








































# CONTRACEPTIVE METHODS

Method Name	Method Description	Method Upkeep	Hormones?	Perfect Use*	Typical Use*
<b>PERMANENT CONTRACEPTIVE METHODS</b>					
 Tubal Ligation	<ul style="list-style-type: none"> <li>Surgical procedure performed by a doctor where the fallopian tubes are closed or blocked, preventing sperm and egg from meeting.</li> <li>Does not stop menstrual cycles or cause menopause</li> </ul>	Both require one operation and no additional upkeep by the patient		0.5 out of 100 individuals will become pregnant over 12 months with perfect use of tubal ligation	0.5 out of 100 individuals will become pregnant over 12 months with typical use of tubal ligation
 Vasectomy	<ul style="list-style-type: none"> <li>Surgical procedure performed by a provider where a small incision is made in the scrotum, and the vas deferens (the tubes that carry sperm) are cut so that sperm cannot leave the body to cause a pregnancy.</li> <li>Does not stop a person from being able to have an erection or ejaculating.</li> </ul>			0.1 out of 100 individuals will cause a pregnancy over 12 months with perfect use of vasectomy	0.15 out of 100 individuals will cause a pregnancy over 12 months with typical use of vasectomy
<b>LONG-ACTING REVERSIBLE CONTRACEPTIVE METHODS</b>					
 Copper IUD	<ul style="list-style-type: none"> <li>Small, copper device that is inserted into the uterus by a provider.</li> <li>Copper in the uterus acts as a spermicide and prevents sperm from reaching the fallopian tubes.</li> </ul>	Effective as long as desired up to 12 years. Can be removed by a provider at any time upon request.		0.6 out of 100 individuals will become pregnant over 12 months with perfect use of the copper IUD	0.8 out of 100 individuals will become pregnant over 12 months with typical use of the copper IUD
 Hormonal IUD	<ul style="list-style-type: none"> <li>Small, plastic device that contains a progestin hormone, which is inserted into the uterus by a provider.</li> <li>Progestin causes changes which make it harder for sperm to enter the uterus and reach the egg.</li> <li>There are several FDA-approved hormonal IUDs with different names, sizes, and durations of use.</li> </ul>	Effective as long as desired up to 3-7 years. Can be removed by a provider at any time upon request.		0.1 out of 100 individuals will become pregnant over 12 months with perfect use of hormonal IUDs	0.1 out of 100 individuals will become pregnant over 12 months with typical use of hormonal IUDs
 Implant	<ul style="list-style-type: none"> <li>Small plastic rod that contains a progestin hormone which is inserted into the inner upper arm by a provider.</li> <li>The progestin hormone in the implant stops the ovaries from releasing eggs, and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> </ul>	Effective as long as desired up to 5 years. Can be removed by a provider at any time upon request.		0.1 out of 100 individuals will become pregnant over 12 months with perfect use of the implant	0.1 out of 100 individuals will become pregnant over 12 months with typical use of the implant
 Injectables	<ul style="list-style-type: none"> <li>One type is injected into the arm or buttock by a provider; another type can be self-injected under the skin.</li> <li>The injection contains a progestin hormone, which stops the ovaries from releasing eggs and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> </ul>	Effective for 3 months, and then a new injection is needed.		0.2 out of 100 individuals will become pregnant over 12 months with perfect use of injectables	4 out of 100 individuals will become pregnant over 12 months with typical use of injectables
<b>SHORT-ACTING HORMONAL CONTRACEPTIVE METHODS</b>					
 Emergency Contraception	<ul style="list-style-type: none"> <li>Emergency contraception can prevent pregnancy before it starts by preventing/delaying ovulation or by stopping sperm from reaching an egg. There are 4 types: <ul style="list-style-type: none"> <li><b>Plan B ("morning after pill"):</b> A single pill taken up to 72 hours after unprotected sex. Plan B is not as effective at preventing pregnancy for people who weigh more than 165 pounds.</li> <li><b>Ella:</b> A single pill taken up to 5 days after unprotected sex. Ella is more effective than Plan B but needs to be prescribed by a provider.</li> <li><b>Hormonal IUD:</b> can be inserted within 5 days of unprotected sex</li> <li><b>Copper IUD:</b> can be inserted within 5 days of unprotected sex</li> </ul> </li> </ul>	<p><b>Plan B:</b> Within 3 days after unprotected sex.</p> <p><b>Ella, Hormonal IUD, &amp; Copper IUD:</b> Within 5 days after unprotected sex</p>	Plan B, Ella, and Hormonal IUD contain hormones  The Copper IUD does not contain hormones	<ul style="list-style-type: none"> <li>Number of individuals who will become pregnant using emergency contraception: <ul style="list-style-type: none"> <li><b>Plan B:</b> 1.5-2.6 out of 100 individuals</li> <li><b>Ella:</b> 1.2-1.8 out of 100 individuals</li> <li><b>Hormonal IUD:</b> 0.3 out of 100 individuals</li> <li><b>Copper IUD:</b> 0.1 out of 100 individuals</li> </ul> </li> </ul>	
 Oral Contraceptives	<ul style="list-style-type: none"> <li><b>Combination Pills</b> <ul style="list-style-type: none"> <li>Contains estrogen and progestin hormones.</li> <li>Pills prescribed by a provider or pharmacist that are taken every day.</li> <li>The hormones in the pill stop the ovaries from releasing eggs and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> </ul> </li> <li><b>Progestin-only ("minipill")</b> <ul style="list-style-type: none"> <li>Pills prescribed by a provider or pharmacist that must be taken at the same time every day.</li> <li>The progestin hormone in the pill stops the ovaries from releasing eggs and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> </ul> </li> </ul>	Every day.		0.3 out of 100 individuals will become pregnant over 12 months with perfect use of the pill	7 out of 100 individuals will become pregnant over 12 months with typical use of the pill
 Patch	<ul style="list-style-type: none"> <li><b>Contains estrogen and progestin hormones.</b></li> <li>A thin, square piece of plastic with adhesive on one side that is worn every day on either the pelvis/hip bone, shoulder blade area or buttocks.</li> <li>The side that attaches to the skin contains hormones that stop the ovaries from releasing eggs and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> <li>The patch may be less effective for people who weigh more than 200 pounds.</li> </ul>	In place every day. Must be replaced every week.		0.3 out of 100 individuals will become pregnant over 12 months with perfect use of the patch	7 out of 100 individuals will become pregnant over 12 months with typical use of the patch
 Vaginal Ring	<ul style="list-style-type: none"> <li><b>Contains estrogen and progestin hormones.</b></li> <li>A small, one-size-fits-all, flexible, round piece of plastic containing hormones that a person inserts into their vagina</li> <li>The hormones in the ring stop the ovaries from releasing eggs and cause changes which make it harder for sperm to enter the uterus and reach the egg.</li> </ul>	In place every day. Must be replaced every 3-4 weeks.		0.3 out of 100 individuals will become pregnant over 12 months with perfect use of the ring	7 out of 100 individuals will become pregnant over 12 months with typical use of the ring

