

METHOD	HOW TO USE	THINGS TO KNOW	HOW WELL DOES IT WORK*
Condom External 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use a polyurethane condom if allergic to latex 	<ul style="list-style-type: none"> Can use for oral, vaginal, and anal sex Protects against HIV and other sexually transmitted infections (STIs) 	87%
Condom Internal 	<ul style="list-style-type: none"> Use a new condom each time you have sex Use extra lube as needed 	<ul style="list-style-type: none"> Can use for oral, anal and vaginal sex May increase vaginal/anal pleasure Good for people with latex allergy Protects against HIV and other sexually transmitted infections (STIs) 	79%
Diaphragm Caya® and Millex® 	<ul style="list-style-type: none"> Put in vagina each time you have sex Use with spermicide each time 	<ul style="list-style-type: none"> Can last several years Spermicide may raise the risk of getting HIV Raises risk of bladder infection 	83%
Emergency Contraception (EC) Pills Plan B®, Next Choice®, ella® and others 	<ul style="list-style-type: none"> Works best the sooner you take EC pills after unprotected sex You can take EC up to 5 days after unprotected sex 	<ul style="list-style-type: none"> May cause spotting Your next monthly bleeding may come early or late Ulipristal acetate EC works better than progestin EC if your body mass index (BMI) is over 26. ella EC works better than progestin EC 3-5 days after sex 	58-94%
Fertility Awareness Natural Family Planning 	<ul style="list-style-type: none"> Predict fertile days by: taking temperature daily, checking vaginal mucus, and/or keeping a record of your monthly bleeding 	<ul style="list-style-type: none"> Can help with avoiding or trying to become pregnant Use another birth control method on fertile days Does not work well if your monthly bleeding is irregular 	85%
Implant Nexplanon® 	<ul style="list-style-type: none"> A clinician places it under the skin of the upper arm It must be removed by a clinician 	<ul style="list-style-type: none"> Lasts up to 5 years May cause irregular spotting or no monthly bleeding at all Cramps often improve 	>99%
IUD - Copper ParaGard® 	<ul style="list-style-type: none"> Must be placed in uterus by a clinician Usually removed by a clinician 	<ul style="list-style-type: none"> Lasts up to 12 years May cause cramps and heavy monthly bleeding Can be used as emergency contraception up to 5 days after unprotected sex 	>99%
IUD - Hormonal Liletta®, Mirena®, Skyla®, and others 	<ul style="list-style-type: none"> Must be placed in uterus by a clinician Usually removed by a clinician 	<ul style="list-style-type: none"> Lasts 3 to 8 years, depending on which IUD you get May improve cramps May cause lighter monthly bleeding, spotting, or no monthly bleeding at all Uses levonorgestrel, a progestin Some types can be used as emergency contraception up to 5 days after unprotected sex 	>99%
The Patch Ortho Evra® 	<ul style="list-style-type: none"> Apply a new patch once a week for three weeks No patch in week 4 	<ul style="list-style-type: none"> Can irritate skin under the patch Can make monthly bleeding more regular and less painful May cause spotting the first few months 	93%

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The Pill 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> Can improve acne and premenstrual syndrome (PMS) symptoms May cause nausea, weight gain, headaches, change in sex drive Can make monthly bleeding more regular and less painful May cause spotting the first few months 	93%
Progestin-Only Pills 	<ul style="list-style-type: none"> Take the pill daily 	<ul style="list-style-type: none"> May cause changes in hair, skin, or sex drive Can make monthly bleeding more regular and less painful May cause spotting the first few months 	93%
The Ring ANNOVERA® and Nuvaring® 	<ul style="list-style-type: none"> Insert a small ring into the vagina Monthly Ring: Change ring each month Yearly Ring: Change ring each year 	<ul style="list-style-type: none"> There are 2 types: a monthly ring and a yearly ring Can make monthly bleeding more regular and less painful May cause spotting the first few months Can increase vaginal discharge 	93%
The Shot Depo-Provera® 	<ul style="list-style-type: none"> Get a shot every 3 months (13 weeks) Give yourself the shot or get it in a medical office 	<ul style="list-style-type: none"> May cause changes in mood, weight, hair, skin, or sex drive Side effects may last up to 6 months after you stop the shots Often decreases monthly bleeding May cause spotting or no monthly bleeding 	96%
Sterilization: Tubal Methods "tubes tied" 	<ul style="list-style-type: none"> This method closes the fallopian tubes A clinician reaches the tubes through your belly 	<ul style="list-style-type: none"> This method is permanent Reversal is difficult Risks include infection, bleeding, pain, and reactions to anesthesia 	>98%
Sterilization: Vasectomy 	<ul style="list-style-type: none"> A clinician blocks or cuts the tubes that carry sperm Can be done in the clinician's office 	<ul style="list-style-type: none"> This method is permanent It is more effective, safer, and cheaper than tubal procedures Reversal is difficult Risks include infection, pain, and bleeding It may take a few months to work 	>99%
Vaginal Acidifying Gel Phexxi® 	<ul style="list-style-type: none"> Insert gel in vagina each time you have sex 	<ul style="list-style-type: none"> Can be put in as part of sex play/foreplay Does not have any hormones Requires a prescription May irritate vagina, penis Should not be used with urinary tract infection 	86%
Vaginal Spermicide cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> Insert spermicide each time you have sex 	<ul style="list-style-type: none"> Comes in many forms: cream, gel, sponge, foam, inserts, film May raise the risk of getting HIV May irritate vagina, penis Can buy at many stores without a prescription 	79%
Withdrawal Pull-out 	<ul style="list-style-type: none"> Pull penis out of vagina before ejaculation (coming) 	<ul style="list-style-type: none"> Costs nothing Less pleasure for some Does not work if penis is not pulled out in time Must interrupt sex 	80%

*Typical Use

If you are looking for protection from STIs and HIV, both the internal and external condom are great options!

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