# Birth Control Guide

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<th>Method</th>
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<td><strong>Most Effective</strong></td>
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| Sterilization Surgery for Women | 1                                 | One-time procedure; nothing to do or remember | • Pain  
  • Bleeding  
  • Infection or other complications after surgery  
  • Ectopic (tubal) pregnancy |
| Surgical Sterilization Implant for Women | 1 | One-time procedure; nothing to do or remember | • Mild to moderate pain after insertion  
  • Ectopic (tubal) pregnancy |
| Sterilization Surgery for Men   | 1                                 | One-time procedure; nothing to do or remember | • Pain  
  • Bleeding  
  • Infection |
| Implantable Rod                 | 1                                 | One-time procedure; nothing to do or remember | • Acne  
  • Weight gain  
  • Cysts of the ovaries  
  • Mood changes  
  • Depression |
| IUD                             | 1                                 | One-time procedure; nothing to do or remember | • Dizziness  
  • Headache  
  • Upset stomach  
  • Nausea  
  • Changes in mood  
  • Changes in weight  
  • cramps  
  • Bleeding  
  • Pelvic inflammatory disease  
  • Infertility  
  • Tear or hole in the cervix  
  • Lower back pain  
  • Lower sex drive  
  • Changes in your periods  
  • Breast tenderness  
  • Breast tenderness  |
| Shot/Injection                   | 1                                 | Need a shot every 3 months     | • Bone loss  
  • Bleeding between periods  
  • Weight gain  
  • Breast tenderness  
  • Headaches  |
| Oral Contraceptives (Combination Pill) "The Pill" | 5 | Must swallow a pill every day | • Dizziness  
  • Nausea  
  • Changes in your cycle (period)  
  • Changes in mood  
  • Weight gain  
  • High blood pressure  
  • Blood clots  
  • Irregular bleeding  
  • Weight gain  
  • Breast tenderness |
| Oral Contraceptives (Progestin-only) "The Pill" | 5 | Must swallow a pill every day | • Dizziness  
  • Headache  
  • Upset stomach  
  • Nausea  
  • Changes in mood  
  • Changes in weight  
  • cramps  
  • Bleeding  
  • Pelvic inflammatory disease  
  • Infertility  
  • Tear or hole in the cervix  
  • Lower back pain  
  • Lower sex drive  
  • Changes in your periods  
  • Breast tenderness  
  • Breast tenderness  |
| Oral Contraceptives Extended/Continuous Use "The Pill" | 5 | Must swallow a pill every day | • Dizziness  
  • Nausea  
  • Changes in your cycle (period)  
  • Changes in mood  
  • Weight gain  
  • High blood pressure  
  • Blood clots  
  • Irregular bleeding  
  • Weight gain  
  • Breast tenderness  |
| Patch                           | 5                                 | Must wear a patch every day    | • Exposure to higher average levels of estrogen than most oral contraceptives  
  • Bleeding  
  • Soothing between periods |
| Vaginal Contraceptive Ring       | 5                                 | Must leave ring in every day for 3 weeks | • Vaginal discharge  
  • Swelling of the vagina  
  • Irritation  
  • Similar to oral contraceptives  |
| Male Condom                     | 11-16                             | Must use everytime you have sex  
 Requires partner's cooperation  
 Except for spermicides, after condom are the best protection against HIV/AIDS and other STIs | • Allergic reactions  
  • Irritation  
  • Allergic reactions  
  • Urinary tract infection  
  • Toxic shock  |
| Diaphragm with Spermicide       | 15                                | Must use everytime you have sex | • Irritation  
  • Allergic reactions  
  • Urinary tract infection  
  • Toxic shock  |
| Sponge with Spermicide          | 16-32                             | Must use everytime you have sex | • Irritation  
  • Allergic reactions  
  • Hard time removing  
  • Toxic shock  |
| Cervical Cap with Spermicide    | 17-23                             | Must use everytime you have sex | • Irritation  
  • Allergic reactions  
  • Abdominal pain  
  • Toxic shock  |
| Female Condom                   | 20                                | Must use everytime you have sex  
 May give some protection against STIs | • Irritation  
  • Allergic reactions  
  • Urinary tract infection  |
| Spermicide                      | 30                                | Must use everytime you have sex | • Irrigation  
  • Allergic reactions  
  • Urinary tract infection |
| **Least Effective**             |                                   |                                |                                                   |
| Emergency Contraceptives "The Morning After Pill" | 15 | Must use within 12 hours of unprotected sex  
 It should not be used as a regular form of birth control  | • Nausea  
  • Vomiting  
  • Abdominal pain  
  • Fatigue  
  • Headache |

*FDA Office of Women's Health http://www.fda.gov/womens*