

MOST EFFECTIVE METHODS = GREEN
SOMEWHAT EFFECTIVE METHODS = YELLOW
LEAST EFFECTIVE METHODS = RED

Which contraception method is best for me?

I AM INTERESTED IN THIS METHOD	METHOD	PREGNANCY RISK	COST	HOW DO I USE THIS METHOD?	HOW OFTEN DO I USE THIS METHOD?	BENEFITS	RISKS	OTHER CONSIDERATIONS
<input type="checkbox"/>	Female sterilization	0.5%	\$0-6,000	Surgical procedure	Permanent	Permanent procedure to prevent pregnancy	Pain, bleeding, infection	Surgery is considered permanent, and irreversible; reversal is not covered by insurance
<input type="checkbox"/>	Male sterilization	0.15%	\$0-1,000	Surgical procedure	Permanent	Permanent procedure to prevent pregnancy	Pain, bleeding, infection	Surgery is considered permanent and irreversible; must use back up method for at least 3 months
<input type="checkbox"/>	Hormonal IUDs	0.2%	\$0-1,300	Placed in uterus by provider	3 to 5 yrs	Reduced cramps/bleeding No estrogen	Spotting; lighter or no period	Discomfort with placement; monthly string checks, easily reversible; may place on labor and delivery after placement - <u>expulsion rate 20%</u> ; tampon/cup use okay; safe for breastfeeding
<input type="checkbox"/>	Non-hormonal IUD	0.8%	\$0-1,300	Placed in uterus by provider	10 years	No hormones, Copper IUD, on market 40+ yrs	Period every month, heavier period initially	Lidocaine used to place/remove implant; small scar on arm; easily reversible; safe for breastfeeding
<input type="checkbox"/>	Implant (Nexplanon)	0.05%	\$0-1,300	Placed in arm by provider	3 years	No estrogen	Irregular bleeding	
<input type="checkbox"/>	Injection	6%	\$0-150	Shot in the arm or leg	Every 12 weeks	No estrogen; may reduce cramps	Weight gain, spotting, heavy bleeding; lighter/ no periods	Must remember to get shot every 12 weeks; safe for breastfeeding; may receive after birth /before discharge
<input type="checkbox"/>	Pill	9%	\$0-50	Daily pill	Every day at same time	Improved acne; reduction of menstrual cramps, anemia; lowers risk uterine and ovarian cancer	Nausea, breast tenderness, spotting common in first few months	Progestin only pills (safe for breast-feeding) or combined pills (not recommended for breastfeeding/smokers)
<input type="checkbox"/>	Patch	9%	\$0-150	Place a patch on your skin	Every week			FDA warning in 2005: small increased risk for blood clot not recommended for breastfeeding/smokers
<input type="checkbox"/>	Vaginal ring	9%	\$0-200	Place a ring in vagina	Every 3 weeks			Must be refrigerated; can be used with tampons; not smokers; may use while breastfeeding with caution
<input type="checkbox"/>	Diaphragm	12%	\$0-75	Place in vagina	Every time you have sex	No hormones; can place up to 6hrs before use	Irritation, allergic reaction; do not use >24hrs at a time	Must be comfortable with placement; use with spermicide; fitted by provider; <u>reft if weight loss/gain 10% orpregnancy</u>
<input type="checkbox"/>	Male condom*	18%	\$0-2	Place on penis	Every time you have sex	No hormones, no prescription needed	Irritation, allergic reaction	Protects against STDs/HIV; purchase over the counter; must plan ahead
<input type="checkbox"/>	Female condom*	21%	\$0-3	Place in vagina	Every time you have sex		Irritation, allergic reaction	Protects against STDs/HIV; purchase over the counter; insert up to 8 hours before intercourse;
<input type="checkbox"/>	Withdrawal	22%	\$0	Remove penis before ejaculation	Every time you have sex	Nothing to buy	None	None
<input type="checkbox"/>	Sponge	12-24%	\$0-15	Place in vagina	Every time you have sex	No hormones, no prescription needed	Irritation, allergic reaction; do not use >24hrs at a time	Single use, contains spermicide; may place 6 hrs before intercourse; do not use during your period
<input type="checkbox"/>	Fertility awareness method	24%	\$0-20	Monitor fertility	Every day	Increases fertility awareness	Difficult to track if periods irregular	Avoid intercourse/use condoms on fertile days
<input type="checkbox"/>	Spermicide	28%	\$0-8	Place in vagina	Every time you have sex	No hormones, no prescription needed	Irritation, allergic reaction	May purchase over the counter (gel, foam, cream, film, suppository, tablet; forms available)
<input type="checkbox"/>	Lactation amenorrhea method	<2%	\$0	Monitor symptoms daily	From baby's birth to 6 months	Short term family planning method	You may ovulate before you have a period	Not effective if.. your period returned; you are not exclusively breastfeeding; baby is 6 months old
<input type="checkbox"/>	Emergency contraception	N/A		Use after unprotected sex	Use after unprotected sex	No prescription needed; available OTC	Not as effective as regular contraception	Take within 5 days of unprotected sex; take pregnancy test if no period in next 3 weeks

* **Only male or female condoms prevent against sexually transmitted diseases/HIV.**

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