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Contraception Comparisons

TYPE	ADVANTAGES	DISADVANTAGES	EFFICACY
Birth Control Pills	Continuous contraceptive protection when taken correctly Reversible Some non-contraceptive health benefits	Must remember to take daily Increased risk of blood clots, heart attack, stroke, esp. in smokers over 35 y/o Common side effects include: nausea, headache, wt. gain	99% or greater if taken correctly
DMPA (Depo-Provera)	Continuous contraceptive protection for 3 months No need to remember to take daily medication	Must visit physician office for injection every 12 weeks Return of fertility 4-5 months after last shot Side effects include wt. gain, menstrual spotting, headache	99% or greater
Ortho Evra	A patch is applied weekly No need to remember to take daily medication Good cycle control	Must remember to change patch weekly Patch may come loose Similar side effects and risks as Birth control pills	99.7%
NuvaRing (vaginal ring)	A self applied vaginal ring inserted for 3 week intervals with one week off No other maintenance needed Good cycle control	Ring must be inserted by patient Ring may be expelled Similar side effects and risks as Birth control pills	99.5 %
Diaphragm (with spermicide)	Non-hormonal barrier method Insertion up to 6 hours before intercourse	Comfort level with insertion Reapplication of spermicide for repeated intercourse Increase risk of bladder infections	82-94%
Implanon (inserted device)	Continuous contraceptive protection for up to 3 years No maintenance needed	Inserted by physician in office May cause irregular menses or loss of menses	99%
Intrauterine Device (IUD)	Continuous contraceptive protection for up to 10 years Only monthly monitoring needed Non-hormonal	May perforate uterus on insertion May be expelled Does not control menstrual cycles Increased infection risk in some women	99.7 %
Mirena (intrauterine)	Continuous contraceptive protection for up to 5 years Only monthly monitoring needed	May perforate uterus on insertion May be expelled May cause irregular bleeding	

system)	Decreases number of bleeding days per month	in the first 3 months of use Some hormonal side effects Increased infection risk in some women	99.7%
Tubal Ligation	Continuous contraceptive protection Non- hormonal	Permanent Risk of regret in the future Surgical procedure	99.7%
Essure (tubal occlusion)	Continuous contraceptive protection Non-hormonal No incisions required	Permanent Risk of regret in the future Requires 3 months of alternative birth control until tubes closed	99.7%
Vasectomy	Continuous contraceptive protection Non-hormonal Provided by male partner	Permanent Surgical Procedure	99.7%

 **Consult your provider for additional information**