

Know Your Birth Control Options

Together, you and your healthcare provider can decide which option is right for you.

MORE EFFECTIVE

Over 99%
effective



Sterilization

- Lasts forever
- Cannot be reversed



Implant

- Lasts up to 3 years
- Reversible anytime sooner



IUD

- Hormone-free and hormonal options
- Lasts up to 3, 5, 6, 7 or 10 years
- Reversible anytime sooner

LITTLE OR NOTHING TO DO AFTER PROCEDURE

91%-94%
effective



Injection

Injected every 3 months



Pill

Taken daily



Patch

Used weekly



Ring

Inserted monthly

MUST BE USED ON A SCHEDULE



Diaphragm

Before sex



Gel

Within 1 hour before sex



Condom

Before sex



Withdrawal

During sex

72%-88%
effective



Sponge

Before sex



Fertility Awareness-Based Methods

Monitored daily



Spermicide

Before sex

MUST BE USED OR PRACTICED EVERY TIME YOU HAVE SEX

15%
effective



No Birth Control Method

LESS EFFECTIVE

Chart shows method effectiveness with typical use. Sources: 1. Trussell J. Contraceptive failure in the United States. *Contraception* 2011;83:397-404. 2. Lactic acid, citric acid, and potassium bitartrate vaginal gel Full Prescribing Information, 2020.

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