















Birth Control Methods Guide

	METHOD		WHEN TO USE	EFFECTIVENESS	HORMONES
Visit Clinic or Doctor Office.	Permanent Methods		Forever	>99%	None
	Copper IUD		10 years	>99%	None
	Hormonal IUD		3-8 years	>99%	Progestin only
	Implant		3 years	>99%	Progestin only
Prescription Needed. Ask the Pharmacist.	Shot		3 months	94%	Progestin only
	Rings		4 weeks	91%	Combination
	Patches		1 week	91%	Combination
	Pills		Every day	91%	Progestin only or Combination
	Diaphragm		Every time	88%	None
	Gel		Every time	86%	None
	Cervical Cap		Every time	86%	None
No Prescription Needed. Buy at the Pharmacy.	External ("Male") Condom		Every time	82%	None
	Internal ("Female") Condom		Every time	79%	None
	Withdrawal		Every time	78%	None