

METHOD	EFFECTIVENESS	HOW TO USE	BENEFITS	SIDE EFFECTS	WARNINGS
HORMONAL **					
The Pill	P 99.9% T 91.0 %	Take a pill at the same time every day	<ul style="list-style-type: none"> • Lighter/shorter periods • Cycle regulation • Less cramping • Improves acne 	<ul style="list-style-type: none"> • Irregular bleeding • Nausea • Breast tenderness 	<ul style="list-style-type: none"> • Slight risk of blood clots • DO NOT use if you get migraines with aura • Does not protect against STIs • May interact with other medications
Progestin Only Pill (POP)	P 99.9 % T 89-94%	Take a pill at the same time every day	<ul style="list-style-type: none"> • Lighter/shorter periods (some women will have no period) • Less cramping • Can be used if estrogen can't be taken 	<ul style="list-style-type: none"> • Spotting in the 1st cycle • Slight risk of headache, acne, bloating and breast tenderness 	<ul style="list-style-type: none"> • Must be taken within a 3 hour time frame to be effective • Does not protect against STIs
The Ring	P 99.9 % T 91.0%	Insert 1 ring into the vagina and leave in for 3 weeks, remove for 1 week then insert a new ring and repeat	<ul style="list-style-type: none"> • Private • Does not require daily attention • Usually not noticeable during sex 	<ul style="list-style-type: none"> • Irregular bleeding/spotting • Headache • Nausea • Breast tenderness • Vaginal discharge 	<ul style="list-style-type: none"> • Slight risk of blood clots • DO NOT use if you get migraines with aura • Does not protect against STIs • May interact with other medications
The Patch	P 99% T 90.0%	Apply a patch to the abdomen, upper arm or back weekly	<ul style="list-style-type: none"> • Lighter/shorter periods • Cycle regulation • Less cramping • Improves acne • Do not need to remember daily 	<ul style="list-style-type: none"> • Irregular bleeding • Nausea • Breast tenderness • Skin reactions at the site of application 	<ul style="list-style-type: none"> • Slight risk of blood clots • DO NOT use if you get migraines with aura • Does not protect against STIs • May interact with other medications
Depo Provera (The Shot)	P 99.9% T 99.6%	See your health care provider for an injection every 12 weeks	<ul style="list-style-type: none"> • Does not require daily attention • Reliable • Economical 	<ul style="list-style-type: none"> • Unpredictable bleeding • Weight gain • Headache • Nausea • Breast tenderness 	<ul style="list-style-type: none"> • Decrease of bone density (might not be completely reversible) • May not be suitable for people with a history of depression or diabetes • Does not protect against STIs
Intrauterine System (IUS)	P 99.8% T 99.8	To be prescribed and inserted into the uterus by a trained health care provider	<ul style="list-style-type: none"> • Reversible • Works for 3-5 years 	<ul style="list-style-type: none"> • Light periods • Many experience no periods after 1 year • Depression • Acne • Headache • Breast tenderness 	<ul style="list-style-type: none"> • Need to be screened for vaginal infections prior to insertion as the risk of Pelvic Inflammatory Disease is increased in the first 3 weeks. • Slight chance of uterine perforation • Costly • Does not protect against STIs
Emergency Contraceptive Pill	P 95% T 58-95%	Take a pill as soon as possible after unprotected sex	<ul style="list-style-type: none"> • Can be taken after unplanned or unprotected sex 	<ul style="list-style-type: none"> • Nausea • Vomiting • Dizziness • Fatigue • Abdominal pain 	<ul style="list-style-type: none"> • Works best the sooner it is taken after unprotected sex. • Can work for up to 5 days but effectiveness decreases over time • Consider a pregnancy test if no period 21 days after taking • Does not protect against STIs

METHOD	EFFECTIVENESS	HOW TO USE	BENEFITS	SIDE EFFECTS	WARNINGS
NON-HORMONAL**					
Intrauterine Device (IUD)	P 92.0% T 92.0%	To be prescribed and inserted into the uterus by a trained health care provider	<ul style="list-style-type: none"> Private Long term No hormones 	<ul style="list-style-type: none"> Irregular bleeding Heavier periods 	<ul style="list-style-type: none"> Slight risk of uterine perforation Infection risk is increased during the 20 days after insertion Pelvic Inflammatory Disease Does not protect against STIs
Internal Condoms	P 98.0% T 82.0%	Ensure the unattached ring lies within the closed end of the pouch Insert the condom into the vagina just prior to or up to 8 hours before sex	<ul style="list-style-type: none"> High level of pregnancy prevention Covers more genitals than the external condom, therefore added STI protection Made of polyurethane so no risk of latex allergy 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Costly May be difficult to insert at first, may need practice May slip during sex
External condoms	P 95.0% T 78.0%	Put the condom on the tip of an erect penis, pinch air from the tip and roll down the shaft.	<ul style="list-style-type: none"> Reduces risk of STBBIs Reduces the risk of pregnancy Very accessible 	<ul style="list-style-type: none"> Possible allergy to latex 	<ul style="list-style-type: none"> Non latex are costly 2-8% of condoms will come off or break during sex If using condoms with a spermicide STI transmission risk is increased.
Tubal Ligation	99%	Surgery	<ul style="list-style-type: none"> Safe Permanent Cost covered by OHIP 	<ul style="list-style-type: none"> Shoulder pain Lower abdominal or pelvic pain Bruising or bleeding from incisions Post-op nausea or light-headedness 	<ul style="list-style-type: none"> Risks associated with any surgery Does not protect against STIs Need to be sure If pregnancy occurs post tubal ligation 33% chance of ectopic pregnancy Reversal requires major surgery and is very expensive, not covered by OHIP
Vasectomy	99.9%	Surgery	<ul style="list-style-type: none"> Safe Permanent Cost Covered by OHIP 	<ul style="list-style-type: none"> Localized pain Swelling Bruising 	<ul style="list-style-type: none"> Reversal can be done but not guaranteed, cost is not covered by OHIP Does not protect against STIs Complications are rare, but infection is possible

P= Perfect use

T= Typical use

** For more detailed information see link to Simcoe Muskoka District Health Unit