

Take Control!

Which birth control method is right for you?



	Method* Efficacy**	What is it?	Frequency	Things to Consider***
Most effective	 Paragard >99%	A small, <i>non-hormonal</i> T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 10 years.	10 Years	<ul style="list-style-type: none"> You will need an office visit with the provider. Most are eligible for insertion same day and process is usually 5 minutes. A great method for women who do not want any hormones. Some women may experience slightly heavier periods or more cramping.
	 Mirena >99%	A small, <i>hormonal</i> T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 7 years.	7 Years	<ul style="list-style-type: none"> You will need an office visit with the provider. Most are eligible for insertion same day and process is usually 5 minutes. Can cause cramps usually relieved by Ibuprofen. Progesterone only, no estrogen. Safe for women with most health issues. (For example: high blood pressure, heart disease or a clotting disorder.) You can expect a short or light period. Some patients do not have a period at all. Only FDA-approved treatment for fibroids, endometrial polyps, endometriosis and precancerous changes of your uterus!
	 Kyleena >99%	A smaller hormonal T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 5 years.	5 Years	<ul style="list-style-type: none"> You will need an office visit with the provider. Most are eligible for insertion same day and process is usually 5 minutes. Can cause cramps usually relieved by Ibuprofen. Smallest, <i>lowest dose</i> five-year option and completely estrogen free! Will eventually make your periods less heavy and less painful! Easy insertion and especially popular with teens or patients who have no children.
	 Nexplanon >99%	Hormones to prevent pregnancy are delivered from a small "rod" that is inserted under the skin of the arm, lasting 3 years.	3 Years	<ul style="list-style-type: none"> No need for a pelvic exam! Small incision required for removal or reinsertion. Can cause unpredictable or daily bleeding, but most women experience lighter or less frequent bleeding. Great for women who don't want anything inserted into their uterus! Low-dose progestin-only hormone implant, and completely estrogen free.
Effective	 Depo-Provera >97%	A "progestin" only medication that is injected in the arm or hip every 3 months to prevent ovulation and subsequent pregnancy.	3 Months	<ul style="list-style-type: none"> Requires a visit to the doctor and an injection every three months. May cause irregular periods or may make your period go away. Causes reversible bone density loss, so it is best to take Calcium and Vitamin D while using Depo. May cause weight gain or irregular bleeding.
	 Vaginal Ring >92%	A small, flexible ring that is placed in the vaginal canal by the patient every 4 weeks to allow hormones to be absorbed in to the body.	Monthly	<ul style="list-style-type: none"> The ring must be inserted vaginally and replaced every 4 weeks. A brief office visit for evaluation and approval prior to receiving a prescription to be filled at any pharmacy. Not safe for women with some types of migraines, high blood pressure, heart disease, or a clotting disorder. Not safe if you are over the age of 35 and a smoker.
	 Patch >92%	A patch releases hormones to be absorbed through the skin to prevent both fertilization of an egg and implantation of pregnancy.	Weekly	<ul style="list-style-type: none"> The patch must be changed weekly for 3 consecutive weeks, followed by one week without the patch. Placement should be rotated to various parts of the body. Not safe for women with migraines, high blood pressure, heart disease, or a clotting disorder. Not safe if you are over the age of 35 and a smoker.
	 Pills >92%	A combined hormone pill that is taken by mouth on a daily basis to prevent both fertilization of an egg and implantation of a pregnancy.	Daily	<ul style="list-style-type: none"> Requires the patient to take the pill daily and consistently. Most common side effects are sore breasts, nausea, spotting, and decreased sex drive. Not safe for women with migraines, high blood pressure, heart disease, or a clotting disorder. Gives you the ability to safely skip a period. Not safe if you are over the age of 35 and a smoker. For patients who cannot take estrogen, ask your doctor about a special progestin only pill that must be taken at the same time every day.
Less effective	 Fertility Tracking >87%	Tracking your menstrual cycle to avoid intercourse when you are ovulating.	Every time	<ul style="list-style-type: none"> Only effective if you ovulate regularly, which many women do not.
	 Condom >80%	A condom is a sheath-shaped barrier device used during sexual intercourse to reduce the probability of pregnancy or a sexually transmitted infection.	Every time	<ul style="list-style-type: none"> No prescription necessary. You have to make sure to use condoms correctly, every time, no matter what, for them to be effective. Completely hormone free. Only method that will protect you from Sexually Transmitted Infections!!!
	 Withdrawal >78%	Withdrawal is the oldest form of birth control on the planet.	Every time	<ul style="list-style-type: none"> Doesn't require a visit to the doctor.

*This list of birth control methods does not represent ALL methods. It is intended to inform patients about the methods offered at FPA Medical Group.

** Efficacy rates are based upon the average patient experience, not upon ideal use of the contraceptive.

***Final consideration and approval for a given method will be determined by your provider. These "Things to consider" are not representative of all potential reasons a patient may not be a candidate for a given method.

