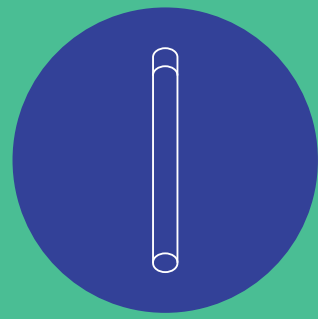


# WHAT ARE MY BIRTH CONTROL OPTIONS?



## FERTILITY AWARENESS

- Monitor every day
- 77% - 98% effective



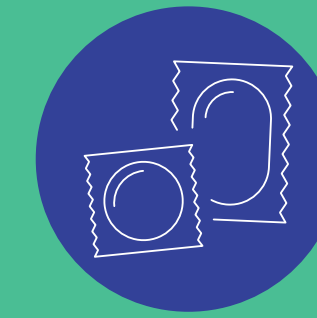
## THE IMPLANT

- Place every 3 years  
(5 years off-label)
- 99% or more effective



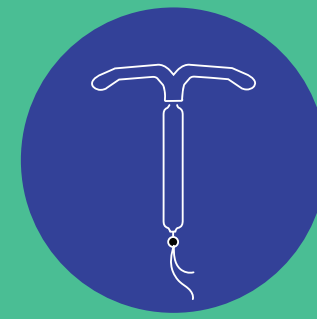
## CERVICAL CAP, DIAPHRAGM, SPONGE

- Use every time you have sex
- 71% - 86% effective



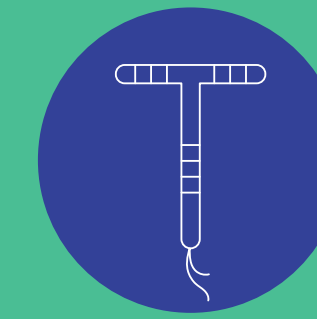
## CONDOMS (EXTERNAL, INTERNAL)

- Use every time you have sex
- 87%, 79% effective



## HORMONAL IUDs

- Place every 3-8 years
- 99% or more effective



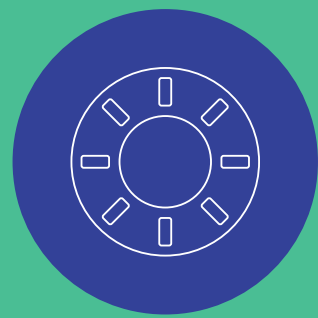
## NON-HORMONAL IUDs

- Place every 10 years  
(12 years off-label)
- 99% or more effective



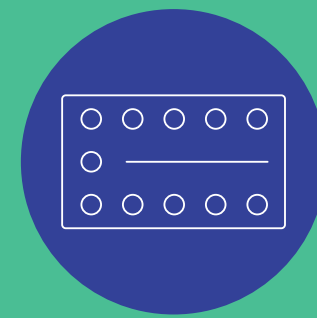
## PATCHES

- Change every week
- 93% effective



## COMBINED PILLS

- Take every day
- 93% effective



## PROGESTIN-ONLY PILLS

- Take every day at the  
same time
- 93% effective



## PULL-OUT METHOD

- Use every time you have sex
- 80% effective



## RINGS

- Change every month
- 93% effective



## SPERMICIDE AND GEL

- Use every time you  
have sex
- 79% effective



## THE SHOT

- Get every 3 months
- 96% effective



## PERMANENT BIRTH CONTROL

- Get once, lasts for life
- 99% or more effective

updated 2025



Visit [upstream.org/birthcontrol](https://upstream.org/birthcontrol) to learn more!

