

Birth control options

	Method	What it is	To consider
99% or more effective	Sterilization	Procedure that ends your ability to become pregnant.	Permanent.
	Copper IUD	Doctor places small device in uterus. Works up to 12 years.	May increase monthly bleeding and cramping.
	Levonorgestrel intrauterine system	Doctor places a small device with added hormone in the uterus. Works for 3–7 years, depending on brand.	Decreases monthly bleeding and cramping.
	Implant	Doctor places a flexible match-size device under the skin of the inside upper arm. Works for 5 years.	May change menstrual pattern.
91–98% effective	Pill	Take 1 a day. Works as long as it's taken.	Decreases monthly bleeding and cramping. Shorter or less frequent periods.
	Injection (shot)	Doctor gives a shot. Works for 3 months.	Decreases monthly bleeding and cramping.
	Patch	Wear for 3 weeks (replacing the patch each week), and take 1 week off. Works for 1 month.	Decreases monthly bleeding and cramping. Shorter or less frequent periods.
	Vaginal ring	Place in vagina. Wear 3 weeks, and take a week off. Works for 1 month.	Decreases monthly bleeding and cramping. Shorter or less frequent periods.
81–90% effective	Female condom	Place in vagina up to 8 hours before sex. Works for 1 sex act.	Protects against sexually transmitted infections.
	Male condom	Put over penis right before sex. Works for 1 sex act.	Protects against sexually transmitted infections.
	Sponge	Place in vagina up to 24 hours before sex, and leave in at least 6 hours after. Sex can be repeated.	Contains spermicide. Must take out within 30 hours after sex.
	Diaphragm	Apply spermicide. Place in vagina up to 2 hours before sex, and leave in at least 6 hours after. Sex can be repeated if more spermicide is applied. Replace every 2 years or sooner, as needed.	Lowers risk for some sexually transmitted infections but not HIV. Must take out within 24 hours after sex.
	Gel	Place in the vagina with a prefilled applicator up to 1 hour before sex. Works for 1 sex act.	Should not be used with a vaginal ring.
80% effective	Tracking your fertility	Talk with your provider. Monitor cycle to track when fertility is likely and unlikely.	Must carefully monitor your period.
	Cervical cap	Apply spermicide. Place in vagina up to 24 hours before sex, and leave in at least 6 hours after. Sex can be repeated if more spermicide is applied.	Must use spermicide.
	Spermicide	Types include foam, jelly, cream and tablet. Place in vagina up to 1 hour before sex, and leave in at least 6 hours after. Works for 1 sex act.	Frequent use can harm vaginal tissue.