

Contraceptive Methods (sorted by perfect use)

Method	Advantages	Possible Disadvantages	Typical* Use	Perfect* Use	Risk Reduction for STDs	Cost
Abstinence	Protects against pregnancy & STIs; no side effects	If person changes mind to become sexually active, may have no back-up plan	100%	100%	Complete	
Sterilization Men Women	Permanent; need not worry about birth control. Does not interrupt sex	Permanent; requires surgery; slight chance of infection	99.85 99.50	99.9 99.5	None	
Implant (Implanon; 3 yrs)	Long term; nothing to remember daily; fertility returns quickly. Does not interrupt sex	Unpredictable and irregular bleeding; wt gain; acne; headaches; breast tenderness; inserted by physician	99.95	99.95	None	\$400-\$800 up front
IUD Mirena (5 yrs) ParaGard (10 yrs)	Long term; nothing to remember daily. Does not interrupt sex	Not good if multiple partners; higher risk of ectopic pregnancy; inserted by physician	99.8 99.2	99.8 99.4	None	\$175-\$650 up front
Depo-Provera (shot; 3 months)	Medium term; nothing to remember daily; lighter period and less cramping. Does not interrupt sex.	Should not use for more than 2 yrs because of potential bone loss; possible wt gain and/or irregular bleeding; requires a prescription	97.0	99.7	None	\$35-\$75 per shot
Oral Contraceptive Pill	Easy to use; may have lighter period and less cramping.	Most remember daily; nausea initially; wt gain; breast tenderness; requires a prescription	92.0	99.7	None	\$15-\$50 per month
Ring (Nuva Ring)	Nothing to remember daily; Is inserted for 3 weeks; lighter period and cramping	Nausea; wt gain; breast tenderness; requires a prescription	92.0	99.7	None	\$15-\$50 per month
Patch (Ortho Evra)	Nothing to remember daily; easy to use; lighter period and less cramping	Skin reaction at site of application; less effective if >198 lbs.; requires a prescription	92.0	99.7	None	\$15-\$50 per month
Male Condom	Easy to buy, carry and use; over-the-counter; available in latex or polyurethane; some have water-based or silicone lubricants; some have spermicides	May break or slip off; partner may object; unable to use if allergic latex, and polyurethane.	85.0	98.0	Good against HIV; decreased risk of others	\$1 each or often free
Withdrawal	Sperm in pre-ejaculate is rare	Male may not pull out in time	73.0	96.0	None	
Female Condom (Reality)	Easy to buy; no physician visit; over-the-counter	May break or slip out during sex	79.0	95.0	None	\$4 each
Fertility awareness method (FAM)	Low cost; no medication needed, no physician visit	Male must be committed to FAM; must abstain for 10-17 days of each cycle	75.0	95.0	None	
Diaphragm (at least 6 months; at most 2 years) [plus spermicide]	Medium term; can be left in place up to 24 hours; available in latex or silicone	Insert before having sex; must remain for 6 hrs after sex. Unable to use if allergic to latex and silicone; fitted by physician	84.0	94.0	None	\$15-\$75
Sponge Never given birth Given birth [plus spermicide]	Easy to buy; protects for 24 hrs; available in latex or silicone; no physician visit; over-the-counter	Insert before having sex; must remain for 6 hrs after sex. Unable to use if allergic to latex and silicone; may shift position	84.0 68.0	91.0 80.0	None	\$9-\$15 for package of 3
Spermicide	Easy to buy; no physician visit; over-the-counter	May not use enough; irritate penis or vagina	71.0	82.0	None	\$8/package
Plan B	Up to 17: prescription required. 17 and older: available over-the-counter from pharmacist	Must be taken within 72 hours of unprotected sex; nausea; breast tenderness	Longer you wait, the less effective	75.0	None	\$10-\$70
No Method		High risk of pregnancy	15.0	15.0	None	None

*Percentage of women experiencing an unintended pregnancy within the first year of use.

Sources: Planned Parenthood; *Contraceptive Technologies*, 19th Edition

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