

BIRTH CONTROL METHODS



Method/Effectiveness	Frequency/Duration	Procedure	Side Effects	Additional Information
Copper IUD 99% Effective*	Lasts up to 10 years	T-shape device inserted into the uterus by clinician	May cause increased bleeding and cramping	Can be reversed any time by removing the IUD
Hormonal IUD (H) 99% Effective*	Lasts for 3-7 years (depending on brand/dose)	T-shape device inserted into the uterus by clinician	May cause light/irregular bleeding	Can be reversed any time by removing the IUD
Implant (H) 99% Effective*	Lasts up to 3 years	Rod implanted into underside of upper arm by clinician	May cause light/irregular bleeding	Can be reversed any time by removing the implant
Injection (H) 94-99% Effective*	Administered every 12 weeks	Injection into arm or buttocks by clinician every 12 weeks	May cause light/irregular bleeding; possible weight gain	Cannot reverse side effects (can last up to 12 weeks); conception may take 9-12 months after stopping injections
Vaginal Ring (H) 91-99% Effective*	Inserted in vagina 3 out of 4 weeks	At-home insertion and removal	May cause vaginal irritation, irregular discharge	May require practice to insert Prescription required
Pill (H) 91-99% Effective*	Taken once-a-day by mouth	1 pill taken every day	May cause breast tenderness and nausea	Lighter and shorter periods, often improves acne, decreased risk for some cancers Prescription required
Patch (H) 91-99% Effective*	New patch applied each week for 3 weeks (1 week no patch)	At-home placement on skin (abdomen, upper arm, or buttocks)	May cause breast tenderness and nausea	Can be worn during bathing and exercise; must be replaced if it comes loose or falls off Prescription required
Phexxi Gel 86-93% Effective*	Inserted in vagina up to 1 hour before sex; must be used every time you have sex	At-home gel insertion into vagina	May cause vaginal burning, itching, discomfort, or irregular discharge	Prescription is required
External Condom (Male) 82-98% Effective*	A new one must be used every time you have sex	Placed over penis prior to contact with vagina	May cause irritation	Different sizes available; non-latex options available Decreases risk of STIs and HIV
Internal Condom (Female) 79-95% Effective*	A new one must be used every time you have sex	Inserted into vagina prior to contact with penis	May cause irritation	Made of polyurethane (non-latex) May require practice to insert Decreases risk of STIs and HIV

KEY: (H) - Hormonal Method | * Effectiveness varies; numbers are based on typical use versus perfect use of method

(CONTINUED ON BACK)

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BIRTH CONTROL METHODS (CONTINUED FROM FRONT)

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Withdrawal 73-96% Effective*	Must be done every time you have sex	Penis is withdrawn from vagina prior to ejaculation	May diminish pleasure	Pre-ejaculate may contain sperm, STIs, and HIV
Diaphragm + Spermicide 71-82% Effective*	Must be inserted every time prior to sex	At-home insertion into vagina (to cover the cervix); spermicide must be added to diaphragm prior to insertion	May cause vaginal irritation and discomfort	May require practice to insert
Sponge 76-86% Effective*	Once inserted, lasts up to 24 hours	At-home insertion into vagina (to cover the cervix) up to 24 hours prior to sex; leave in place for at least 6 hours after the last time you had sex	May cause vaginal irritation and discomfort	Must be removed from vagina after 30 hours
Spermicide 72% Effective*	Must be used every time you have sex	At-home insertion (foam, cream, gel, film, or suppository) into the vagina 15-30 min prior to sex	May cause vaginal irritation and discomfort	Use spermicide plus a condom or diaphragm for extra protection from pregnancy
Emergency Contraception (H) 75-89% Effective*	Pill taken after unprotected sex	Pill taken up to 72 hours (Plan B) or 120 hours (Ella - prescription required) after unprotected sex; both are best if taken ASAP after sex	May cause irregular bleeding, nausea, vomiting	Anyone can purchase Plan B without a prescription Less effective in women who weigh more than 200 lbs
Fertility Awareness 76-98% Effective*	Practiced throughout menstrual cycle	Fertility indicators (vaginal discharge, temperature, cycle days, etc.) used to identify times of fertility	High failure rates	Fertility indicators can be affected by illness, level of activity, stress, food, drugs, alcohol, medication, and hormones
Sterilization 99% Effective*	One-time surgical procedure to protect against pregnancy permanently	Tubal ligation - cutting and tying of the fallopian tubes Vasectomy - cutting the vas deferens	Small risk of bleeding or infection	Surgery/general anesthesia for tubal ligation Outpatient procedure/local anesthetic for vasectomy

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SPRING 2022

RESOURCES (area code 520)

- UA Campus Health Service621-9202
- Sexual Health Questions621-4967
- Pharmacy621-6516
- Women's Health & LGBTQ+ Health626-5738
- Counseling & Psych Services (CAPS).....621-3334
- Oasis Sexual Assault, Gender-Based Violence & Trauma Services.....626-2051
- Pima County Health Department.....724-7770
- HIV/STD Counseling and Testing724-7900
- Family Planning (North Office)724-7900
- Planned Parenthood of Arizona408-7526
- Southern Arizona Center Against Sexual Assault (24-hour hotline).....327-7273



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