

Comparing effectiveness of methods

More effective

Less than 1 pregnancy per 100 women in one year



Implant



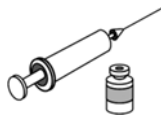
IUD



Female Sterilization



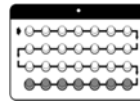
Vasectomy



Injection – Depo-Provera



Lactational Amenorrhea



Pills



Patch



Vaginal Ring



Male Condoms



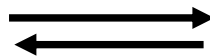
Diaphragm



Female Condoms



Fertility-Awareness Based Methods



Withdrawal



Spermicide

Less effective

About 30 pregnancies per 100 women in one year

Adapted from WHO, 2007

Use of no contraception: about 85 pregnancies per 100 women in one year



UC Davis Obstetrics and Gynecology

Appointments: (916) 734-6900

For more information, visit our website:

<https://health.ucdavis.edu/obgyn/services/fp/>

Even when people use birth control, they sometimes get pregnant when they don't want to be. If that happens, your options would be to continue the pregnancy to parent a child, continue the pregnancy and make an adoption plan, or to have an abortion to end the pregnancy.

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More Information about birth control methods available at UC Davis

	What is it?	How Do I Get It? How Do I Use It?	What Are the Advantages?	What are the Disadvantages?
STERILIZATION METHODS – Permanent. Last for the rest of your life				
Female or male (vasectomy) sterilization	Procedure which blocks or removes the woman’s fallopian tubes or a man’s vas deferens eliminating sperm/ovum transfer Duration: Permanent Reversible: No	Get It: A doctor performs a brief surgical procedure Use It: Vasectomy requires a test to make sure the procedure worked	<ul style="list-style-type: none"> Permanent methods mean you never have to worry about birth control again 	<ul style="list-style-type: none"> You cannot change your mind and decide to get pregnant later Short-term pain or discomfort after procedure
LONG-ACTING REVERSIBLE CONTRACEPTION – Last for 3 or more years				
Implant (Nexplanon)	Small plastic rod (like a matchstick) placed under the skin of the inner upper arm Duration: approved for 3 years (studies show 5 years for most women) Reversible: Yes, must be removed by clinician	Get It: A health care provider places it under the skin in your arm in the office Use It: Once in place, it works without you doing anything	<ul style="list-style-type: none"> May make periods less crampy Nothing to do – once the implant is placed, you don’t need to do anything to prevent pregnancy Can have removed sooner than 3 years if desired 	<ul style="list-style-type: none"> A clinician needs to remove it when you want to get pregnant May cause irregular bleeding
Hormonal IUD (Liletta or Mirena)	Small, t-shaped piece of plastic inserted in the uterus Duration: approved for 5 years (studies show 7 years) Reversible: Yes, must be removed by clinician	Get It: A health care provider places it inside your uterus in the office Use It: Once in place, it works without you doing anything <i>Requires a Pelvic Exam</i>	<ul style="list-style-type: none"> May make periods lighter and less crampy; some women may stop getting periods altogether Nothing to do – once the implant is placed, you don’t need to do anything to prevent pregnancy Can have removed sooner than 5 years if desired 	<ul style="list-style-type: none"> A clinician needs to remove it when you want to get pregnant May cause irregular bleeding
Copper IUD (ParaGard)	Small, t-shaped piece of plastic inserted into the uterus Duration: 10 years (possibly 12-20 years) Reversible: Yes, must be removed by clinician	Get It: A health care provider places it inside your uterus in the office Use It: Once in place, it works without you doing anything <i>Requires a Pelvic Exam</i>	<ul style="list-style-type: none"> Contains no hormones Nothing to do – once the implant is placed, you don’t need to do anything to prevent pregnancy Can have removed sooner than 10 years if desired 	<ul style="list-style-type: none"> A clinician needs to remove it when you want to get pregnant May cause heavier bleeding and more cramping with periods
SHORT-ACTING HORMONAL METHODS – Last as long as you use them correctly every day, week, month or three months				
Shot (Depo Provera)	A shot given once every 3 months Duration: 3 months Reversible: Yes	Get It: A health care provider gives you the shot at a clinic Use It: Return to the clinic for a shot once every 3 months	<ul style="list-style-type: none"> There is nothing you need to remember to do between shots May make periods lighter; some women stop getting periods altogether 	<ul style="list-style-type: none"> Often causes irregular bleeding initially Must go to the doctor’s office every 3 months May cause weight gain in women who easily gain weight May cause mood changes, hair thinning or decreased sex drive
Contraceptive Pills	Pills that need to be taken at the same time every day Duration: 1 day Reversible: Yes	Get It: A health care provider writes you a prescription Use It: Take the pill at the same time daily	<ul style="list-style-type: none"> The pill, the patch, and the ring can be easily stopped at any time if you want to try to become pregnant or want to switch to another method No need to go to the doctor to stop using the method California law requires that your insurance allows you to get a full year supply at the pharmacy when you get your prescription 	<ul style="list-style-type: none"> Requires remembering to use the method correctly Taking pills late or missing them, forgetting to change a patch or a ring puts you at risk of pregnancy and can lead to irregular bleeding May cause irregular bleeding, sore breasts, nausea, headaches, weight gain, mood changes
Patch (Xulane)	Thin piece of adhesive, similar to a Band-Aid Duration: 1 week Reversible: Yes	Get It: A health care provider writes you a prescription Use It: Put on a new patch once a week		
Ring (NuvaRing or Annovera)	Small, flexible ring that is inserted in the vagina to be left in place for 3-4 weeks Duration: 1 month Reversible: Yes	Get It: A health care provider writes you a prescription Use It: Put a ring in your vagina every month (a new ring with Nuvaring, the same ring for up to one year with Annovera)		
EMERGENCY CONTRACEPTION				
Emergency Contraception	All methods available can be used up to 5 days (120 hours) after unprotected sex Duration: Depends on method – Can be up to 10 or more years with copper IUD Reversible: Yes	Get It: Depends on method; Over-the-counter pill, prescription pill or copper IUD (for IUD, must see a physician for placement) Use It: Depends on the method, please speak with you specialist for further information; <i>IUD placement requires a pelvic exam</i>	<ul style="list-style-type: none"> Will decrease (but not eliminate) the chance of getting pregnant after intercourse when contraception was not used or did not work correctly 	<ul style="list-style-type: none"> The over the counter pill will not work as well in overweight or obese women Side effects may vary based on method: <ul style="list-style-type: none"> Pill – Cramping, upset stomach, vomiting Copper IUD – May cause heavier bleeding and more cramping with periods

For more information and other methods please see our website: <https://health.ucdavis.edu/obgyn/services/fp/>