



Birth Control

Fact:
The only birth control method that works 100% of the time is abstinence.

Fiction:
It's a myth that the same methods that prevent pregnancy also protect against disease.

The following chart highlights key features of some popular birth control methods.*

Chart

Method	Type	Average Success Rate	Sexually Transmitted Disease Protection?	Need Prescription or Doctor's Help?	Side Effects?
Abstinence	Natural, temporary	100% while you abstain	Yes, but only while you abstain	No	No
Natural family planning, periodic abstinence	Natural, temporary	84-97% while you abstain	No	No	No
Male condom	Barrier, temporary	85-95%	Yes, but not completely	No	No
Female condom	Barrier, temporary	80-90%	Yes, but not completely	No	No
Diaphragm	Barrier, temporary	80-90%	Yes, but less than condoms	Yes	No
Sponge	Barrier, temporary	60-80%	Possible	No	No
Spermicides	Barrier, temporary	5-50%; better when used with condom or diaphragm	Yes, about a 25% lower risk of infection	No	Yes
Birth control pills	Hormonal, temporary	98-99% continuous, if taken daily	No	Yes	Yes
Injections	Hormonal, temporary	Up to 99% continuous, if taken as required	No	Yes	Yes
Skin patch	Hormonal, temporary	98-99% continuous, if taken as required	No	Yes	Yes
Implants	Hormonal, temporary	Up to 99% for 5 years	No	Yes	Yes
Intrauterine devices	IUD, temporary	Up to 99% for 5 years	No	Yes	Yes

		(or 10 depending on type)			
Female sterilization via tubal ligation	Permanent, may not be reversible	99.5% for life	No	Yes	Yes
Female sterilization via micro-insert tubal occlusion	Permanent, may not be reversible	99.8% for life	No	Yes	Yes
Male sterilization via vasectomy	Permanent, reversible at least 50% of the time	99.9% for life	No	Yes	Yes

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