



Contraceptive Options

The following information is to assist in making an informed decision. Discuss contraception with your partner.

Condoms

- pros: inexpensive and easy to obtain, relatively simple to use, good protection from pregnancy and STDs when used properly, perfect use failure rate 3%
- cons: some couples will choose to not use one because of the interruption, a condom will not be effective if not used properly, some lubricants may damage a condom, typical use failure rate 14%

Cervical Cap

- pros: associated with less incidence of UTIs than the diaphragm, one cervical cap can be used for several years, reduces transmission of HPV, may be left in vagina for up to 24-48 hours
- cons: must be fitted and have one prescribed, incorrect insertion may make it ineffective, must use with spermicide, not an effective protection against STDs, some risk of toxic shock syndrome, 9-20% failure rate with women who have never been pregnant, 20-40% failure rate with women who have been pregnant

Diaphragm

- pros: one will last for several years, the woman is in control of inserting and may do so prior to sexual activity, some protection against STDs
- cons: must be fitted and have one prescribed, some association with UTIs, incorrect insertion may make it ineffective, must use with spermicide, not an effective protection against STDs, some risk of toxic shock syndrome, 6-20% failure rate

IUD

- pros: one insertion will last many years, some women will experience little to no side-effects, some women will have reduced menstruation, primary action is to prevent fertilization, side effects of one type of IUD will be different for a woman than the other, does not need insertion at time of intercourse, can be removed when conception is desired, 0.8% failure rate
- cons: some women will have heavier menstruations, painful periods or bleeding between cycles, IUD may be expelled, IUD may perforate uterus, no protection from STDs, need to be fitted for IUD and have it removed by health care provider, possible complication of PID

Birth Control Pills

- pros: may eliminate symptoms of dysmenorrhea, acne, endometriosis, may regulate cycles, the woman is in control of her fertility, the woman may use the pills to effectively prevent menstruation for months at a time, stop use at any time to reduce negative side effects or for fertility, perfect use failure rate is 0.05%, 2 types
- cons: must take every day, side effects include headaches, dysmenorrhea, breakthrough bleeding (less negative side-effects are seen in the progesterone-only mini pill), no protection from STDs, prescription from care provider required, misuse is common, typical use failure rate is 6%

Depo-Provera

- pros: cannot use incorrectly, no estrogen related side-effects, may contribute to decreased risk of endometrial cancer, 0.3% failure rate
- cons: must be re-injected every 12 weeks by health care practitioner, no protection from STDs, fertility will not return for 14 weeks after injection, weight gain, menstrual changes

Norplant

- pros: one-time injection lasts for years, may be removed for immediate fertility, 0.05% failure rate
- cons: must be removed by health care practitioner to return fertility, menstrual changes, increased appetite, weight gain, not available due to manufacturing problems

Natural Family Planning

- pros: ability to manage fertility for conception or contraception, no side-effects
- cons: both the woman and the man must participate in prevention, restricts sexual activity during fertile times, high failure rate