.</p> <p>You don't have to remember it daily.</p>	<p>May result in skin irritation.</p> <p>May increase risk of blood clots.</p>
Vaginal Ring	91 - 99%	A small, flexible, low-dose hormone releasing ring that you insert into your vagina for 3 weeks at a time.	<p>You don't have to remember it daily.</p> <p>May result in lighter periods.</p> <p>May be taken out during sex for up to 3 hours.</p>	<p>Must insert yourself.</p> <p>Can become displaced if not inserted properly.</p> <p>Possible vaginal or irritation.</p>
Depo-Provera	94 - 99%	An injection given every 3 months that stops you from ovulating.	<p>You don't have to remember to take it daily.</p> <p>Can be used by those who can't take estrogen.</p> <p>Privacy: only you know you've taken the shot.</p>	<p>May cause irregular bleeding, bone density loss, and weight gain.</p> <p>Must visit provider every 3 months.</p>



# Birth Control Options Chart

## Long Term Methods

Method	Effectiveness	How it works	Advantages	Disadvantages
IUD	Over 99%	IUD stands for intrauterine device. There are hormonal IUDs and copper, non-hormonal IUDs. They are a small T-shaped device inserted in the uterus. Both copper and hormonal IUDs work primarily by preventing sperm from joining an egg.	Some of the most effective, longest lasting birth control methods available. You don't have to remember to take it. Hormonal varieties work 3-5 years. A copper IUD lasts 10 years and is a good option for people who don't want to use any hormonal method.	Periods may be irregular, especially at first. Copper IUDs may cause heavier periods, especially at first. Cramping when inserted. In rare cases, it can be expelled from the uterus or become displaced.
Implant	Over 99%	One of the most effective, longest lasting birth control methods available. An implant is a small rod inserted under the skin of the upper arm. It gradually releases a low dose of hormone. Works for 3 years.	Works continuously. You don't have to remember to take it. Privacy: only you know it's there. You may have lighter periods.	May cause irregular bleeding. Requires a small incision in the arm. You may have a small scar or discoloration.
Tubal Ligation	Over 99%	Surgical procedure that permanently blocks or closes the fallopian tubes.	Permanent. You don't have to worry about remembering to use it.	Requires surgery. Not easily reversible. Use if you know your family size is complete.



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Essure sterilization	Over 99%	Essure is a soft, flexible insert that is placed into both fallopian tubes. Over three months a barrier forms around the insert. This prevents sperms from reaching the eggs and thus prevents pregnancy.	<ul style="list-style-type: none"> <li>Unlike the surgical procedure, this does not involve surgery.</li> <li>No hormones.</li> <li>Performed in less than 10 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>It takes 3 months to become effective.</li> <li>You will need to take a confirmation test before relying on this method. An alternative birth control method required during this time.</li> <li>Risk of insert being displaced and requiring surgical removal.</li> </ul>
Vasectomy	Over 99%	Surgical procedure that permanently blocks the vas deferens - tubes that carry sperm.	<ul style="list-style-type: none"> <li>Permanent.</li> <li>You don't have to worry about remembering to use it.</li> </ul>	<ul style="list-style-type: none"> <li>Requires a surgery.</li> <li>Not easily reversible.</li> <li>Use if you know your family size is complete.</li> </ul>



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## Barrier Methods

Method	Effectiveness	How it works	Advantages	Disadvantages
Condoms	82 - 98%	A sheath that covers the penis (external or male condom) or sits inside the vagina (internal or female condom). Serves as a barrier for sperm.	Also protects against STDs. Inexpensive, available without a prescription. Non-hormonal.	Must use every time you have sex. May result in irritation. Not comfortable for everyone.
Diaphragm	88 - 94%	A silicone dome worn inside the vagina and used with spermicide. Serves as a barrier to sperm.	You can insert it hours in advance. Non-hormonal.	Must use every time you have sex. Spermicide may cause irritation. Must keep in for 6 hours after sex.
Cervical Cap	71 - 86%	Small round cap inserted before sexual intercourse. Serves as a barrier to sperm. Use with spermicide.	You can insert it hours in advance. Non-hormonal.	Must use every time you have sex. Spermicide may cause irritation. Must keep in for 6 hours after sex.
Spermicide	71 - 82%	Spermicide kills or disables sperm so it cannot cause pregnancy. It comes in many different forms: foam, jelly, cream, and suppositories. Most types of spermicide use the chemical nonoxynol-9 against sperm. It is most effective when used with other methods of birth control like diaphragms, condoms, etc.	Available without prescription. Does not affect future fertility. Lubrication may increase pleasure.	Does not protect against HIV/AIDs. Must be readily available and used prior to penetration. Possible genital irritation. When used frequently, spermicides may irritate the vagina, making it easier to contract STIs.



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## Knowledge Based Methods

Method	Effectiveness	How it works	Advantages	Disadvantages
Fertility Awareness (Knowledge based Method)	76 - 88%	Track your menstrual cycle and fertility using various methods. Abstain from sex or use another method when fertile.	No side effects or hormones. Free, doesn't require a prescription. Helps you learn more about your body works and can be empowering.	Requires daily planning and self-control. May be time-consuming.

Birth Control Chart Content Sources: [Preterm](#), Planned Parenthood and Feminist Women's Health Center.

To discuss your options or to schedule an appointment, call Feminist Women's Health Center at **404-728-7900** or **1-800-877-6013**. Our trained health educators would love to assist you and answer any questions you may have.