

## CONTRACEPTION COMPARISON

NAME	Advantages	Disadvantages	Efficacy
<b>HORMONAL</b>			
<b>Birth Control Pills</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection when taken correctly</li> <li>• Reversible</li> <li>• Many non-contraceptive health benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Must remember to take daily</li> <li>• Increased risk of blood clots, heart attack, stroke, esp. in smokers over 35 y/o</li> <li>• Rare side effects include: nausea, headache, breast tenderness</li> </ul>	99% or greater if taken correctly
<b>DMPA (Depo- Provera injection)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection for 3 months</li> <li>• No need to remember to take daily medication</li> </ul>	<ul style="list-style-type: none"> <li>• Must visit physician office for injection every 12 weeks</li> <li>• Return of fertility 4-5 months after last shot</li> <li>• Side effects can include irregular menstrual spotting, headache, mood changes</li> </ul>	99% or greater
<b>Ortho Evra (patch)</b>	<ul style="list-style-type: none"> <li>• A patch is applied weekly</li> <li>• No need to remember to take daily medication</li> <li>• Good cycle control ~ same as birth control pills</li> </ul>	<ul style="list-style-type: none"> <li>• Must remember to change patch weekly</li> <li>• Patch may come loose</li> <li>• Similar side effects and risks as birth control pills</li> </ul>	99.7%
<b>INSERTED HORMONAL DEVICE</b>			
<b>NuvaRing (vaginal ring)</b>	<ul style="list-style-type: none"> <li>• A self applied vaginal ring inserted for 3 week intervals with one week off</li> <li>• No other maintenance needed</li> <li>• Good cycle control</li> <li>• Same as birth control pills</li> </ul>	<ul style="list-style-type: none"> <li>• Ring must be inserted and removed by patient</li> <li>• Similar side effects and risks as Birth control pills</li> </ul>	99.5 %
<b>Nexplanon (inserted implant device)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection for up to 3 years</li> <li>• No maintenance needed</li> <li>• Non hormonal</li> </ul>	<ul style="list-style-type: none"> <li>▪ Inserted by physician in arm in office</li> <li>• May cause irregular menses or loss of menses</li> </ul>	99%

<b>Mirena (5)</b> <b>Kyleena (5)</b> <b>Skyla (3)</b> <b>(intrauterine device IUD)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection for up to <b>5 / 3</b> years</li> <li>• Decreases number of bleeding days per month</li> <li>• Non hormonal</li> <li>• Nothing “to do” after in office insertion by physician</li> </ul>	<ul style="list-style-type: none"> <li>▪ May perforate uterus on insertion (EXTREMELY RARE)</li> <li>• May be expelled (RARE)</li> <li>• May cause irregular bleeding in the first 3 months of use</li> <li>• RARE hormonal side effects</li> <li>• Increased infection risk in some women</li> </ul>	99.7%
<b>INSERTED NON HORMONAL DEVICE</b>			
<b>Paragard</b> <b>(intrauterine Device IUD)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection for up to 10 years</li> <li>• Non-hormonal</li> <li>• Nothing “to do” after in office insertion by physician</li> </ul>	<ul style="list-style-type: none"> <li>• May perforate uterus on insertion (EXTREMELY RARE)</li> <li>• May be expelled (RARE)</li> <li>• Does not control menstrual cycles</li> <li>• Increased infection risk in some women</li> <li>• May have heavier or irregular bleeding</li> </ul>	99.7 %
<b>Diaphragm</b> <b>(with spermicide)</b>	<ul style="list-style-type: none"> <li>• Barrier method Insertion up to 6 hours before intercourse</li> <li>• Non hormonal</li> </ul>	<ul style="list-style-type: none"> <li>• Comfort level with insertion</li> <li>• Reapplication of spermicide for repeated intercourse</li> <li>• Increased risk of bladder infections</li> <li>• Can be messy for partner</li> </ul>	82-94%
<b>PERMANENT SURGICAL</b>			
<b>Essure</b> <b>(tubal occlusion)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection</li> <li>• Non-hormonal</li> <li>• No incisions required</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent</li> <li>• Risk of regret in the future</li> <li>• Requires 3 months of alternative birth control until tubes closed and closure evaluated and confirmed by x-ray</li> </ul>	99.7%
<b>Tubal Ligation (female)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection</li> <li>• Non- hormonal</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent Surgical Procedure (Minimally Invasive)</li> <li>• Risk of regret in the future</li> <li>• RARE surgical complication</li> </ul>	99.7%
<b>Vasectomy (male)</b>	<ul style="list-style-type: none"> <li>• Continuous contraceptive protection</li> <li>• Non-hormonal</li> <li>• Provided by male partner</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent Surgical Procedure</li> </ul>	99.7%