



Birth Control

There are many different birth control options available today. All of these methods can help prevent pregnancy and some help protect against sexually transmitted infections (STI s). The chart below provides some basic information on the birth control methods currently available. Please discuss with your health care provider to determine which is best for you.

Hormonal Birth Control	How to Use	Effectiveness (Perfect Use)	Prescription Needed	Protects against STI s
Oral Contraceptive Pills (21 and 28 day packs)	Take 1 pill every day as directed. A period occurs every 28 days	Approximately 99% Effective	Yes	No
Extended-Cycle Oral Contraceptive Pills	Take 1 pill every day for 3 months as directed. A period occurs just 4 times per year.	Approximately 99% Effective	Yes	No
Contraceptive Patch	Apply to skin and change weekly	Approximately 99% Effective	Yes	No
Vaginal Ring	Insert monthly and leave in place for 21 days	More than 99% Effective	Yes	No
Injection (Depo Provera) 	Injections every 3 months	More than 99% Effective	Yes	No
IUD (hormonal) 	Inserted by a health care practitioner, can remain in place for up to 5 years	More than 99% Effective	Yes	No
Non-Hormonal Birth Control	How to Use	Effectiveness (Perfect Use)	Prescription Needed	Protects Against STI s



Cervical