# CONTRACEPTIVE METHODS

Method Name	Method Description	Method Upkeep	Hormones?	Perfect Use	Typical Use
<b>BARRIER CONTRACEPTIVE METHODS</b>					
 Cervical Cap	<ul style="list-style-type: none"> <li>• Silicone cup that is prescribed by a provider, which can be inserted into the vagina to prevent sperm from entering the cervix (and thus stops them from fertilizing an egg). Can be placed 48 hours before sex.</li> <li>• To use a cervical cap correctly, water-based spermicide is placed on the cap and inserted into the vagina covering the cervix. After having sex, the cervical cap is left on for at least 6 hours.</li> <li>• Cervical caps shouldn't be used when someone is on their period.</li> </ul>	Every time a person has sex.		Not enough data.	20 out of 100 individuals will become pregnant over 12 months with typical use of the cervical cap
 Diaphragm	<ul style="list-style-type: none"> <li>• Silicone cup that is prescribed by a provider, which can be inserted into the vagina to prevent sperm from entering the cervix (and thus stops them from fertilizing an egg). Can be placed 24 hours before having sex.</li> <li>• To use a diaphragm correctly, water-based spermicide is placed into the cup before putting the cup into the vagina and fitting it up against the cervix. After having sex, the diaphragm is left in for at least 6 hours.</li> <li>• Diaphragms shouldn't be used when someone is on their period</li> </ul>	Every time a person has sex.		6 out of 100 individuals will become pregnant over 12 months with perfect use of the diaphragm	12 out of 100 individuals will become pregnant over 12 months with typical use of the diaphragm
 External Condom	<ul style="list-style-type: none"> <li>• A latex or lambskin covering that fits over the penis and catches the ejaculate, preventing sperm from entering the vagina.</li> <li>• To use correctly, the condom is rolled over the penis, leaving a little room at the top to catch the ejaculation. The condom should be applied before the penis has any contact with the vulva/vagina.</li> <li>• A new condom should be used for each new sex act.</li> </ul>	Every time a person has sex.		2 out of 100 individuals will become pregnant over 12 months with perfect use of external condoms	13 out of 100 individuals will become pregnant over 12 months with typical use of external condoms
 Internal Condom	<ul style="list-style-type: none"> <li>• The internal condom is a pouch that is inserted inside the vagina near the cervix while an external ring remains outside the vagina.</li> <li>• To use an internal condom correctly, use fingers to squeeze the sides of the small, internal ring together and insert into the vagina like a tampon, placing as far inside as possible. While having sex, guide the penis into the opening of the internal condom.</li> <li>• A new condom should be used for each new sex act.</li> </ul>	Every time a person has sex.		5 out of 100 individuals will become pregnant over 12 months with perfect use of internal condoms	21 out of 100 individuals will become pregnant over 12 months with typical use of internal condoms
 Spermicide	<ul style="list-style-type: none"> <li>• Spermicides are a variety of chemical gels, films, and creams that are inserted deep inside the vagina prior to sex to prevent sperm from reaching an egg.</li> <li>• Spermicides are available over the counter at most pharmacies.</li> </ul>	Every time a person has sex.		16 out of 100 individuals will become pregnant over 12 months with perfect use of spermicide	21 out of 100 individuals will become pregnant over 12 months with typical use of spermicide
 Sponge	<ul style="list-style-type: none"> <li>• A soft, plastic sponge that contains spermicide which fits over the cervix and prevents sperm from reaching an egg.</li> <li>• To use a sponge correctly, wet the sponge with water and insert it into the vagina covering the cervix with the handle facing out. After having sex, leave the sponge in for at least six hours.</li> </ul>	Every time a person has sex.		12 out of 100 individuals will become pregnant over 12 months with perfect use of the sponge	17 out of 100 individuals will become pregnant over 12 months with typical use of the sponge

