

Food and Drug Administration (FDA) Approved Methods of Birth Control

Methods	*Number of women out of 100 who will not get pregnant: "perfect use"	*With typical use, number of women out of 100 who will not get pregnant	How to Use It
Sterilization Surgery for Women	>99%	>99%	One-time procedure; nothing to do or remember.
Surgical Sterilization Implant for Women	>99%	>99%	One-time procedure; nothing to do or remember.
Sterilization Surgery for Men	>99%	>99%	One-time procedure; nothing to do or remember; condoms should be used for at least 3 months until stored sperm are cleared from the reproductive tract.
Implantable Rod**	>99%	>99%	Nothing to do or remember, lasts up to 3 years, inserted by clinician.
IUD**	>99%	>99%	Nothing to do or remember, lasts 3-10 years, inserted by clinician.
Shot/Injection	>99%	94%	Need a shot every 3 months, prescription needed.
Oral Contraceptives (Combined pill) "The Pill"	>99%	91%	Must swallow pill everyday, prescription needed.
Oral Contraceptives (Progestin-only) "The Pill"	>99%	91%	Must swallow pill everyday. Must be taken at the same time each day. Prescription needed.
Oral Contraceptives Extended/Continuous Use: "The Pill"	>99%	91%	Must swallow pill everyday. Prescription needed.
Patch	>99%	92%	Put on a new patch each week for three weeks (21 total days). Don't put on patch during the fourth week. Prescription needed.
Vaginal Contraceptive Ring	>99%	92%	Put the ring into the vagina yourself. Keep the ring in vagina for three weeks and remove for one week. Prescription needed.
Male Condom	98%	82%	Must use every time you have sex; requires partner's cooperation. Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs.
Diaphragm with Spermicide	94%	88%	Must use every time you have sex.
Sponge with Spermicide	80-91%	76-88%	Must use every time you have sex.
Cervical Cap with Spermicide	74%	60%	Must use every time you have sex.
Female Condom	95%	79%	Must use every time you have sex. May give some protection against STIs.
Spermicide	82%	72%	Must use every time you have sex. Associated with risk of STI and HIV due to vaginal irritation with frequent use.
Emergency Contraception – If your primary method of birth control fails			
Emergency Contraceptives, "Plan B", "Plan B One Step", "Ella"	85%	7 out of 8 women would not get pregnant after using Emergency Contraceptives	Must use within 72-120 hours of unprotected sex. It is most effective taken as soon as possible after the unprotected act. It should not be used as a regular form of birth control.

*Effectiveness rates are listed for "perfect use" and "typical use."

Implantable rod and IUD considered Long-Acting Reversible Contraceptives (LARC) and are highly recommended for young women who do not wish to become pregnant, but may want to have children later. **Source: Contraceptive Technology 20th