<table>
<thead>
<tr>
<th>Method</th>
<th>How well does it work?</th>
<th>How to Use</th>
<th>Pros</th>
<th>Cons</th>
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</table>
| The Implant            | > 99%                  | A health care provider places it under the skin of the upper arm | Long lasting (up to 5 years)  
No pill to take daily  
Often decreases cramps  
Can be used while breastfeeding  
You can become pregnant right after it is removed | Can cause irregular bleeding  
After 1 year, you may have no period at all  
Does not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs) |
| Progestin IUD          | > 99%                  | Must be placed in uterus by a health care provider  
Usually removed by a health care provider | May be left in place for up to 12 years  
No pill to take daily  
Can be used while breastfeeding  
You can become pregnant right after it is removed | May cause more cramps and heavier periods  
May cause spotting between periods  
Rarely, uterus is injured during placement  
Does not protect against HIV or other STIs |
| Copper IUD             | > 99%                  | Must be placed in uterus by a health care provider  
Usually removed by a health care provider | May be left in place for up to 3 to 7 years, depending on which IUD you choose  
No pill to take daily  
May improve period cramps and bleeding  
Can be used while breastfeeding  
You can become pregnant right after it is removed | May cause lighter periods, spotting, or no period at all  
Rarely, uterus is injured during placement  
Does not protect against HIV or other STIs |
| The Shot               | 94-99%                 | Get a shot every 3 months                       | Each shot works for 12 weeks  
Private  
Usually decreases periods  
Helps prevent cancer of the uterus  
No pill to take daily  
Can be used while breastfeeding | May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive  
May cause delay in getting pregnant after you stop the shots  
Side effects may last up to 6 months after you stop the shots  
Does not protect against HIV or other STIs |
| The Pill               | 91-99%                 | Must take the pill daily                        | Can make periods more regular and less painful  
Can improve PMS symptoms  
Can improve acne  
Helps prevent cancer of the ovaries  
You can become pregnant right after stopping the pills | May cause nausea, weight gain, headaches, change in sex drive – some of these can be relieved by changing to a new brand  
May cause spotting the first 1-2 months  
Does not protect against HIV or other STIs |
| Progestin-Only Pills   | 91-99%                 | Must take the pill daily                        | Can be used while breastfeeding  
You can become pregnant right after stopping the pills | Often causes spotting, which may last for many months  
May cause depression, hair or skin changes, change in sex drive  
Does not protect against HIV or other STIs |
| The Patch              | 91-99%                 | Apply a new patch once a week for three weeks  
No patch in week 4 | Can make periods more regular and less painful  
No pill to take daily  
You can become pregnant right after stopping patch | Can irritate skin under the patch  
May cause spotting the first 1-2 months  
Does not protect against HIV or other STIs |
| The Ring               | 91-99%                 | Insert a small ring into the vagina  
Change ring each month | One size fits all  
Private  
Does not require spermicide  
Can make periods more regular and less painful  
No pill to take daily  
You can become pregnant right after stopping the ring | Can increase vaginal discharge  
May cause spotting the first 1-2 months of use  
Does not protect against HIV or other STIs |
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<td>Male/External Condom</td>
<td>82-98%</td>
<td>Use a new condom each time you have sex. Use a polyurethane condom if allergic to latex</td>
<td>Can buy at many stores. Can put on as part of sex play/foreplay. Can help prevent early ejaculation. Can be used for oral, vaginal, and anal sex. Protects against HIV and other STIs. Can be used while breastfeeding.</td>
<td>Can decrease sensation. Can cause loss of erection. Can break or slip off.</td>
</tr>
<tr>
<td>Female/Internal Condom</td>
<td>79-95%</td>
<td>Use a new condom each time you have sex. Use extra lubrication as needed.</td>
<td>Can buy at many stores. Can put in as part of sex play/foreplay. Can be used for anal and vaginal sex. May increase pleasure when used for vaginal sex. Good for people with latex allergy. Protects against HIV and other STIs. Can be used while breastfeeding.</td>
<td>Can decrease sensation. May be noisy. May be hard to insert. May slip out of place during sex.</td>
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<tr>
<td>Withdrawal/Pull-out</td>
<td>78-96%</td>
<td>Pull penis out of vagina before ejaculation (that is, before coming).</td>
<td>Costs nothing. Can be used while breastfeeding.</td>
<td>Less pleasure for some. Does not work if penis is not pulled out in time. Does not protect against HIV or other STIs. Must interrupt sex.</td>
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<tr>
<td>Diaphragm/Caya® and Milex®</td>
<td>88-94%</td>
<td>Must be used each time you have sex. Must be used with spermicide.</td>
<td>Can last several years. Costs very little to use. May protect against some infections, but not HIV. Can be used while breastfeeding.</td>
<td>Using spermicide may raise the risk of getting HIV. Should not be used with vaginal bleeding or infection. Raises risk of bladder infection.</td>
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<tr>
<td>Fertility Awareness/Natural Family Planning</td>
<td>76-95%</td>
<td>Predict fertile days by: taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your periods. It works best if you use more than one of these. Avoid sex or use condoms/spermicide during fertile days.</td>
<td>Costs little. Can be used while breastfeeding. Can help with avoiding or trying to become pregnant.</td>
<td>Must use another method during fertile days. Does not work well if your periods are irregular. Many things to remember with this method. Does not protect against HIV or other STIs.</td>
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<tr>
<td>Spermicide/Cream, gel, sponge, foam, inserts, film</td>
<td>72-82%</td>
<td>Insert spermicide each time you have sex.</td>
<td>Can buy at many stores. Can be put in as part of sex play/foreplay. Comes in many forms: cream, gel, sponge, foam, inserts, film. Can be used while breastfeeding.</td>
<td>May raise the risk of getting HIV. May irritate vagina, penis. Cream, gel, and foam can be messy.</td>
</tr>
<tr>
<td>Emergency Contraception Pills</td>
<td>58-94%</td>
<td>Works best the sooner you take it after unprotected sex. You can take EC up to 5 days after unprotected sex. If pack contains 2 pills, take both together.</td>
<td>Can be used while breastfeeding. Available at pharmacies, health centers, or health care providers: call ahead to see if they have it. People of any age can get progestin EC without a prescription.</td>
<td>May cause stomach upset or nausea. Your next period may come early or late. May cause spotting. Does not protect against HIV or other STIs. Ulipristal acetate EC requires a prescription. May cost a lot.</td>
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