<table>
<thead>
<tr>
<th>Method</th>
<th>How well does it work?</th>
<th>How to Use</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Implant</td>
<td>&gt; 99%</td>
<td>A health care provider places it under the skin of the upper arm. It must be removed by a health care provider.</td>
<td>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</td>
<td>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)</td>
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<tr>
<td>Progestin IUD</td>
<td>&gt; 99%</td>
<td>Must be placed in uterus by a health care provider Usually removed by a health care provider.</td>
<td>May be left in place for up 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</td>
<td>May cause lighter periods, spotting, or no period at all Rarely, uterus is injured during placement Does not protect against HIV or other STIs</td>
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<tr>
<td>Copper IUD</td>
<td>&gt; 99%</td>
<td>Must be placed in uterus by a health care provider Usually removed by a health care provider.</td>
<td>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</td>
<td>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</td>
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<td>The Shot</td>
<td>96%</td>
<td>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</td>
<td>Private Usually decreases periods Helps prevent cancer of the uterus No pill to take daily Can be used while breastfeeding</td>
<td>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</td>
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<td>The Pill</td>
<td>93%</td>
<td>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.</td>
<td>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.</td>
<td>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</td>
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<td>Progestin-Only Pills</td>
<td>93%</td>
<td>Must take the pill daily. Can be used while breastfeeding You can become pregnant right after stopping the pills.</td>
<td>Can be used while breastfeeding You can become pregnant right after stopping the pills.</td>
<td>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</td>
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<td>The Patch</td>
<td>93%</td>
<td>Apply a new patch once a week for three weeks No patch in week 4.</td>
<td>Can make periods more regular and less painful No pill to take daily You can become pregnant right after stopping patch.</td>
<td>Can irritate skin under the patch May cause spotting the first 1-2 months Does not protect against HIV or other STIs</td>
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<tr>
<td>The Ring</td>
<td>93%</td>
<td>Insert a small ring into the vagina Change ring each month.</td>
<td>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</td>
<td>Can increase vaginal discharge May cause spotting the first 1-2 months of use Does not protect against HIV or other STIs</td>
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| **External Condom**    | 87%                    | Use a new condom each time you have sex                                   | 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 | Can decrease sensation  
Can cause loss of erection  
Can break or slip off |
| **Internal Condom**    | 79%                    | Use a new condom each time you have sex                                   | Can put in as part of sex play/foreplay  
Can be used for anal and vaginal sex  
May increase pleasure when used for anal and vaginal sex  
Good for people with latex allergy  
Protects against HIV and other STIs  
Can be used while breastfeeding | Can decrease sensation  
May be noisy  
May be hard to insert  
May slip out of place during sex  
Requires a prescription from your health care provider |
| **Withdrawal (Pull-out)** | 80%                    | Pull penis out of vagina before ejaculation (that is, before coming)     | Costs nothing  
Can be used while breastfeeding | 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 |
| **Diaphragm**          | 83%                    | Must be used each time you have sex  
Must be used with spermicide | Can last several years  
Costs very little to use  
May protect against some infections, but not HIV  
Can be used while breastfeeding | Using spermicide may raise the risk of getting HIV  
Should not be used with vaginal bleeding or infection  
Raises risk of bladder infection |
| **Fertility Awareness**| 85%                    | 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 | Costs little  
Can be used while breastfeeding  
Can help with avoiding or trying to become pregnant | 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 |
| **Spermicide**         | 79%                    | Insert spermicide each time you have sex                                | 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 | May raise the risk of getting HIV  
May irritate vagina, penis  
Cream, gel, and foam can be messy |
| **Emergency Contraception Pills** | 58 - 94% | Ulipristal acetate EC works better than progestin EC if you are overweight  
Ulipristal acetate EC works better than progestin EC in the 2-5 days after sex  
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 | 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 | 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 |