

Reversible Contraceptive Methods

Cervical Cap

Type:

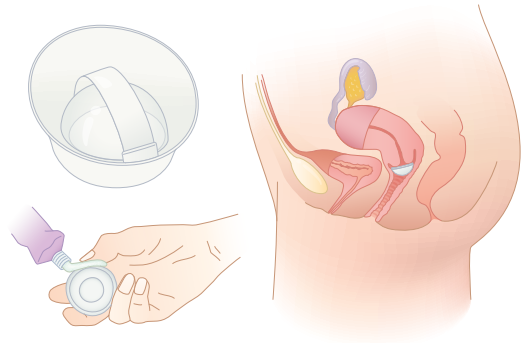
Barrier method*

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- It's a thimble-shaped latex cup.
- Before having sex, add spermicide to the device. Then place them inside the vagina to cover your cervix.
- It must be left in place for 6 to 8 hours after having sex to prevent pregnancy.
- It should be taken out within 48 hours.



Diaphragm

Type:

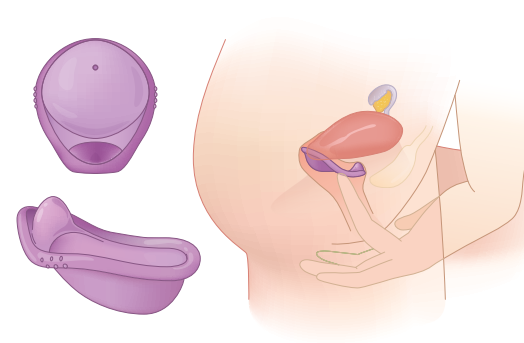
Barrier method*

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- It's a shallow latex cup.
- Before having sex, add spermicide to the device. Then place them inside the vagina to cover your cervix.
- It must be left in place for 6 to 8 hours after having sex to prevent pregnancy.
- It should be taken out within 24 hours.



Implant

Type:

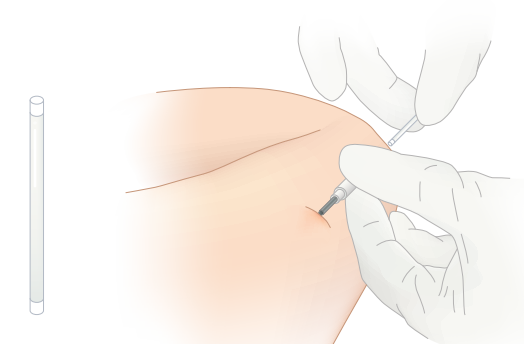
Under the skin
Hormonal method**

Typical Effectiveness:

Less than 1 unintended pregnancy per 100 women in one year.

Definition:

- It's a small flexible tube about 40mm long that's inserted under the skin of woman's upper arm.
- It's inserted by a trained professional, such as a doctor, and lasts for three years.
- The implant stops the release of an egg from the ovary by slowly releasing progesterone into woman's body. Progesterone also thickens the cervical mucus and thins the uterus lining.



IUD / Coil (Copper IUD)

Type:

Intrauterine

Typical Effectiveness:

Less than 1 unintended pregnancy per 100 women in one year.

There are different types of IUD, some with more copper than others.

Definition:

- It's a small T-shaped plastic and copper device that's inserted into the uterus by a specially trained doctor or nurse.
- The IUD works by stopping the sperm and egg from surviving in the uterus or fallopian tubes. It may also prevent a fertilized egg from implanting in the uterus.
- An IUD works as soon as it's inserted and lasts for 5 to 10 years, depending on the type.
- It can be removed at any time by a specially trained doctor or nurse and you'll quickly return to normal levels of fertility.
- IUDs with more copper are more effective.



IUS (Hormone coil)

Type:

Intrauterine
Hormonal method**

Typical Effectiveness:

Less than 1 unintended pregnancy per 100 women in one year.

Definition:

- It's a small, soft, flexible plastic system that is placed in the uterus by a specially trained doctor to prevent pregnancy.
- It can be used up to 3 or 5 years, depending on the model.
- It releases a progesterone hormone. This thickens the mucus from your cervix, making it difficult for sperm to move through and reach an egg. It also thins the uterus lining so that it's less likely to accept a fertilized egg.



(Male) Condom

Type:

Barrier method*

Typical Effectiveness:

18 or more unintended pregnancies per 100 women in one year.

It's the best method for protecting against STDs***

Definition:

- It's a thin sheath that is placed over an erect penis to keep sperm from entering a woman body.
- You need to use a new condom with each sex act.



Patch

Type:

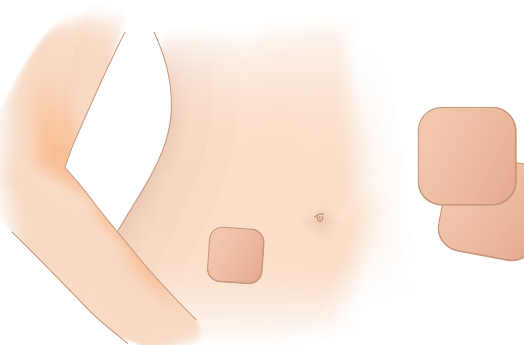
Cutaneous: on the skin
Hormonal method**

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- It's worn on the lower abdomen, buttocks, outer arm or upper body.
- It is applied for a week and then needs to be changed.
- It releases the hormones (progesterone and estrogen) into the bloodstream to stop the ovaries from releasing eggs in most women.
- You don't use a patch the fourth week in order to have a period.



Pill (Combined pill)

Type:

Oral
Hormonal method**

Typical Effectiveness:

Typical effectiveness: 6-12 unintended pregnancies per 100 women in one year.

