











Need Contraception?

Available at University Health Services

	WHAT IT IS	PROS	CONS	FREQUENCY	EFFECTIVENESS	STI PREVENTION
	Contraceptive Implant A thin, flexible plastic rod inserted under the skin of the upper arm. Releases the hormone progestin.	<ul style="list-style-type: none"> Maintenance-free and private, feels like a matchstick under your skin but cannot be seen May reduce cramps and lighten or stop menstruation Easily reversible if you want to get pregnant Cost-effective over time 	<ul style="list-style-type: none"> May cause irregular bleeding High upfront cost if not covered by insurance 	Replace every 3 years	Greater than 99%	NO
	Hormonal Intrauterine Device (IUD) A small, T-shaped device inserted into the uterus. Releases the hormone progestin.	<ul style="list-style-type: none"> Maintenance-free and private, can't be felt by you or your partner May reduce cramps and lighten or stop menstruation Easily reversible if you want to get pregnant Cost-effective over time 	<ul style="list-style-type: none"> May cause irregular bleeding High upfront cost if not covered by insurance 	Replace every 3-8 years depending on brand	Greater than 99%	NO
	Hormone-Free Intrauterine Device (IUD) A small, T-shaped device inserted into the uterus. Made of plastic and wound with copper.	<ul style="list-style-type: none"> Maintenance-free and private, can't be felt by you or your partner Easily reversible if you want to get pregnant Cost-effective over time 	<ul style="list-style-type: none"> May cause heavier periods with more cramping High upfront cost if not covered by insurance 	Replace every 10 years	Greater than 99%	NO
	Contraceptive Injection (The Shot) A progestin injection given every 3 months.	<ul style="list-style-type: none"> Low-maintenance and private May lighten or stop periods 	<ul style="list-style-type: none"> May cause irregular bleeding May take up to a year for fertility to return after injections are ended 	Injection every 3 months	94-99%	NO
	Contraceptive Patch A weekly prescription birth control patch that contains estrogen and progesterone.	<ul style="list-style-type: none"> Weekly administration of a single patch Can be applied under clothing to buttocks, abdomen, upper outer arm or back You'll have vaginal bleeding during your patch free week 	<ul style="list-style-type: none"> About 60% more estrogen exposure than combined oral birth control pills Increased estrogen may increase risk of side effects May not be as effective in individuals weighing more than 198 lbs or those with a BMI of 30 or more Must stick securely to your skin to work 	Replace every week for 3 weeks, then take a patch free week	93-99%	NO
	Hormonal Oral Contraception (The Pill) A pill containing the hormones estrogen and/or progestin, taken every day at the same time to ensure effectiveness.	<ul style="list-style-type: none"> May decrease bleeding and cramps Patient controlled 	<ul style="list-style-type: none"> Must be taken at the same time every day May cause a change in sex drive 	Take at the same time every day	91-99%	NO
	Vaginal Ring (The Ring) A small, flexible plastic ring inserted into the vagina every month. Releases the hormones estrogen and progestin.	<ul style="list-style-type: none"> Convenient and discreet Only inserted once a month 	<ul style="list-style-type: none"> You must be comfortable touching your vagina May cause a change in sex drive 	Replace every month	91-99%	NO
	Diaphragm A shallow, dome-shaped cup made of silicone and inserted into the vagina. Covers the cervix and keeps sperm out of the uterus.	<ul style="list-style-type: none"> Can be inserted just before or hours in advance of sex Doesn't affect your hormones 	<ul style="list-style-type: none"> You must be comfortable touching your vagina Must be used with spermicide Must be left in for at least 6 hours after sex May be difficult to insert 	Use every time you have sex	88-94%	NO
	Condom (External and Internal) A thin piece of latex, nitrile (internal condom) or other material rolled onto the penis or placed into the vagina to create a barrier between partners.	<ul style="list-style-type: none"> Can be used for vaginal, anal and oral (external condom only) sex Internal condom can be inserted a few hours or just before sex Can get for free from the Longhorn Wellness Center (SSB 1.106) 	<ul style="list-style-type: none"> Need to use a new one during every sexual act You must be comfortable touching your vagina (internal condom) May take practice to get used to (internal condom) 	Use every time you have sex	<ul style="list-style-type: none"> 82-98% (external condom) 79-95% (internal condom) 	YES
	Withdrawal (The Pull Out Method) Removing the penis from the vagina before ejaculation.	<ul style="list-style-type: none"> Free No side effects or hormones 	<ul style="list-style-type: none"> Difficult to perform perfectly every time Even with perfect use, sperm from previous ejaculations can live in the urethra for up to 24 hours and fertilize an egg 	Use every time you have sex	78-96%	NO

Most Effective
Greater than 99% effective

Least Effective for Pregnancy Prevention