# Birth Control Guide

## Methods

<table>
<thead>
<tr>
<th>Methods</th>
<th>Number of pregnancies expected per 100 women</th>
<th>How to use</th>
<th>Some Risks</th>
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</table>
| Sterilization Surgery for Women| 1                                            | One-time procedure: nothing to do or remember   | • Pain
• Bleeding
• Infection or other complications after surgery
• Ectopic (tubal) pregnancy |
| Surgical Sterilization Implant for Women | 1                                           | One-time procedure: nothing to do or remember   | • Mild to moderate pain after insertion
• Ectopic (tubal) pregnancy |
| Sterilization Surgery for Men   | 1                                            | One-time procedure: nothing to do or remember   | • Pain
• Bleeding
• Infection |
| Implantable Rod                 | 1                                            | One-time procedure: nothing to do or remember   | • Acne
• Weight gain
• Cysts of the ovaries
• Mood changes
• Depression
• Hair loss
• Headache
• Upset stomach
• Dizziness
• Sore breasts |
| IUD                            | 1                                            | One-time procedure: nothing to do or remember   | • Cramps
• Bleeding
• Pelvic inflammatory disease
• Infertility
• Tear or hole in the uterus
• Lower interest in sexual activity
• Changes in your periods |
| Shot/Injection                  | 1                                            | Need a shot every 3 months                      | • Bone loss
• Bleeding between periods
• Weight gain
• Breast tenderness
• Headaches
• High blood pressure
• Blood clots
• Heart attack
• Strokes |
| Oral Contraceptives (Combined Pill) “The Pill” | 5                                           | Must swallow a pill every day                   | • Dizziness
• Nausea
• Changes in your cycle (period)
• Changes in mood
• Weight gain
• Irregular bleeding
• Weight gain
• Breast tenderness
| Oral Contraceptives (Progestin-only) “The Pill” | 5                                           | Must swallow a pill every day                   | • Risks are similar to other oral contraceptives
• Bleeding
• Spotting between periods |
| Oral Contraceptives Extended/Continuous Use “The Pill” | 5                                           | Must swallow a pill every day                   | • Exposure to higher average levels of estrogen than most oral contraceptives |
| Patch                          | 5                                            | Must wear a patch every day                     | • Vaginal discharge
• Swelling of the vagina
• Irritation
• Similar to oral contraceptives |
| Vaginal Contraceptive Ring      | 5                                            | Must leave ring in every day for 3 weeks        | • Vaginal discharge
• Swelling of the vagina
• Irritation
• Similar to oral contraceptives |
| Male Condom                    | 11-16                                        | Must use every time you have sex; requires partner’s cooperation Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs | • Allergic reactions |
| Diaphragm with Spermicide      | 15                                           | Must use every time you have sex                | • Irritation
• Allergic reactions
• Urinary tract infection
• Toxic shock |
| Sponge with Spermicide         | 16-32                                        | Must use every time you have sex                | • Irritation
• Allergic reactions
• Hard time removing
• Toxic shock |
| Cervical Cap with Spermicide   | 17-23                                        | Must use every time you have sex                | • Irritation
• Allergic reactions
• Abnormal Pap test
• Toxic shock |
| Female Condom                  | 20                                           | Must use every time you have sex May give some protection against STIs | • Irritation
• Allergic reactions |
| Spermicide                     | 30                                           | Must use every time you have sex                | • Irritation
• Allergic reactions
• Urinary tract infection |

## Emergency Contraception

“Emergency Contraceptives “The Morning After Pill” | 15 Must use within 72 hours of unprotected sex It should not be used as a regular form of birth control |

• Nausea
• Vomiting
• Abdominal pain
• Fatigue
• Headache

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**FDA Office of Women’s Health** [http://www.fda.gov/womens](http://www.fda.gov/womens) 2007