

Common Methods of Reproductive Health Planning

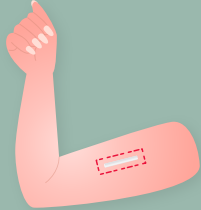
QUICK GUIDE

MOST EFFECTIVE



LEAST EFFECTIVE

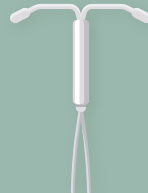
Less than 1 pregnancy per 100 women per year, one-time procedures



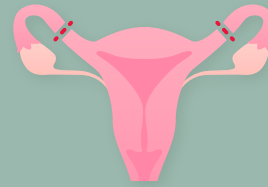
Hormonal Implant
99.95% effective
Lasts up to 5 years
(FDA approved for 3 years)



Vasectomy
99.85% effective
Permanent surgical procedure



IUD with progesterone
99.8% effective
Lasts up to 3-5 years



Sterilization
99.5% effective
Permanent surgical procedure

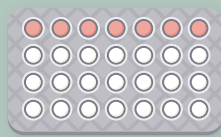


Copper IUD
99.3% effective
Lasts up to 10 years
No hormones

Result in 6-12 pregnancies per 100 women per year, need to be maintained daily, weekly, monthly or every 3 months



Injectables
94% effective
Progesterone-only shot given every 3 months



Combination Pills
94% effective
Daily use of progesterone and estrogen



Patch
91% effective
Weekly placement



Ring
91% effective
Monthly placement



Progesterone-only Pills
91% effective
Daily oral pill that is time dependent

18 or more pregnancies per 100 women per year



Diaphragm
88% effective
Can place up to 2 hours prior to intercourse



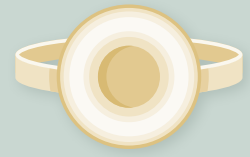
STD Prevention
External Condom
85% effective
Used each time you have intercourse



STD Prevention
Internal Condom
79% effective
Used each time you have intercourse



Cervical Cap
71-86% effective
Used each time you have intercourse



Sponge
76-88% effective
Used each time you have intercourse

18 or more pregnancies per 100 women per year



Spermicide and Gel
72-86% effective
Used each time you have intercourse



Withdrawal
78% effective
Must occur each time you have intercourse

Alternative Methods



Fertility Awareness Planning
76-88% effective
Track ovulation and avoid intercourse during egg release



Breastfeeding
76-88% effective
Breastfeed every 4 hours daily and every 6 hours nightly



