

**Illinois Department of Human Services
Family Planning Program
Contraceptive Options Chart**

Nonhormonal Contraceptions - These methods prevent pregnancy by providing a barrier against sperm, or by interfacing with sperm movement or viability. These methods do not use hormones and will not interfere with your natural cycle. The only method that is 100% effective against pregnancy and Sexually Transmitted Infections (STIs) is Continuous Abstinence.

	PERCENT EFFECTIVE Typical/Perfect	PROTECTS AGAINST STIs & HIV	ADVANTAGES	DISADVANTAGES
Continuous Abstinence - No sex or sex play	100	YES	Supported by most religions, with no worry of STIs/HIV or pregnancy.	May be difficult to abstain from sex or sex play.
Outer course - Sex play	99	NO	May prolong sex play and enhance orgasm	May be difficult to abstain from vaginal intercourse. Pre-ejaculate may contain sperm.
The Male Condom - Sheath made of latex, plastic or animal tissue covering the penis	86 97	YES	Easy to buy, can be part of sex play, may help relieve premature ejaculation.	Possibility of allergic reactions, loss of sensation and breakage.
The Female Condom -	79 95	YES	Easy to buy, can be part of sex play, erection is not necessary to keep in place.	Can be messy, may be difficult to insert, and create allergic reactions.
Intrauterine Device (IUD) - A small device placed in a woman's uterus.	99	NO	No daily pill to take, nothing to remember before intercourse. Some last 8-10 years	May cause increased cramping and heavier periods. Less well-tolerated among women who have never given birth.
Diaphragm & Cervical Cap Shallow latex cup placed over cervix.	80 94 80 91	NO	No major health concerns to worry about, can last many years.	Can be messy, allergic reactions possible.
Foams, Creams, Jellies, Suppositories, Films - Spermicide inserted deep into vagina before intercourse.	74 94	NO	Easy to buy and dissolve in vagina.	Can be messy, allergic reactions possible.
Withdrawal - Man pulls penis out of vagina before ejaculation	81 96	NO	Can be used to prevent pregnancy when no other method is available	Requires great self-control, experience and trust. Not appropriate for teens or men with premature ejaculation.
Natural Family Planning (Fertility Awareness Method) - Calculate and abstain from sex during "unsafe" days (IE: Basal T & C, Cycle Beads).	* 91-99	NO	Supported by most religions	Difficult if partner is uncooperative, periods are irregular, or record keeping is poorly done.
Sterilization - Tubal Ligation (females) OR Vasectomy (males) - Surgery that prevents sperm from reaching egg.	99	NO	No lasting side effects, no effect on sexual pleasure, highly effective.	May regret later, reversal cannot be guaranteed, tubes may reopen allowing pregnancy, and anesthetic is involved during surgical procedure.

Hormonal Contraceptions - These methods prevent pregnancy by using hormones to prevent the release eggs into your uterus and/or thicken cervical mucus to prevent sperm from reaching the egg. Each method has certain characteristics that may not work for every woman. Talk with your health care provider for more information on the choices that would be best for you. The only method that is 100% effective against pregnancy and Sexually Transmitted Infections (STIs) is Continuous Abstinence.

	PERCENT EFFECTIVE Typical/Perfect	PROTECTS AGAINST STIs & HIV	ADVANTAGES	DISADVANTAGES
Depo-Provera - Hormone injection given every 12 weeks.	99	NO	No daily pill to take, nothing to put in place prior to intercourse. Protects against cancer of the lining of the uterus and anemia.	May cause weight gain, irregular bleeding/spotting, delay in conception after shots are stopped
Intrauterine System (IUS) - A small device placed in a woman's uterus. <i>Mirena</i> (Levonorgestrel).	99	NO	No daily pill to take, nothing to remember before intercourse. Lasts 5-7 years.	Usually less well-tolerated among women who have never given birth.
NuvaRing - A vaginal ring inserted for three weeks.	* 99	NO	No daily pill to take, nothing to remember before intercourse.	Some women may be uncomfortable inserting ring on their own. Ring may slip out of place. Stroke and heart attack are associated with estrogen containing methods.
Ortho Evra (the patch) - Patch applied to skin	* 99	NO	No daily pill to take, nothing to remember before intercourse.	Possibility of skin irritations where patch is applied. Stroke and heart attack are associated with estrogen containing methods.
The Pill - Oral contraceptives taken daily (includes Seasonale)	95 99	NO	Nothing to remember before intercourse, more regular periods, often less cramping.	Pill must be taken daily. Stroke and heart attack area associated with estrogen containing methods.
Progestin - Only Pill	95 99	NO	Nothing to remember before intercourse, more regular periods, often with less cramping.	For breastfeeding women, smokers, and those unable to take estrogen containing pill.
Emergency Contraception "The Morning After Pill" - Dosages of hormones taken after intercourse	99 within 12 hours 95 within 24 hours 85 within 72 hours MORE EFFECTIVE WHEN GIVEN EARLIER	NO	Can be used after intercourse to prevent pregnancy, can be purchased to have "on hand."	May cause nausea and headaches. EC is not a regular method of birth control.

* Not Available

Henry & Stark County Health Departments
 4424 US Hwy 34, Kewanee, IL 61443
 (309) 852-5272
 103 1st St., Colona, IL 61241
 (309) 792-4011

PROGRAM FUNDING INCLUDES A GRANT FROM THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) TITLE X.