## KNOWLEDGE-BASED CONTRACEPTIVE METHODS

 Abstinence	<ul style="list-style-type: none"> <li>• Abstinence as a contraceptive method means that 1) there is no time where a penis is inserted in a vagina; and 2) semen from a penis doesn't ever come into contact with a vulva or vagina.</li> <li>• Without any contact between a penis and vagina/vulva, there isn't an opportunity for sperm and egg to meet and result in pregnancy.</li> </ul>	Every day.		0 out of 100 individuals will become pregnant in 12 months with perfect use of abstinence	Studies show that few people who choose abstinence as a method use it for as long as they intend. Consider having a backup method, like condoms or EC, available in case this method fails.
 Fertility Awareness Based Methods**	<ul style="list-style-type: none"> <li>• A person uses bodily signs (e.g., basal body temperature, cervical fluid, luteinizing hormone levels, cervical position) to identify the days that they are likely to become pregnant and either avoids or has protected sex on these days.</li> <li>• There are many different FABM methods. Each has their own specific rules that must be followed for them to work.</li> <li>• When choosing to use an FABM method, it is important to use methods that have been scientifically tested and proven.</li> </ul>	Every day.		Depending on the method used, between 0.4 to 5 out of 100 individuals will become pregnant over 12 months with perfect use of Fertility Awareness-Based Methods	Depending on the method used, between 2 to 23 out of 100 individuals will become pregnant over 12 months with typical use of Fertility Awareness-Based Methods.
 Lactational Amenorrhea	<ul style="list-style-type: none"> <li>• In this method, hormonal signals sent to the brain while a person is breast/chest feeding prevent the body from ovulating.</li> <li>• This method can only be used by people immediately after having a baby. To use this method correctly, a person must exclusively breast/chest feed on demand (frequently throughout the day and night).</li> <li>• This method isn't effective for people who need to use a breast pump, formula, or who aren't able to feed at least every four hours during the day and every six hours during the night.</li> </ul>	<b>Can only be used within the first 6 months after giving birth before one's period returns.</b>  Every day.		1 out of 100 individuals will become pregnant over 6 months with perfect use of lactational amenorrhea	2-7 out of 100 individuals will become pregnant over 6 months with typical use of lactational amenorrhea
 Withdrawal	<ul style="list-style-type: none"> <li>• To use withdrawal as a method of contraception, a person withdraws or "pulls out" the penis from the vagina before ejaculation, preventing sperm from entering the vagina.</li> <li>• People using withdrawal should make sure to urinate between sex acts (including masturbation) to clear out sperm that may still be inside the penis.</li> </ul>	Every time a person has sex.		4 out of 100 individuals will become pregnant over 12 months with perfect use of withdrawal	20 out of 100 individuals will become pregnant over 12 months with typical use of withdrawal

\*Perfect/Typical use referenced in Trussell J, Aiken ARA, Contraceptive Efficacy, In: Hatcher RA, Nelson AL, Trussell J, Cwiak C, Cason P, Policar MS, Edelman A, Aiken ARA, Marrasso J, Kowal D, eds. Contraceptive technology. 21st ed. New York, NY: Ayer Company Publishers, Inc., 2018.

\*\*Simmons RG, Jennings V. Fertility awareness-based methods of family planning. Best Pract Res Clin Obstet Gynaecol. 2020;66:68-82. doi:10.1016/j.bpobgyn.2019.12.003