Abstinence
100% effective
Not having intercourse

Common Methods of Reproductive Health Planning

MOST EFFECTIVE ↑	HORMONAL IMPLANT	VASECTOMY	IUD WITH PROGESTERONE (EXAMPLES: MIRENA AND KYLEENA)	STERILIZATION WITH TUBAL LIGATION, SALPINGECTOMY OR CLIPS	COPPER IUD
	Most effective form of planning Progesterone only Long-acting FDA approved for 3 years Pro: Low maintenance Con: Some women may experience side effects, such as irregular bleeding Effectiveness: 99.95% Chance of pregnancy: 0.05% Ease of use: One-time procedure Tips: This is a great option if you cannot remember to take pills daily	Permanent method of reproductive planning Pro: Shares reproductive health planning with your partner Con: Procedure must be done in office or hospital. Need post-procedure testing to verify completion. Effectiveness: 99.85% Chance of pregnancy: 0.15% Ease of use: While considered a surgical procedure, it has a short recovery time Tips: Can take 2-4 months to be effective so backup planning is needed	Long acting Progesterone only Pros: Low maintenance; does not block ovulation Con: Must be put in by clinician Effectiveness: 99.8% Chance of pregnancy: 0.2% Ease of use: One-time procedure; may be discomfort with insertion and removal Tips: 20% of women with a hormone IUD do not get periods	Permanent method of reproductive planning Pro: Permanent; should not affect cycles Con: Recovery from procedure takes 2-4 weeks Effectiveness: 99.5% Chance of pregnancy: 0.5% Ease of use: One-time procedure; may be done immediately postpartum Tips: Ask your clinician early in pregnancy to discuss your options	Pros: No hormones; can be used for emergency contraception for up to 5 days of unprotected intercourse Con: Can cause abnormal bleeding Effectiveness: 99.3% Chance of pregnancy: 0.7% Ease of use: One-time procedure; may be discomfort with insertion and removal Tips: Best if you cannot take estrogen or want to be hormone free
	INJECTABLES	COMBINATION PILLS	PATCH	RING	PROGESTERONE-ONLY PILLS
	Progesterone-only shot given every 3 months Pro: Low maintenance Con: Must be injected every 3 months Effectiveness: 94% effective Chance of pregnancy: 6% Ease of use: Office visit every 3 months Tips: This is a great alternative if you often forget to take daily pills	Daily use of progesterone and estrogen pills Pros: Taken daily Con: Many different types are available and it can take a while to find the one that works best for you. Effectiveness: 91% Chance of pregnancy: 9% Ease of use: Daily use but easy to forget Tips: Can help with acne and other PMS symptoms	Weekly placement of patch Pro: Does not require daily use Con: May fall off due to sweating or water exposure Effectiveness: 91% Chance of pregnancy: 9% Ease of use: Can be placed on multiple sites on the body Tips: You do not have to remember a daily pill	Used on a 4-week schedule—three weeks with the ring inserted, then 1 week without the ring Pro: Low maintenance Cons: Can cause increased discharge; unused ring must be stored in a refrigerator Effectiveness: 91% Chance of pregnancy: 9% Ease of use: Easy to insert if you are comfortable placing it in the vagina Tips: You can use a tampon applicator to insert the ring	Daily oral pill that is time dependent Pro: Great for breastfeeding moms Con: Time sensitive; must be taken every day at the same time for maximum effectiveness Effectiveness: 91% Chance of pregnancy: 9% Ease of use: Must remember to take it daily at the same time Tips: Does not contain estrogen; does not decrease milk production for breastfeeding moms
	DIAPHRAGM	EXTERNAL CONDOM	INTERNAL CONDOM	CERVICAL CAP	SPONGE
	Shallow cup inserted into the vagina Pro: Can be placed up to 2 hours prior to intercourse Con: Must be used each time you have intercourse and must be fitted for size Effectiveness: 88% Chance of pregnancy: 12% Ease of use: Easy to place in the body Tips: You can add spermicide for enhanced effectiveness	Barrier protection method, placed on the penis Pro: Cost-effective; available over the counter; STD prevention Con: Must be used each time you have intercourse; can break and become ineffective Effectiveness: 85% Chance of pregnancy: 15% Ease of use: Challenging to use correctly Tips: Can be used with the withdrawal method	Similar to external condoms but inserted vaginally Pro: STD prevention Con: Must be used each time you have intercourse; can cause irritation Effectiveness: 79% Chance of pregnancy: 21% Ease of use: Practice makes use easier Tips: Can be used with the withdrawal method	Silicone cup shaped like a hat, placed into the vagina to block the cervix Pro: Easy to carry with you Con: Must be used every time you have intercourse and must be used correctly Effectiveness: 71-86% Chance of pregnancy: 14-29% Ease of use: Portable Tips: Can be used with the withdrawal method	Small round plastic sponge that blocks sperm from entering the cervix Pro: Cost effective Con: Hard to place correctly Effectiveness: 76-88% Chance of pregnancy: 12-24% Ease of use: Portable Tips: Can use with the withdrawal method or other reproductive health planning methods
	SPERMICIDE AND GEL	WITHDRAWAL	ALTERNATIVE METHODS		
	Pros: No prescription needed; can buy over the counter; is hormone free Con: Must be used each time you have intercourse Effectiveness: 72-86% Chance of pregnancy: 14-28% Ease of use: Can be messy but needs to be inserted each time you have intercourse Tips: You can use an applicator for the best use	Pulling out before ejaculation occurs Pro: Cost effective Con: Must occur each time you have intercourse Effectiveness: 78% Chance of pregnancy: 12% Ease of use: Free Tips: More effective if used with other reproductive health planning methods	Here are three additional things you can do to take charge of your reproductive health:		
			FERTILITY AWARENESS PLANNING	BREASTFEEDING	ABSTINENCE
			Tracking ovulation and avoiding intercourse during the release of an egg, giving you an increased awareness of your body and menstrual cycle. Timing is everything—the chance of pregnancy is 12 to 24% and this is not an effective method if you have irregular menstrual cycles. There are many free mobile apps available to assist in tracking your cycle.	For those lactating, exclusively breastfeeding or pumping every 4 hours during the day and every 6 hours overnight. Typically, there's no menstrual cycle while breastfeeding but the chance of pregnancy is still 12 to 24%. You can also take progesterone-only pills while breastfeeding but speak with your clinician to make sure this method is right for you.	Not having intercourse. Talk to your partner about your needs, which may include having outercourse. This method is 100% effective with a 0% chance of pregnancy. Speak with your clinician before you begin having intercourse to learn about your reproductive health options.
LEAST EFFECTIVE ↓					