

Method	Effectiveness (Failure Rate)	Protection From STDs?	Other Benefits	Additional Comments
Abstinence	100% (25% if "periodic")	Yes	<ul style="list-style-type: none"> <li>Prevents STD's and reduces risk for cervical cancer</li> </ul>	<ul style="list-style-type: none"> <li>No side effects</li> </ul>
Emergency Contraception	75-89% (11-25%) – more effective when used sooner after unprotected sex 99% when <i>ParaGard</i> used	No	<ul style="list-style-type: none"> <li><i>Plan B</i>, <i>OCPs</i> and <i>Ella</i> can be used up to 120 hrs</li> <li><i>ParaGard</i> inserted up to 7 days after unprotected sex</li> </ul>	<ul style="list-style-type: none"> <li>Can be obtained without a prescription for &gt;17 – <i>call immediately if needed</i></li> <li><b>NOT a substitute for proper contraception!!</b></li> </ul>
IUD's* ( <i>Mirena</i> and <i>ParaGard</i> )	99.9% (0.1%) for <i>Mirena</i> 99.9% (0.1%) for <i>Skyla</i> 99.2% (0.8%) for <i>ParaGard</i>	No – <i>Mirena</i> may provide some protection for PID	<ul style="list-style-type: none"> <li><i>Mirena</i> decreases menstrual flow and pain (&gt; 50% will have no periods)</li> <li>May provide protection against endometrial cancer</li> </ul>	<ul style="list-style-type: none"> <li><i>Can be used by those who have never had children, including adolescents</i></li> <li>Very effective and cost-effective</li> <li><i>Mirena – 5 years; Skyla – 3 years; ParaGard -10 years</i></li> </ul>
Hormonal Implant* ( <i>Nexplanon</i> )	99.9% (0.1%)	No	<ul style="list-style-type: none"> <li>Some (~20%) will have no periods</li> <li>May help with heavy and painful periods</li> </ul>	<ul style="list-style-type: none"> <li>Effective for <b>3 years</b>; also very cost-effective</li> <li>Can ONLY be inserted/removed by a trained professional (<a href="http://www.nexplanon-usa.com">www.nexplanon-usa.com</a>)</li> <li>Unscheduled bleeding may occur</li> </ul>
"The Shot" ( <i>Depo-Provera</i> )	97% (3%)	No – modest protection against PID	<ul style="list-style-type: none"> <li>Many will not have periods – reduces cramping/pain</li> <li>May protect against endometrial and ovarian cancers</li> </ul>	<ul style="list-style-type: none"> <li>Injection every 3 months</li> <li>Weight gain (~5-10lbs) common</li> <li>Reversible bone density loss with long term use</li> </ul>
"The Pill"	92% (8%)	No	<ul style="list-style-type: none"> <li>Improve acne, reduces menstrual flow, cramping and PMDD</li> <li>May protect against endometrial and ovarian cancers</li> </ul>	<ul style="list-style-type: none"> <li>Lower dose pills (<i>Ortho-Tricyclen Lo</i>, <i>Yaz</i>, <i>Lo-Estrin</i>, etc.) may not be as effective for obese females and not as forgiving if not taken at the same time</li> <li>Other health risks – increased risks for blood clots, migraines, etc.</li> </ul>
"The Patch" ( <i>Ortho-Evra</i> )	92% (8%)	No	<ul style="list-style-type: none"> <li>Similar to the pills</li> </ul>	<ul style="list-style-type: none"> <li>Patch needs to be changed every week for 3 weeks, then taken off for 1 week</li> <li>May have higher risk of clots; skin irritation is common</li> <li><i>Should NOT be used for &gt;198 lbs</i></li> </ul>
"The Ring" ( <i>Nuva-Ring</i> )	92% (8%)	No	<ul style="list-style-type: none"> <li>Similar to the pills</li> </ul>	<ul style="list-style-type: none"> <li>Inserted vaginally each month for 3 weeks, then taken out for 1 week</li> </ul>
Condoms	85% (15%) male condoms 79% (21%) female condoms	Yes (male) Some (female)	<ul style="list-style-type: none"> <li>Protection against STD's (including HIV, some against HPV)</li> </ul>	<ul style="list-style-type: none"> <li>Available without prescription</li> <li>Non-latex not as effective</li> <li><i>Should ALWAYS be used!!</i></li> </ul>

\* ACOG Committee Opinion recommendation for **first line (best) options** for adolescents and young women