

Method	Category	How it works	Side effects	% effectiveness
Pill	Chemical/hormonal	Hormones prevent Ovulation	Weight gain, nausea (don't use if you smoke) Antibiotics negate	99%
Spermicides	Chemical	Spermicidal Barrier	May cause Irritation	78%
Condom	Mechanical	Latex sheath placed over penis.	<u>Slight</u> loss of sensation	85-97%
Diaphragm	Mechanical	Fitted by GYN Sperm barrier Used with spermicidal gel	May cause irritation	85%
IUD	Mechanical	stops implantation some contain hormones	Initial discomfort. Irregular bleeding.	97%
Total abstinence	Abstinence	No intercourse	None	100%
Withdrawal/ Pulling out	Abstinence	Ejaculation occurs outside the vagina	None	50-75%
Natural family Planning	Abstinence	No sex during ovulation.	None	75%
Tubal ligation	Permanent	Fallopian tubes cut and tied. Egg can't reach uterus	Initial discomfort	>99%
Vasectomy	Permanent	Vas Deferens cut and tied. No sperm in semen	Initial discomfort	>99%
Depo Provera	Chemical/hormonal	A hormone shot given every 3 months to prevent ovulation.	Irregular bleeding, mood swings, weight gain	99%
Birth control patch	Chemical/Hormonal	Patch worn for 3 weeks per month. Releases hormones to prevent ovulation	Irregular bleeding, weight gain	99%
Nuva ring	Chemical/Hormonal	Plastic ring worn in the vagina 3 weeks per month. Hormones released to prevent ovulation	Irregular bleeding, weight changes	99%
Implanon	Chemical/hormonal	Implant in the arm that release hormones to prevent ovulation Lasts 3 years	Irregular bleeding, weight gain, nausea, headaches	99%

BIRTH CONTROL OPTIONS