

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
What are they?	Birth control methods that are placed by a health care provider and last between 3 and 10 years ¹	Birth control methods that are used every day, every week, every 4 weeks, or every 13 weeks ^{2,3}	Birth control methods that are used every time you have sex ⁴	Birth control methods that do not involve any hormones or devices ⁵	Birth control methods that involve a procedure to close off the tubes that carry eggs or sperm ⁶	Birth control methods that are used after unprotected sex ⁷
What are the options?	<ul style="list-style-type: none"> • Implant • Hormonal IUD • Copper IUD 	<ul style="list-style-type: none"> • Injection • Progestin Pill • Combined Pill • Patch • Ring 	<ul style="list-style-type: none"> • Male Condom • Female Condom • Spermicide • Sponge • Cervical Cap • Diaphragm 	<ul style="list-style-type: none"> • Withdrawal Method <p><i>Fertility Awareness Methods:</i></p> <ul style="list-style-type: none"> • Standard Days Method® • TwoDay Method® • Ovulation Method • Symptothermal Method 	<p><i>Female Sterilization:</i></p> <ul style="list-style-type: none"> • By Laparoscopy • By Minilaparotomy • By Hysteroscopy <p><i>Male Sterilization:</i></p> <ul style="list-style-type: none"> • Vasectomy 	<ul style="list-style-type: none"> • Copper IUD • Ulipristal Pill • Progestin Emergency Pill • Combined Pill
Who might choose them?	<p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> • Almost no chance of pregnancy (fewer than 1 in 100 people become pregnant in the first year)⁸ • A method they can almost forget about⁵ • A procedure to start and stop using the method⁵ 	<p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> • Some chance of pregnancy (6 to 9 in 100 people become pregnant in the first year)⁸ • A method they need to remember⁵ • A hormonal method⁵ • A method they can stop without a health care visit⁵ 	<p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> • A higher chance of pregnancy (12 to 29 in 100 people become pregnant in the first year)^{8,9} • A method they need to remember⁵ • A non-hormonal method⁵ • Protection against sexually transmitted infections (STIs) (not all methods offer this)¹⁰ 	<p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> • A higher chance of pregnancy (22 to 24 in 100 people become pregnant in the first year)⁸ • A method they need to remember⁵ • A non-hormonal method⁵ • A method that does not involve birth control devices⁵ 	<p>People who want or are comfortable with:</p> <ul style="list-style-type: none"> • Almost no chance of pregnancy (fewer than 1 in 100 people become pregnant in the first year)⁸ • A method they can forget about⁵ • A procedure⁵ • Never becoming pregnant in the future⁶ 	<p>People who:</p> <ul style="list-style-type: none"> • Have had unprotected sex and don't want to become pregnant⁵

*The Lactational Amenorrhea Method is another natural birth control method that may be used by some people who are breastfeeding⁸. Your health care provider can tell you about this method.



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Supporting Document

Version: 1.1

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The authors do not stand to gain or lose anything by the birth control choices people make after using this decision aid

Funding: Patient-Centered Outcomes Research Institute (PCORI)

Publication Date: June 2016

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Notes:

- This decision aid includes a statement about the general safety of the birth control methods described. The *U.S. Medical Eligibility Criteria for Contraceptive Use*¹¹ and published updates^{12,13} provide guidance on who can safely use each birth control method and may be used to facilitate the provision of individualized information on method safety.

Information Sources:

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