

Birth Control Method	Failure Rate	Pros	Cons	Notes
Abstinence	0%	<ul style="list-style-type: none"> • 100% pregnancy protection • 100% STI protection 	<ul style="list-style-type: none"> • Some may find it difficult to abstain for long periods of time 	<ul style="list-style-type: none"> • The only 100% effective birth control protection available
Vasectomy	< 1%	<ul style="list-style-type: none"> • Permanent • Cost Effective long term • No longer painful • Short recovery • Office procedure • Local anesthesia, not general • Few complication risks 	<ul style="list-style-type: none"> • Minor Procedure risks of bleeding, infection, etc. • Permanent: Difficult to reverse, so must be sure you no longer desire pregnancy 	<ul style="list-style-type: none"> • Performed by some family medicine physicians and urologists
Tubal Ligation	< 1%	<ul style="list-style-type: none"> • Permanent 	<ul style="list-style-type: none"> • General anesthesia risks • Surgical risks: bleeding, infection, pain • Longer recovery than vasectomy • Difficult to reverse • Ectopic risks 	<ul style="list-style-type: none"> • Performed by OB/GYN
Essure	< 1%	<ul style="list-style-type: none"> • Permanent • Local anesthesia • Office procedure 	<ul style="list-style-type: none"> • Minor Procedure risks of bleeding or infection • Difficult to reverse • Hysterosalpingogram post-procedure • Ectopic risks 	<ul style="list-style-type: none"> • Typically performed by OB/GYN specialty
Implant	< 1%	<ul style="list-style-type: none"> • No daily reminders • Long-term: 3 years 	<ul style="list-style-type: none"> • Minor procedure risk • Irregular periods • May feel it under the skin • Less effective if patient is overweight or obese 	<ul style="list-style-type: none"> • Implantable rod underneath skin of the arm
IUD	< 1%	<ul style="list-style-type: none"> • No daily reminders • Long-term: 5-10 years • The only hormone-free alternative 	<ul style="list-style-type: none"> • Procedure risks: uterine perforation, lost string, infection. • Cramping • Irregular bleeding • Pelvic inflammatory disease (PID), and infertility if severe 	<ul style="list-style-type: none"> • Mirena: 5 years, progesterone-only • Paraguard: 10 years, non-hormonal
Injection	< 1%	<ul style="list-style-type: none"> • No daily reminders 	<ul style="list-style-type: none"> • Risks of weight gain • Irregular periods • Bone loss if used over two years 	<ul style="list-style-type: none"> • Progesterone only • Little/no bleeding after 6 months of use
Combined Pill	5%	<ul style="list-style-type: none"> • Easy to start and stop • No procedure risks 	<ul style="list-style-type: none"> • Risk of clots, stroke, heart attack, high blood pressure • Side effects (usually self- 	<ul style="list-style-type: none"> • Higher risk in smokers (especially over age 35), in those with clotting

			resolving): headache, nausea, mood changes <ul style="list-style-type: none"> • Must remember to take every day 	disorders and history breast cancer.
Mini-Pill (Progesterone-only)	5%	<ul style="list-style-type: none"> • Easy to start and stop • No procedure risks 	<ul style="list-style-type: none"> • Must remember to take every day, timing more important. • Good option for those who can't take estrogen 	<ul style="list-style-type: none"> • Progesterone-only
Vaginal Ring	5%	<ul style="list-style-type: none"> • No daily reminders 	<ul style="list-style-type: none"> • Patient comfort varies with self-insertions • Risks: similar to the combined pill, vaginal discharge 	<ul style="list-style-type: none"> • Called the "Nuvaring" • 3 weeks in, 1 week out.
Male Condom	12%	<ul style="list-style-type: none"> • Protection against sexually transmitted infections (STI) • Non-hormonal 	<ul style="list-style-type: none"> • Potentially inconvenient • Proper use vital • Allergic reactions, irritation 	<ul style="list-style-type: none"> • Often obtained for free at community clinics or Planned Parenthood clinics
Diaphragm/Cap + Spermicide	15%	<ul style="list-style-type: none"> • Non-hormonal • Safe • Can be carried in your purse 	<ul style="list-style-type: none"> • Needs proper size fitting • Risks: UTI's, allergic reactions, Toxic Shock Syndrome (if left in too long), vaginal irritation 	<ul style="list-style-type: none"> • Size-fitting typically performed by OB/GYN
Natural Family Planning	25%	<ul style="list-style-type: none"> • No side effects • It's inexpensive 	<ul style="list-style-type: none"> • Requires some instruction and careful charting • Not suitable in those with frequent abnormal vaginal discharge 	<ul style="list-style-type: none"> • Also called "the rhythm method"
Withdrawal	27%	<ul style="list-style-type: none"> • No side effects • It's free 	<ul style="list-style-type: none"> • Less efficacy • Requires self-control and experience 	<ul style="list-style-type: none"> • The "pull out method"
Emergency Contraception	n/a	<ul style="list-style-type: none"> • An option for those without current birth control, or if birth control fails 	<ul style="list-style-type: none"> • Not a form of long-term birth control • Less effective with each passing day past intercourse • Irregular period • Nausea • Stomach upset • headache 	<ul style="list-style-type: none"> • Also called "the morning-after pill" • 3 brands: Plan B, Ella, Next Choice