





Most Common Birth Control Methods

METHOD	EFFICACY ^o TYPICAL USE/ PERFECT USE	STD PROTECTION	PROS	CONS/SIDE EFFECTS*
 Vasectomy	Over 99%	NO	<ul style="list-style-type: none"> Doesn't interrupt sex Intended to be permanent 	<ul style="list-style-type: none"> Vasectomy, Female Sterilization: Regret Vasectomy: Infection, bleeding under the skin, rarely—cut ends of the tube grow back together Female sterilization: <ul style="list-style-type: none"> Essure: Pain, mild nausea, light-headedness during and shortly after procedure Tubal Ligation: Reaction to anesthesia, serious injury with the laparoscope
 Female Sterilization	Over 99%	NO		
 Implants	99%	NO	<ul style="list-style-type: none"> Implants: Fast return to fertility after removal and a good choice for women who forget to take pills Some IUCs/IUDs: Lighter, more regular periods, less anemia, and longest lasting method (except for sterilization) 	<ul style="list-style-type: none"> Implants, IUC/IUD: Nausea and sore breasts (usually clear up in 2–3 months) Implants: Irregular periods, possible weight gain, possible headaches Some IUCs/IUDs: Spotting first three months, irregular or heavy periods
 IUC/IUD	Over 99%	NO		
 Shot (Depo Provera [®])	94% / 99%	NO	<ul style="list-style-type: none"> Doesn't interrupt sex Can be used while breastfeeding right after delivery 	<ul style="list-style-type: none"> Irregular periods, headaches, possible weight changes
 Patch	94% / 99%	NO	<ul style="list-style-type: none"> Doesn't interrupt sex Helps prevent ovarian and uterine cancer More regular periods and reduces menstrual cramps Good choice for women who forget to take pills 	<ul style="list-style-type: none"> <i>Rare—blood clots, heart attack, stroke</i> Patch: Possible skin irritation, can fall off, nausea and spotting at first Vaginal Ring: may cause vaginal irritation, can fall out
 Vaginal Ring	94% / 99%	NO		
 Pills	91% / 99%	NO	<ul style="list-style-type: none"> Doesn't interrupt sex Helps prevent ovarian and uterine cancer More regular periods and reduces menstrual cramps 	<ul style="list-style-type: none"> <i>Rare—blood clots, heart attack, stroke</i> Must be taken daily, may cause nausea and spotting at first
 Male Condoms	82% / 98%	YES	<ul style="list-style-type: none"> Easy to find and purchase Used only when needed Best protection against HIV and most STDs No effect on a woman's natural hormones 	<ul style="list-style-type: none"> Latex allergies, loss of sensation, possible breakage
 Female Condoms	79% / 95%	YES		

We also offer emergency contraception (the “morning after” pill) which can prevent pregnancy if taken within 5 days after unprotected intercourse.
Appointment Line: 1.877.855.7526 | www.ppmarmonte.org/appts

^o Data from CDC Effectiveness of Family Planning Methods, p. 2011
^{*} Not a complete list of possible side effects
[†] Never been pregnant or given birth vaginally
[‡] Given birth vaginally