

# Types of Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



|                               | LONG-ACTING   | SHORT-ACTING   | BARRIER  | NATURAL*   | PERMANENT  | EMERGENCY  |
|-------------------------------|---|--|--|--|--|--|
| <b>What are they?</b>         | Birth control methods that are placed by a health care provider and last between 3 and 10 years   | Birth control methods that are used every day, every week, every 4 weeks, or every 13 weeks  | Birth control methods that are used every time you have sex  | Birth control methods that do not involve any hormones or devices  | Birth control methods that involve a procedure to close off the tubes that carry eggs or sperm   | Birth control methods that are used after unprotected sex  |
| <b>What are the options?</b>  | <ul style="list-style-type: none"> <li>• Implant</li> <li>• Hormonal IUD</li> <li>• Copper IUD</li> </ul>   | <ul style="list-style-type: none"> <li>• Injection</li> <li>• Progestin Pill</li> <li>• Combined Pill</li> <li>• Patch</li> <li>• Ring</li> </ul>  | <ul style="list-style-type: none"> <li>• Male Condom</li> <li>• Female Condom</li> <li>• Spermicide</li> <li>• Sponge</li> <li>• Cervical Cap</li> <li>• Diaphragm</li> </ul>  | <ul style="list-style-type: none"> <li>• Withdrawal Method</li> </ul> <p><i>Fertility Awareness Methods:</i></p> <ul style="list-style-type: none"> <li>• Standard Days Method®</li> <li>• TwoDay Method®</li> <li>• Ovulation Method</li> <li>• Symptothermal Method</li> </ul>   | <p><i>Female Sterilization:</i></p> <ul style="list-style-type: none"> <li>• By Laparoscopy</li> <li>• By Minilaparotomy</li> <li>• By Hysteroscopy</li> </ul> <p><i>Male Sterilization:</i></p> <ul style="list-style-type: none"> <li>• Vasectomy</li> </ul>   | <ul style="list-style-type: none"> <li>• Copper IUD</li> <li>• Ulipristal Pill</li> <li>• Progestin Emergency Pill</li> <li>• Combined Pill</li> </ul> |
| <b>Who might choose them?</b> | <p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> <li>• Almost no chance of pregnancy (fewer than 1 in 100 people become pregnant in the first year)</li> <li>• A method they can almost forget about</li> <li>• A procedure to start and stop using the method</li> </ul> | <p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> <li>• Some chance of pregnancy (6 to 9 in 100 people become pregnant in the first year)</li> <li>• A method they need to remember</li> <li>• A hormonal method</li> <li>• A method they can stop without a health care visit</li> </ul> | <p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> <li>• A higher chance of pregnancy (12 to 29 in 100 people become pregnant in the first year)</li> <li>• A method they need to remember</li> <li>• A non-hormonal method</li> <li>• Protection against sexually transmitted infections (STIs) (not all methods offer this)</li> </ul> | <p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> <li>• A higher chance of pregnancy (22 to 24 in 100 people become pregnant in the first year)</li> <li>• A method they need to remember</li> <li>• A non-hormonal method</li> <li>• A method that does not involve birth control devices</li> </ul> | <p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> <li>• Almost no chance of pregnancy (fewer than 1 in 100 people become pregnant in the first year)</li> <li>• A method they can forget about</li> <li>• A procedure</li> <li>• Never becoming pregnant in the future</li> </ul> | <p>People who:</p> <ul style="list-style-type: none"> <li>• Have had unprotected sex and don't want to become pregnant</li> </ul>                      |

\*The Lactational Amenorrhea Method is another natural birth control method that may be used by some people who are breastfeeding. Your health care provider can tell you about this method.

