





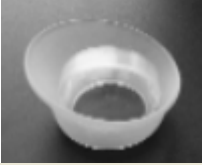

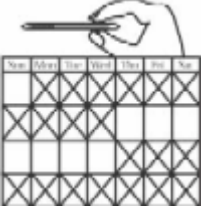





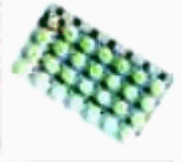





Birth Control Methods

Birth control methods approved by the Food and Drug Administration (FDA), including emergency contraception, are available through Family Planning subsidized clinics and physician contract offices. Before a method is chosen, a thorough health history is completed, followed by education and counseling regarding benefits and risks of available methods. Information from the health history, education and counseling notes is incorporated into the client's health profile.

BIRTH CONTROL METHODS			
	Method	Effectiveness (with perfect use)*	What is it?
	Abstinence	100% if used perfectly	A decision not to have sexual intercourse until both partners are ready.
	Birth Control Injection (Depo-Provera)	99.7%	Depo-Provera is a shot of the hormone, progestin, given every three months. The shot stops the egg from leaving the ovary and causes changes in the lining of the uterus to prevent pregnancy.
	Contraceptive Patch (Ortho Evra)	99.7%	The patch is placed on the abdomen, arm, or buttock. It needs to be changed every week. It contains the same active ingredients as birth control pills but are absorbed through the skin.
	Contraceptive Sponge	91-80% ♦	A round pillow shaped polyurethane sponge containing spermicide. It is one-size, over-the-counter product. Moisten with water prior to use and insert into the vagina.
	Diaphragm (with spermicide)	94%	A dome shaped rubber cup with a firm ring that covers the cervix. The diaphragm is used with a spermicide and acts as a barrier between the cervix and sperm.
	Emergency Contraceptive Pills (ECPs)	Reduces the risk of pregnancy by 75% - 89%	Hormone pills taken in specific doses within 5 days after unprotected intercourse, birth control failure or sexual abuse. ECPs are more effective the sooner you take them.

	FemCap	91-74% ♦	A sailor hat shaped silicone cap that fits over the cervix. Use with spermicide. Acts as a barrier between the cervix and sperm.
	Female Condom	95%	A sheath made of polyurethane with rubber rings at each end. The closed end is inserted into the vagina. The condom covers the cervix, vagina, and outer area of the vagina.
	Fertility Awareness and Natural Family Planning	91-99%	A combination of methods that help to detect the fertile days of the menstrual cycle. To prevent pregnancy, couples abstain from sex or use barrier birth control methods during fertile days. To start a pregnancy, couples time intercourse during fertile days.
	IUD (Paragard)	99.4%	A plastic device, with copper wire and string attachment, placed into the uterus. It is thought to stop the egg and sperm from meeting, or to change the lining of the uterus to prevent a pregnancy.
	IUS (Mirena)	99.9%	The Intrauterine System (IUS) is a small plastic device with the hormone, levonorgestrel. The IUS is placed into the uterus and the hormone is slowly released into the uterus to prevent a pregnancy.
	Lea's Shield	91-74% ♦	Oval shaped silicone device used with spermicide. It is one-size product available by prescription. Insert into the vagina to cover the cervix. Acts as a barrier between the cervix and sperm.
	Male Condoms (rubbers)	98%	A sheath that covers the penis and stops the sperm from entering the uterus to prevent pregnancy and to decrease the transmission of sexually transmitted diseases. Latex or polyurethane condoms are the most effective condoms.

	Combined Pill (combines estrogen and progestin)	99.7%	Pills that contain the hormones estrogen and progestin. Take one pill everyday around the same time. Hormones stop the egg from leaving the ovaries and thicken cervical fluid, which stop the sperm.
	Mini Pills (progestin only)	99.7%	Pills that act in the same manner as the combination pill but contain only progestin, and are recommended for women who are breast-feeding.
	Spermicide	82%	Comes in foam, suppositories, gels, film and creams and is inserted into the vagina before intercourse. It kills the sperm and prevents the sperm from reaching the egg.
	Vaginal Contraceptive Ring	99.7%	A flexible ring that contains estrogen and progestin is inserted in the vaginal canal for 3 weeks. The ring is removed during the fourth week and a period begins. Then a new ring is inserted.
	Withdrawal	96%	Before ejaculation, the male partner withdraws his penis from the vagina.
	Sterilization (female)	99.5%	A permanent surgical procedure to block the fallopian tubes. As a result the sperm and egg do not meet and fertilization does not occur.
	Sterilization (male)	99.9%	A permanent surgical procedure to block the sperm from reaching the egg.

* The percentage of couples who prevent a pregnancy using a birth control method perfectly during the first year of use. Figures taken from Contraceptive Technology 2004. Effectiveness can be increased by using two methods together, such as spermicide and condoms.

◆ Method is less effective for women who have had one or more babies.