Definition:

- It contains the hormones estrogen and progesterone.
- It's taken daily to keep the ovaries from releasing an egg.
- It also causes changes in the lining of the uterus and the cervical mucus to keep the sperm from joining the egg.
- Oral contraceptives are classically given in a cyclic manner with 21 days of active pills followed by 7 days of placebo or no pill.
- It is also possible to:
 - shorten the placebo/ hormone free time
 - take pills without a break / long cycle in order to reduce the frequency of periods per year



Progestin Only Pill

Type:

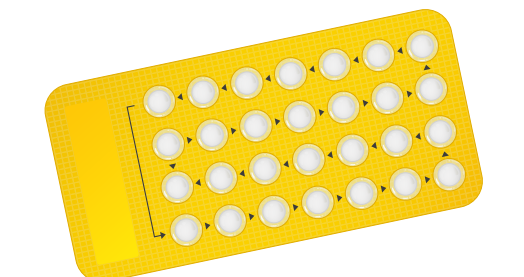
Oral
Hormonal method**

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- It contains the hormone progesterone, it doesn't contain estrogen.
- The progestin-only pill thickens the mucus in the cervix, which keeps the sperm from joining the egg.
- It can also stop ovulation, depending on the type of progestin-only pill you take.
- You take a pill every day, with no break between packs of pills.



Injection

Type:

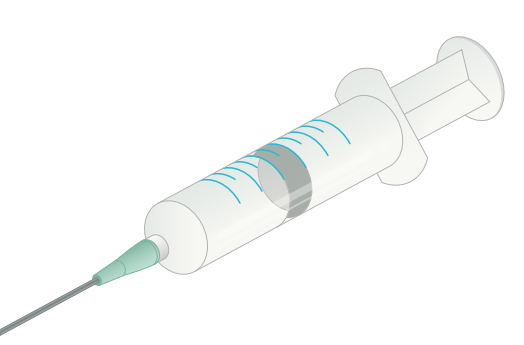
Injection
Hormonal method**

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- Injections or shots, of the hormone progesterone in the buttocks or arm every 3 months.



Sponge

Type:

Vaginal
Barrier method*

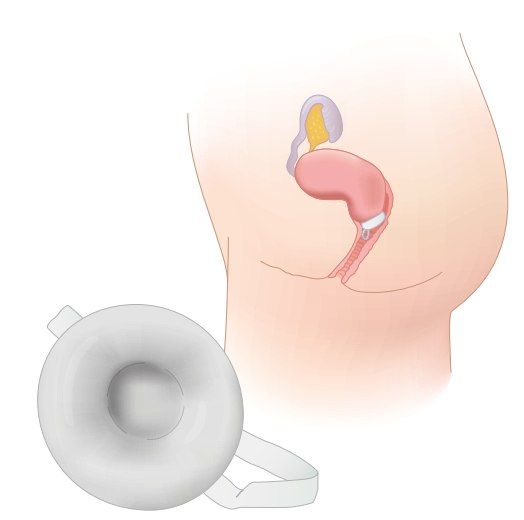
Typical Effectiveness:

18 or more unintended pregnancies per 100 women in one year.

The efficacy of the birth control sponge can shift significantly based on whether or not the user has given birth.

Definition:

- It is a squishy porous foam object which is inserted into the vagina before intercourse. After the intercourse it should be left in place for at least 6 hours.
- It contains spermicide to immobilize sperm as it comes in contact with the sponge.
- The sponge is typically around 2 inches in diameter (unique size) and features a nylon loop which is used to easily remove it from the vagina after intercourse.



Vaginal Ring

Type:

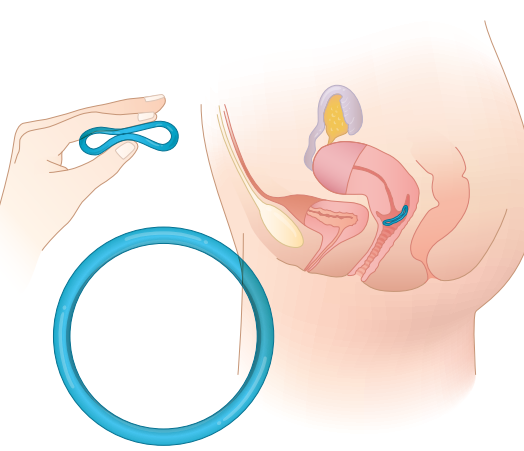
Vaginal
Hormonal method**

Typical Effectiveness:

6-12 unintended pregnancies per 100 women in one year.

Definition:

- It's a thin, flexible ring that releases the hormones progesterone and estrogen.
- It works by stopping the ovaries from releasing eggs (ovulation). It also thickens the cervical mucus, which keeps the sperm from joining the egg.
- You squeeze the ring between your thumb and index finger and insert it into your vagina.
- You wear the ring for 3 weeks and you don't use it the fourth week in order to have a period. Then put in a new ring.



* Barrier method: Put up a block, or barrier, to keep sperm from reaching the egg. **Hormonal method: Prevent pregnancy by preventing with ovulation and/or fertilization. There are several different hormonal methods of contraception. The differences among them involve: the type of hormone, the amount of hormone and the way the hormone enters a woman's body. The hormones can be estrogen, progesterone or preparations that contain a combination of these hormones. *** Only condoms can protect you from sexually transmitted infections (STIs), including HIV. While condoms are the best way to prevent STIs if you have sex, they are not the most effective type of birth control. If you have sex, the best way to prevent both STIs and pregnancy is to use what is called "dual protection." Dual protection means you use a condom to prevent STIs each time you have sex, and at the same time, you use a more effective form of birth control.

Efficacy data are those provided by www.contraceptivetechnology.org/the-book/take-a-peek/contraceptive-efficacy/