
Information from your Patient Aligned Care Team

Birth Control and You



What is Birth Control?

Birth Control or contraception is a method of preventing unwanted pregnancy. Throughout history, women and men have used various methods of contraception. Today, there are many low risk and affordable types of birth control that are available for use.

Types of Birth Control

The main methods of birth control are: Abstinence, Natural Family Planning, Barrier, Hormonal, Withdrawl, and Surgical removal. See [Table 1](#) below for examples of these methods and how to use them.

Abstinence

Abstinence is the only 100% effective method that prevents pregnancy. Abstinence is the voluntary refrain from sexual activity.

Fertility Awareness

This method uses the body's natural rhythms to help prevent pregnancy. Fertility Awareness does not use any device or medication-it is completely natural. Types of

fertility awareness include: calendar/rhythm method, the basal body temperature method, and the cervical mucus method. This method can also be used to help predict a woman's optimal fertility to help get pregnant.

Barrier

The barrier method is a physical or chemical type of contraception that functions to stop sperm from fertilizing with a woman's egg. Women AND men can use barriers to prevent unwanted pregnancy.

Hormonal

Hormonal methods of contraception are available in many forms (see Table 1.). Hormonal contraceptives contain the hormones estrogen and/or progesterone. They work by:

- 1) Helping to stop a woman's ovaries from releasing an egg each month
- 2) Causing the cervical mucus to thicken helping to prevent the sperm to reach and penetrate the egg
- 3) Thinning the lining of the uterus which reduces the likelihood that a fertilized egg will implant in the uterus wall

Withdrawal

This method refers to the manual removal of an erect penis from the vagina prior to ejaculation.

Surgery

In some cases, women and men opt to have surgical removal of their sexual organs to prevent unwanted pregnancy. Some women have their fallopian tubes surgically tied, and some men have their sperm-carrying tubes (Vas Deferens) surgically severed.

Table 1. Overview of Birth Control Methods

Type of Birth Control	Method	How it Works	Percent Effective
Abstinence	Abstinence	<ul style="list-style-type: none"> Voluntarily refraining from sexual activity 	100% (the only method that is 100% effective)
Natural Family Planning	Fertility Awareness	<ul style="list-style-type: none"> Uses natural functions of the body and menstrual cycle to calculate ovulation. Recording body temperature and changes in your cervical mucus each day. Requires periodic abstinence (approximately 7 to 10 days) during ovulation. 	About 25 per 100 women WILL get pregnant
Male Condom	Barrier	<ul style="list-style-type: none"> Latex rubber rolled over an erect penis BEFORE contact with vagina 	About 15-24 per 100 women WILL get pregnant
Female Condom	Barrier	<ul style="list-style-type: none"> 7" long pouch of polyurethane with 2 flexible rings inserted into the vagina before intercourse 	About 15-24 per 100 women WILL get pregnant
Diaphragm	Barrier	<ul style="list-style-type: none"> Rubber dome, filled with spermicide, stretched over a flexible ring that is inserted into vagina and placed over the cervix no more than 3 hours BEFORE to intercourse 	About 15-24 per 100 women WILL get pregnant
Spermicides	Barrier	<ul style="list-style-type: none"> These are sperm-killing chemicals They come in vaginal suppository (insert into vagina), foam, jelly, or foaming tablets 	About 15-24 per 100 women WILL get pregnant
Cervical Cap	Barrier	<ul style="list-style-type: none"> The cervical cap is a cup filled with a type of spermicide inserted into the vagina and placed over the cervix. 	About 15-24 per 100 women WILL get pregnant

Contraceptive Sponge	Barrier	<ul style="list-style-type: none"> • Soft saucer-shaped device made from polyurethane foam. It is placed over the cervix. 	About 15-24 per 100 women WILL get pregnant
Birth Control Pills	Hormonal	<ul style="list-style-type: none"> • Pills that contain hormones that prevent woman's ovaries from releasing eggs. These must be taken at the same time daily. 	About 2-9 per 100 women WILL get pregnant *Safety Risk: Women who have just given birth should wait at least 3 weeks to start birth control pills again.
Emergency Control Pills (Morning After Pill)	Hormonal	<ul style="list-style-type: none"> • For emergencies only. These pills contain the hormone progesterin to prevent the woman's ovaries from releasing eggs. Taken up to five days (120 hours) after unprotected sex to prevent pregnancy. 	The sooner it is started the better it works!
Hormone Injections	Hormonal	<ul style="list-style-type: none"> • Injections release progesterin, which keeps ovaries from releasing eggs, preventing fertilization. (Types include: Depo-Provera) 	About 2-9 per 100 women WILL get pregnant
Birth Control Implant (Implanon)	Hormonal	<ul style="list-style-type: none"> • A thin, flexible plastic implant about the size of matchstick is inserted under the skin of the upper arm. It can work for up to three years 	About 2-9 per 100 women WILL get pregnant
Vaginal Ring/NuvaRing	Hormonal	<ul style="list-style-type: none"> • Flexible ring inserted into the vagina for 3 weeks continuously, removed for a 4th week and then replaced with a new ring. 	About 2-9 per 100 women WILL get pregnant
Birth Control Patch	Hormonal	<ul style="list-style-type: none"> • Patch contains hormones that are released into the skin. • Patch is kept on for 3 weeks and taken off for one week (for menstrual period) 	About 2-9 per 100 women WILL get pregnant
Intrauterine Device (IUD)	Hormonal	<ul style="list-style-type: none"> • IUD is a small plastic device containing copper or hormones and is inserted into the uterus by a medical professional. • The IUD helps prevent fertilization by changing 	About 2-9 per 100 women WILL get pregnant

		cervical mucus and the lining of the uterus.	
Female Sterilization	Surgical	<ul style="list-style-type: none"> • Surgical closing of the fallopian tubes 	Less than 1 per 100 women WILL get pregnant
Male Sterilization	Surgical	<ul style="list-style-type: none"> • Surgical closing of tubes that carry sperm (also known as a vasectomy) 	Less than 1 per 100 women WILL get pregnant
Withdrawal	Other	<ul style="list-style-type: none"> • Removal of the erect penis from the vagina prior to ejaculation. 	About 15-24 per 100 women WILL get pregnant

Click to Find the Method Right for YOU!

<https://www.plannedparenthood.org/all-access/my-method-26542.htm>



http://fremontfamilyplanning.com/yahoo_site_admin/assets/images/birth_control.8190703.jpg

Side Effects of Birth Control

Aside from abstinence and natural family planning, any of the above birth control methods pose some health risk. It is important to consult your healthcare provider before starting any birth control treatment.

What about Sexually Transmitted Diseases (STDs)?

The only 100% way to prevent STDs is through abstinence. It is important to know your partner's sexual history. If your partner is STD free you should both maintain a monogamous (only each other) sexual relationship. The methods listed in this handout were developed to prevent unwanted pregnancy, NOT STDs.

Where Can I Find Information on Birth Control?

Important Note

Prior to taking any birth control it is important that you have a thorough examination and evaluation by your health care provider so that the best treatment can be determined. An essential part of making birth control effective will be your understanding of it and its side effects.

Need Birth Control or Emergency Birth Control?

[Planned Parenthood: Find-A-Center](#) Or Call Planned Parenthood at

1-800-230-PLAN (1-800-230-7526)

Information contained within this fact sheet was adapted from the following sources:

[Planned Parenthood](#)

[American Pregnancy Association](#)

[American College of Obstetricians and Gynecologists](#)

[National Institute Child Health and Human Development](#)