

	Birth Control Options	Hormonal or Not?	How Do I Use It?	Rx Needed?	STI Protection?	Unintended Pregnancy
Most Effective ↑ <1% unintended pregnancy	 Female Sterilization (tubes tied) or Male Sterilization (vasectomy)	No	No action required after hospital-based surgery.	No - performed in a hospital	No	<1%
	 Nonhormonal Intrauterine Device (IUD) ParaGard®	No	Inserted in the uterus and can remain for up to 10 years.	Inserted at WCOW	No	<1%
	 Hormonal Intrauterine Device (IUD) Mirena®, Skyla®, or Kyleena®	Yes	Inserted in the uterus 3 years (Skyla), or 5 years (Mirena/Kyleena). No period after 3-6 months.	Inserted at WCOW	No	<1%
6-12% unintended pregnancy	 Nexplanon®	Yes	Inserted under the skin of upper arm and can remain up to 3 years. Typically, no period occurs.	Inserted at WCOW	No	<1%
	 Injection	Yes	Get injections every 3 months. Typically, no period occurs.	Given at WCOW	No	6%
	 Monthly Oral Contraceptive (The Pill)	Yes	Take 1 pill daily - period occurs every 28 days.	Yes	No	9%
	 Vaginal Ring	Yes	Insert monthly and leave in place for 21 days. Period occurs every 28 days.	Yes	No	9%
	 Patch	Yes	Apply to skin and change weekly. Period occurs every 28 days.	Yes	No	9%
	 Diaphragm	No	Insert every time before intercourse.	Yes	No	12%
>18% unintended pregnancy ↓ Least Effective	 Contraceptive Sponge	No	Insert up to 24 hours before intercourse. Keep in place for 6 hours after intercourse.	No	No	12-24%
	 Male Condom	No	Partner must wear every time during intercourse.	No	Yes (Latex only)	18%
	 Female Condom	No	Insert every time before intercourse.	No	Yes	21%
	 Fertility Awareness (Rhythm)	No	Requires training. Must use a barrier method or abstain from sex periodically.	No	No	24%
	 Spermicide	No	Apply every time before intercourse.	No	No	28%