

Methods	Possible Side Effects	% Effectiveness Avoiding Pregnancy		Continuation % Rate At One Year	Harmful to Future Fertility	Responsible for Use
Natural Family Planning	Only method of FP that can be used to achieve or avoid pregnancy	Perfect	Typical			Fosters Communication
Creighton Model Fertility Care System-mucus based	None	99.5	96.8	89	No	Man and Woman
Sympto-Thermal Method-mucus and temperature based	None	99.7	98	91	No	Man and Woman
Barrier Methods*						
Condom	Allergic reaction or irritation	98	82	43	No	Man
Diaphragm	Allergic reaction or irritation Sometimes difficult to remove	94	88	57	No	Woman
Vaginal Spermicides*						
Creams, Gels, Suppositories	Allergic reaction or irritation	82	72	42	No	Woman
Sterilization Surgeries*						
Tubal Ligation	May be complicated by bleeding and/or infection Increase rate: hysterectomy, ectopic pregnancy, painful periods	99.5	99.5	100	Yes	Woman
Vasectomy	May increase risk of prostate cancer	99.9	99.8	100	Yes	Man
Intrauterine Device (IUD)* *						
Effects the lining of the uterus and prevents the implantation of the early human life to the uterus.	Heavy, irregular or painful menses; painful intercourse; infection; ectopic pregnancy; perforation of the uterus; infertility Requires replacement every five years.	99.4	99.2	78	Yes	Woman
Combined Oral Contraceptive (pill, patch, vaginal ring)						
(2 hormones) *Contraceptive. Suppresses ovulation (the release of an egg). If ovulation occurs, the sperm may be prevented from reaching the egg because of thickened cervical mucus. **Abortifacient: if ovulation occurs (2-27% of cycles) and conception occurs, the "pill" acts by preventing the implantation of the early human life to the uterus. Progestin only Pill (1 hormone) see above mechanisms Breakthrough ovulation occurs more frequently (33-65% of cycles)	<u>Common</u> : breast tenderness/cysts, depression, weight gain, headaches, irregular bleeding <u>Rare</u> : increased risk of breast cancers, liver tumors, elevated blood pressure, heart attack, blood clots, stroke	99.6	91	67	Delays	Woman
Other Progestational Agents (one hormone)						
*Contraceptive and **Abortifacient: works like the combination birth control pill, but ovulation occurs more frequently	Irregular bleeding; acne; weight gain; headaches; depression, vaginal dryness					
Implanon (Implant in skin)		99.9	99.9	84	May Delay	Woman
Mirena (IUD with hormone)		99.8	99.8	80	Yes	Woman
Depo-Provera (injection every three months)	Delay return of fertility average of 9 months after last shot; decrease in bone density	99.7	99.7	70	Delays	Woman

Conception: union of sperm and egg; the beginning of human life

*Contraceptive: prevents conception

**Abortifacient: agent that ends human life after conception has occurred

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