

You have many options when it comes to birth control! Some last for a short time, others for years. Some are very effective while others are effective only if they are used the right way. Each has pros and cons. Take a look below and see if you find one that might be a good fit for you.

Pros

Cons

Cons

months.

Pros

a medicine daily.

bleeding.

Pros

Cons

Cons

Pros

Cons

released.

less painful.

Cons

Pros

hormones.

less painful.

the last injection.

medicine daily.

A copper intrauterine device (IUD) is a small T-shaped object that a

health care provider puts into your

uterus. The IUD makes it so that sperm cannot reach the egg. Copper

IUDs can also be inserted up to 5 days after unprotected sex as

It works for a long time, and you don't have to remember to take a

Side effects may include more

cramping and heavier periods.

A progestin IUD is a small T-shaped

object that a health care provider

small amount of the hormone progesterone each day that keeps

sperm from joining the egg.

puts into your uterus. It releases a

the egg from being released or the

It works for a long time, and you

don't have to remember to take a medicine daily. It can reduce

cramps you get with your period

Side effects may include cramps or discomfort during the first few days or spotting during the first few

The implant is a small plastic rod that a health care provider inserts

This prevents eggs from being released to the uterus and also

Many women stop getting their

period a year after the Implant is put in. It works for a long time, and

you don't need to remember to take

Some women experience irregular

Your health care provider can give

progesterone, which prevents eggs

Some women stop getting their

take medicine daily. It is a very

discreet method as it has no

period. It also works for 3 months so you don't have to remember to

packaging or signs that you used it.

Some women experience spotting or weight gain. Side effects can

Pills can be prescribed by your health care provider and must be

taken at the same time everyday.

eggs from being released.

They contain the progesterone and sometimes estrogen, which prevent

Some brands can make your periods

more regular and less painful.

Side effects may include spotting

during the first few months of use or changes in your sex drive. You

must also remember to take it daily.

Patches are prescribed by a health

care provider and stick to your skin.

Your skin slowly absorbs progestin and estrogen, which prevent eggs

You don't need to remember to use

make your periods more regular and

Some women experience spotting in the first 1-2 months or skin irritation

This is a small ring made of vinyl acetate that is inserted in your

vagina. It releases progesterone and estrogen to prevent eggs from being

You don't need to remember to use

it as often as the pill. It can help make your periods more regular and

Side effects may include vaginal

discharge and spotting in the first 1-

The diaphragm is a silicone cup that

is made to fit inside your vagina. You

use it with spermicide and put it in

every time you have sex. It blocks the sperm from reaching the egg.

It can be washed and reused up to two years. It does not affect your

it as often as the pill. It can help

where they stick the patch.

from being released.

sometimes last up to 6 months after

you an injection containing

from being released.

under the skin of your upper arm. It releases the hormone progesterone.

makes it harder for sperm reach the

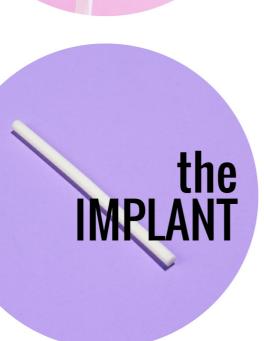
and make periods lighter.

emergency contraception.

Which option is right for me?

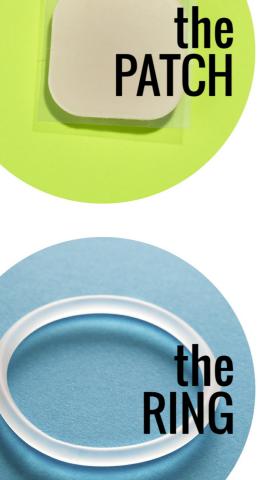
















hormones.

Cons

irritation, which increases the risk for HIV and STIs.

The sponge is a 2-inch circle made of soft plastic foam, with a loop attached to the bottom. It contains spermicide and is inserted into the vagina before sex. It covers the cervix to keep sperm from the egg.

It is a cost-effective method that can be bought at a store without a hormones.

to insert and can move out of place during sex. Silicone and spermicide can cause vaginal irritation, which increases the risk of HIV and STIs. The cervical cap is a silicone cup that is made to fit inside your vagina. You

use it with spermicide put it in every time you have sex. It blocks the

sperm from reaching the egg. It is

similar to a diaphragm, but smaller.

It can be washed and reused for up to two years. It does not affect your

It can't be used when on your period. It may be difficult to insert and can

move out of place during sex. It is not as effective as other methods.

Spermicide may cause vaginal

Cons It may be difficult for some women

effectiveness for women who

typical use 79.5%

have never given birth perfect use 90.5%

how often do you use it? every time before sex

typical total cost* (how much is that per month?)

effectiveness for women who have never given birth

perfect use 91% typical use 88%

how often do you use it?

every time before sex

typical cost*

\$15 for a pack of 3 sponges

*These are the typical costs without health

10-12 years

effectiveness

perfect use 99.9%

typical use 99.2%

typical total cost* (how much is that per month?)

\$1,000 (\$8 per month)

how long can it be used?

protection against HIV/STIs? no

perfect use 99.9%

effectiveness

typical use 99.8% how long can it be used?

3-5 years typical total cost* (how much is

that per month?)

\$1,000 (\$28 per month)

protection against HIV/STIs? no

perfect use 99.9%

effectiveness

how long can it be used?

up to 3 years

typical total cost* (how much is that per month?)

\$800 (\$22 per month) protection against HIV/STIs?

perfect use 99.9% typical use 94%

effectiveness

how often do you have to get it? every 3 months

typical total cost* (how much is that per month?)

\$100 (\$33 per month)

protection against HIV/STIs? no

perfect use 99.7% typical use 91%

effectiveness

how often do you have to take it?

typical cost*

\$30-50 per month

every day at the same time

protection against HIV/STIs? no

perfect use 99.7% typical use 91%

effectiveness

no patch typical cost*

a new patch each week for 3

weeks, followed by 1 week with

how often do you use it?

\$80 per month

protection against HIV/STIs? no

effectiveness

how often do you use it? a new ring for 3 weeks, followed by 1 week with no ring

typical cost*

\$80 per month

perfect use 99.7%

typical use 91%

protection against HIV/STIs? no

effectiveness

perfect use 94%

typical use 88% how often do you use it?

typical total cost* (how much is

every time before sex

that per month?)

\$75 (\$3 per month)

protection against HIV/STIs? no

protection against HIV/STIs? no

\$75 (\$3 per month)

protection against HIV/STIs? no

Many options are covered by health insurance and may be cheaper, if you want to include your parents on your decision. Costs vary by state.

Learn more about our research: InnovativePublicHealth.org

Image from the Mayo Foundation for Medical Education and Research

Sources: Planned Parenthood; Centers for Disease Control and Prevention

Images used under license from Shutterstock.com and iStockPhoto.com

Cons

prescription. It does not affect your

It may be messy to insert or difficult to remove. Spermicide may cause irritation or increase risk for HIV and STIs.