

THIS IS A SUMMARY ABOUT COMMON BIRTH CONTROL METHODS; NOT ALL METHODS OF CONTRACEPTION ARE INCLUDED OR ALL SIDE EFFECTS

PLEASE SEE A CLINICIAN OR MEDICAL PROFESSIONAL FOR ADDITIONAL INFORMATION.

Method	How it works	Advantages	Disadvantages	Effectiveness
Abstinence	Penis and vagina do not touch. Sperm do not reach the vagina so the sperm and egg never meet.	It's free and there are no medical side effects. Protects against unwanted pregnancy, Sexually Transmitted Infections (STI's) and HIV/AIDS.	You may not have a back up birth control method if you decide to have sex. Sexual desire may go unfulfilled.	100% effective.
Birth Control Pills	Taken every day, birth control pills work to stop the egg from leaving the ovary. Since there is no egg released (ovulation), sperm and egg never meet.	Easy to use and very effective in preventing pregnancy. Periods are usually lighter, more regular, and have less cramping. Fertility returns to normal after pills are stopped. Acne usually improves.	No protection against STI's or HIV/AIDS. Pills must be taken everyday at the same time. May experience weight gain or loss, headaches, breast tenderness, nausea, mood changes, or acne.	95-97% effective. 3-5 out of 100 might become pregnant in one year.
Condoms	Covers the penis to keep sperm from entering the vagina. Water based lubricants make condom more effective.	Helps protect against most STI's, HIV/AIDS. No prescription needed, easy to buy, use, and carry. May be used with other methods of birth control.	May break or slip off during sex. Latex allergies may occur. Sensations may be different when using a condom. May seem like an interruption to some.	86% effective. 14 out of 100 might become pregnant in one year.
Depo Provera Injection	Injection given every 3 months to stop the egg from leaving the ovary. Since there is no egg released (ovulation), sperm and egg never meet.	Each shot works for 3 months. Does not interrupt sex. May decrease menstrual bleeding and cramping. May decrease risk of pelvic inflammatory disease.	No protection against STI's or HIV/AIDS. May have breast tenderness, weight gain or loss, mood changes, irregular or no periods. Must go to clinic every 3 months. May take 6-12 months to get pregnant after last shot.	99% effective. 1 out of 100 might become pregnant in one year.
IUD	T-shaped device inserted in the uterus by a clinician. Prevents sperm from fertilizing the egg and changes the lining of the uterus.	Lasts for 5-10 years. Does not interrupt sex. Can be used while breast-feeding. Now approved for some women who have no children.	No protection against STI's or HIV/AIDS. If infected with an STI, the infection could be much worse and damaging. Not a good method for women with more than one partner or if her partner has other partners.	99% effective. Less than 1 out of 100 might become pregnant in one year.
The Ring	Flexible ring inserted in the vagina for 3 weeks. Releases same hormones as the pill to prevent ovulation.	Easy to use and effective. No need to remember to do something every day and does not interrupt sex. Periods are usually lighter, more regular, & with less cramping.	No protection against STI's/HIV. Side effects can be the same as the Pill.	98-99% effective. 1-2 out of 100 might become pregnant in on year.
Spermicides	Spermicides are applied in the vagina before sexual intercourse and work by killing the sperm.	No prescription needed. Available over the counter at drugstores and grocery stores. Can be used with other methods of birth control and may serve as a lubricant.	No protection against STI's. May develop an allergic reaction or irritate penis/vagina. Applying spermicide may seem like an interruption to some.	74% effective. 26 out of 100 might become pregnant in one year.
Emergency Contraception (EC)	For emergencies only! Also known as the "morning after pill". High doses of regular birth control pills taken in 1-2 doses soon after unprotected sex.	Can be used to prevent pregnancy up to five days after sex has occurred, EC is more effective if taken as soon as possible. EC will not cause a miscarriage or interfere with an existing pregnancy. May be purchased in advance.	No protection against STI's or HIV/AIDS. May cause temporary fatigue, headache, abdominal pain nausea/vomiting or breast tenderness.	75-90% effective in preventing pregnancy after sexual intercourse if taken within in 120 hours (5 days).
Withdrawal	Penis is removed from the vagina before ejaculation.	It's free and there are no medical side effects.	No protection against STI's or HIV/AIDS. Must use self-control to be effective.	73% effective.

Sterilization for men and women is available.

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