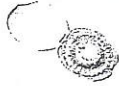





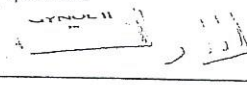






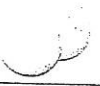


# BIRTH CONTROL

*Choosing a method that's right for you*

There are many different birth control methods available today. All of these birth control methods can help prevent pregnancy. Additionally, some of these methods will help protect you from HIV infection (the virus that causes AIDS) and other sexually transmitted diseases (STDs). This chart provides some basic information on what birth control methods are currently available. You may want to discuss these with your healthcare professional to determine what birth control methods are right for you.

Keep in mind that the effectiveness of the birth control methods listed here is based on "perfect use," which means the birth control method is used as directed each and every time.

Primary Birth Control	How to Use	Effectiveness (Perfect Use)	Prescription Needed	Protects Against STDs
<b>Hormonal</b> 21-day and 28-day oral contraceptive (the Pill) 	Take 1 pill every day as directed. A period occurs every 28 days	Approximately 99% effective	Yes	No
Extended-cycle oral contraceptive (the extended-cycle Pill) 	Take 1 pill every day for 3 months as directed. A period occurs just 4 times a year	Approximately 99% effective	Yes	No
Contraceptive patch 	Apply to skin and change weekly	Approximately 99% effective	Yes	No
Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days	More than 98% effective	Yes	No
Injection 	Get injections every 3 months	More than 99% effective	Injections given in healthcare professional's office or clinic	No
IUD (hormonal) 	Inserted in the uterus and can remain for up to 5 years	More than 99% effective	IUD inserted in healthcare professional's office or clinic	No
<b>Nonhormonal</b>	<b>How to Use</b>	<b>Effectiveness (Perfect Use)</b>	<b>Prescription Needed</b>	<b>Protects Against STDs</b>
Spermicide 	Apply every time before sex	94% effective	No	Some
Diaphragm 	Insert every time before sex	Up to 94% effective when used with spermicide	Yes	Some, when used with spermicide
Cervical cap 	Insert every time before sex	91% effective if never pregnant; 74% after having children	Yes	Some, when used with spermicide
Female condom 	Insert every time before sex	95% effective	No	Some
Male condom 	Partner must wear every time during sex	Up to 97% effective	No	Yes, most condoms
IUD (copper) 	Inserted in the uterus and can remain for up to 10 years	98.5% effective	IUD inserted in healthcare professional's office or clinic	No
Female sterilization ("tubes tied") or male sterilization (vasectomy) 	No action required after surgery	99.5% effective (female); 99.9% effective (male)	No. Performed surgically	No
<b>Emergency Contraception — if your primary method of birth control fails</b>				
Emergency contraceptive pill 	Take 1st pill within 72 hours after unprotected sex or contraceptive failure. Take 2nd pill 12 hours after the 1st dose	89% effective	Yes*	No

\*Available without a prescription in a limited number of states. Call 1-888-NOT-2-LATE for more information.