



# CONTRACEPTION



More effective



< 1 pregnancy in 100 users per year

6-12 pregnancies in 100 users per year (varies by method)

≥ 18 pregnancies in 100 users per year

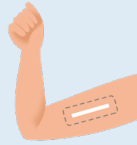


Less effective

REVERSIBLE

## Progestin-only hormonal methods

### Implant



- Implanted in upper arm
- Effect up to 5 years

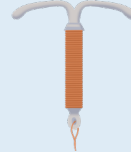
### Hormonal IUD



- Inserted in uterus
- Effect up to 7 years

## Non-hormonal

### Copper IUD

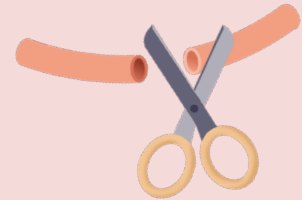


- Inserted in uterus
- Effect up to 12 years

PERMANENT

## Non-hormonal

### Tubal ligation & vasectomy



Uterine tubes or vas deferens are severed.

## Combined hormonal methods

### Injection



Injected every 3 months

### "Minipill"



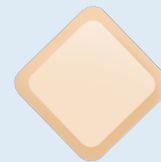
Taken by mouth daily

### Combined pill



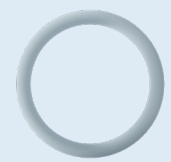
Taken by mouth daily

### Patch



Applied to skin weekly

### Vaginal ring



Inserted into vagina monthly

## Non-hormonal barrier methods and fertility awareness

### External/ "male" condom



Applied to penis

### Internal/ "female" condom



Inserted into vagina

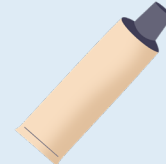
Condoms also provide protection from sexually transmitted infections.

### Cervical cap or diaphragm

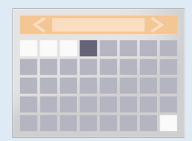


- Inserted into vagina
- More effective when these methods are combined

### Spermicide



### Fertility awareness methods



Requires training, ongoing monitoring, and abstinence or use of barrier during fertile period