

Important Factors to Consider

This tool is designed to be used to help patients understand the options available for pregnancy prevention. When selecting a suitable contraceptive, certain factors are important to consider.

OPTION	EFFECTIVENESS ¹	CHANGES TO MENSTRUAL BLEEDING	FREQUENCY OF USE ²	HORMONE CONTENT	PRIVACY	METHOD OF USE
Levonorgestrel (LNG)-IUS	99 out of 100	Spotting, lighter or no periods	Up to 8 years	Progestin	Partner(s) may be aware	Placed inside uterus by a health-care provider
Copper IUD	99 out of 100	Heavier or longer periods for the first 3-6 months	Up to 3-10 years	No hormone	Partner(s) may be aware	
Implant	99 out of 100	Spotting, lighter or no periods	Up to 3 years	Progestin	Discreet ³	Placed in upper arm by a health-care provider
DMPA injection	97 out of 100	Spotting, lighter or no periods	Every 3 months	Progestin	Very discreet	IM injection in the deltoid or gluteal muscle by a health-care provider
Combined oral contraceptive	91 out of 100	Spotting for the first few months; periods may become lighter	Daily at the same time	Estrogen & progestin	May be visible	Oral use
Progestin-only pill	91 out of 100			Progestin		Oral use
Patch	91 out of 100		Weekly	Estrogen & progestin	Discreet	Apply to skin
Vaginal ring	91 out of 100		Monthly		Partner(s) may be aware	Insert in vagina
Internal condom	79 out of 100	No effect	Every time	No hormone	Not discreet	Insert in vagina
External condom	87 out of 100					Put over penis
Diaphragm with spermicide	88 out of 100				Mostly discreet	Insert in vagina
Sponge with spermicide (no previous vaginal birth)	88 out of 100					
Sponge with spermicide (after vaginal birth)	76 out of 100					
Spermicide alone	72 out of 100					
Cervical cap (no previous vaginal birth)	84 out of 100					Insert in vagina and push back until cap covers cervix
Cervical cap (after vaginal birth)	68 out of 100					

DMPA: depo medroxyprogesterone acetate IM: intramuscular IUD: intrauterine device LNG-IUS: levonorgestrel-releasing intrauterine system

1. The number of patients who found the option selected effective at preventing pregnancy with typical use.
2. The frequency of use to a large extent impacts the likelihood of adherence.
3. After the insertion of the implant in the upper arm, a bandage is often placed over it for a few days.

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