

# Take Control!

Which birth control method is right for you?

	Method* Efficacy**	What is it?	Frequency	Things to Consider***
<b>Most effective</b>	 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"> <li>You will need an office visit with the provider.</li> <li>Most are eligible for insertion same day and process is usually 5 minutes.</li> <li>A great method for women who do not want any hormones.</li> <li>Some women may experience slightly heavier periods or more cramping.</li> </ul>
	 Mirena >99%	A small, <i>hormonal</i> T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 7 years.	8 Years	<ul style="list-style-type: none"> <li>You will need an office visit with the provider.</li> <li>Most are eligible for insertion same day and process is usually 5 minutes.</li> <li>Can cause cramps usually relieved by Ibuprofen.</li> <li>Progesterone only, no estrogen. Safe for women with most health issues. (For example: high blood pressure, heart disease or a clotting disorder.)</li> <li>You can expect a short or light period. Some patients do not have a period at all.</li> <li>Only FDA-approved treatment for fibroids, endometrial polyps, endometriosis and precancerous changes of your uterus!</li> </ul>
	 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"> <li>You will need an office visit with the provider.</li> <li>Most are eligible for insertion same day and process is usually 5 minutes.</li> <li>Can cause cramps usually relieved by Ibuprofen.</li> <li>Smallest, <i>lowest dose</i> five-year option and completely estrogen free!</li> <li>Will eventually make your periods less heavy and less painful!</li> <li>Easy insertion and especially popular with teens or patients who have no children.</li> </ul>
	 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"> <li>No need for a pelvic exam!</li> <li>Small incision required for removal or reinsertion.</li> <li>Can cause unpredictable or daily bleeding, but most women experience lighter or less frequent bleeding.</li> <li>Great for women who don't want anything inserted into their uterus!</li> <li>Low-dose progestin-only hormone implant, and completely estrogen free.</li> </ul>
<b>Effective</b>	 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"> <li>Requires a visit to the doctor and an injection every three months.</li> <li>May cause irregular periods or may make your period go away.</li> <li>Causes reversible bone density loss, so it is best to take Calcium and Vitamin D while using Depo.</li> <li>May cause weight gain or irregular bleeding.</li> </ul>
	 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"> <li>The ring must be inserted vaginally and replaced every 4 weeks.</li> <li>A brief office visit for evaluation and approval prior to receiving a prescription to be filled at any pharmacy.</li> <li>Not safe for women with some types of migraines, high blood pressure, heart disease, or a clotting disorder.</li> <li>Not safe if you are over the age of 35 and a smoker.</li> </ul>
	 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"> <li>The patch must be changed weekly for 3 consecutive weeks, followed by one week without the patch.</li> <li>Placement should be rotated to various parts of the body.</li> <li>Not safe for women with migraines, high blood pressure, heart disease, or a clotting disorder.</li> <li>Not safe if you are over the age of 35 and a smoker.</li> </ul>
	 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"> <li>Requires the patient to take the pill daily and consistently.</li> <li>Most common side effects are sore breasts, nausea, spotting, and decreased sex drive.</li> <li>Not safe for women with migraines, high blood pressure, heart disease, or a clotting disorder.</li> <li>Gives you the ability to safely skip a period.</li> <li>Not safe if you are over the age of 35 and a smoker.</li> <li>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.</li> </ul>
<b>Less effective</b>	 Fertility Tracking >87%	Tracking your menstrual cycle to avoid intercourse when you are ovulating.	Every time	<ul style="list-style-type: none"> <li>Only effective if you ovulate regularly, which many women do not.</li> </ul>
	 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"> <li>No prescription necessary.</li> <li>You have to make sure to use condoms correctly, every time, no matter what, for them to be effective.</li> <li>Completely hormone free.</li> <li>Only method that will protect you from Sexually Transmitted Infections!!!</li> </ul>
	 Withdrawal >78%	Withdrawal is the oldest form of birth control on the planet.	Every time	<ul style="list-style-type: none"> <li>Doesn't require a visit to the doctor.</li> </ul>

Revised: 1/28/25 10.0010.01

\*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.