

Types of Birth Control & STD Prevention



Methods

Description and Level of Effectiveness for Pregnancy and/ or STD Prevention

Highest Effectiveness

Mirena IUD

Description: T-shaped device put into your uterus during an office procedure by a health care provider. Provides years of effective birth control. Releases small amount of hormone that can make periods lighter, less crampy.

How often it requires an action: 5-7 years

Hormone-free: No

Effectiveness at preventing pregnancy: Highest effectiveness

Less than 1 in 100 women may become pregnant on this method

Protects against STD's: No

Nexplanon

Description: Matchstick sized rod put in your arm during an office procedure by a health care provider. Provides years of effective birth control.

How often it requires an action: 3 years

Hormone-free: No

Effectiveness at preventing pregnancy: Highest effectiveness

Less than 1 in 100 women may become pregnant on this method

Protects against STD's: No

Paraguard IUD

Description: T-shaped device put into your uterus during an office procedure by a health care provider. Provides years of effective birth control.

How often it requires an action: 10-12 years

Hormone-free: Yes

Effectiveness at preventing pregnancy: Highest effectiveness

Less than 1 in 100 women may become pregnant on this method

Protects against STD's: No

Skyla IUD

Description: T-shaped device put into your uterus during an office procedure by a health care provider. Provides years of effective birth control. Releases small amount of hormone that can make periods lighter, less crampy. Slightly smaller than Mirena IUD.

How often it requires an action: 3 years

Hormone-free: No

Effectiveness at preventing pregnancy: Highest effectiveness

Less than 1 in 100 women may become pregnant on this method

Protects against STDs: No

Sterilization tubal ligation for women / vasectomy for men)

Description: A surgical procedure to prevent further pregnancies. This is a permanent method of birth control.

How often it requires action: 1 time

Hormone free: No

Effectiveness at preventing pregnancy: Good effectiveness

6-9 out of 100 women may become pregnant on this method

Protects against STDs: No

Good Effectiveness

Birth Control Pill

Description: A pill you take by mouth every day
How often it requires action: every day
Hormone free: No
Effectiveness at preventing pregnancy: Good effectiveness
6-9 out of 100 women may become pregnant on this method
Protects against STDs: No

Depo Provera

Description: A shot given in your arm or hip every 3 months
How often it requires action: Every 3 months
Hormone free: No
Effectiveness at preventing pregnancy: Good effectiveness
6-9 out of 100 women may become pregnant on this method
Protects against STDs: No

Nuvaring

Description: A small ring that you put in your vagina each month for 3 weeks out of the month
How often it requires an action: Every month
Hormone free: No
Effectiveness at preventing pregnancy: Good effectiveness
6-9 out of 100 women may become pregnant on this method
Protects against STDs: No

Ortho Evra patch

Description: A small patch you put on your skin each week
How often it requires action: Every week
6-9 out of 100 women may become pregnant on this method
Hormone free: No

Moderate Effectiveness

Condoms – FEMALE

Description: Loose sleeve that you put in your vagina before sex. Must be put in before any genital contact and stay in all the way though sex to be most effective. The only method besides male condoms, and not having sex, that can reduce the risk of getting an STD.
How often it requires an action: Every time you have sex
Hormone free: Yes
Effectiveness at preventing pregnancy: Moderate effectiveness
12-24 out of 100 women may become pregnant with this method
Protect against STDs: Yes



Condoms – MALE

Description: latex or plastic sleeve but on the penis before sex. Must be put in before any genital contact and stay in all the way though sex to be most effective. The only method besides female condoms, and not having sex, that can reduce the risk of getting an STD.
How often it requires an action: Every time you have sex
Hormone free: Yes
Effectiveness at preventing pregnancy: Moderate effectiveness
12-24 out of 100 women may become pregnant with this method
Protect against STDs: Yes



Diaphragm

Description: A disk that you put into your vagina before sex. Requires fitting and a prescription by a health care provider.
How often it requires action: Every time you have sex
Hormone free: Yes
Effectiveness at preventing pregnancy: Moderate effectiveness
12-24 out of 100 women may become pregnant with this method
Protects against STDs: No

Emergency Contraception

Description: A pill you take up to 5 days after unprotected sex to reduce the chance of pregnancy.

A Paraguard IUD can also be inserted after unprotected sex to reduce the risk of pregnancy and give long lasting birth control.

How often it requires action: Take in the event of unprotected intercourse. Then you need to get a more reliable method.

Hormone free: No

Effectiveness at preventing pregnancy: Moderate effectiveness

Protects against STDs: No

Spermicides

Description: Gels that you insert in your vagina before sex to kill sperm

How often it requires action: Every time you have sex

Hormone free: Yes

Effectiveness at preventing pregnancy: Moderate effectiveness

Protects against STDs: No