

NuvaRing®



Effectiveness:
98-99%

What Is It?

A flexible, donut-shaped ring containing estrogen, which is inserted into the vagina.

How Does It Work?

- Thickens cervical mucus
- Prevents ovulation (release of egg)
- Prevents implantation of fertilized egg

How Is It Used?

- Inserted for 3 weeks
- Removed during the fourth week
- New ring inserted after fourth week

Effectiveness:

98% – 99%

Benefits:

- Equals Pill effectiveness
- One ring lasts for three weeks
- Good cycle control

Possible Concerns:

- Not recommended for heavy smokers. May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke)
- Vaginal discharge, infection or irritation
- Headache, weight gain, bleeding or nausea
- Breast tenderness first 3 months

Does not reduce the risk of HIV/AIDS or STDs

Diaphragm with Spermicide



Effectiveness:
80-94%

What Is It?

Dome-shaped latex cup with flexible rim to cover the cervix

How Does It Work?

- Cup acts as barrier to sperm
- Spermicide kills sperm

How Is It Used?

- Clinician fits woman with proper size and teaches correct use
- Spermicide is placed in the cup before inserting no more than 2 hours before sex
- Diaphragm should be left in place for at least 6 hours after sex (Additional spermicide is needed for each other act of intercourse)

Effectiveness:

80% - 94%

Failure rate increases if you have sex more than 3 times a week

Benefits:

- Can be placed in the vagina up to 2 hours before sex

Possible Concerns:

- Requires a clinic visit for sizing and prescription for diaphragm
- Some people are allergic to the latex or the spermicide
- Must be removed within 24 hours to avoid pelvic pressure, vaginal discharge, irritation, or toxic shock
- May increase risk for vaginal and urinary tract infections
- Cannot be used with oil-based lubricants or vaginal medications

Not proven to reduce the risk of HIV/AIDS or STDs

Male Condom Rubber



Effectiveness:
84-97%

What Is It?

- A sheath that covers the penis
- May be made of latex, plastic, or animal skin
- May be pre-lubricated and/or contain spermicide

How Does It Work?

- Creates a barrier between the penis and the vagina
- Collects and holds the semen (sperm)

How Is It Used?

- Condom is unrolled over the erect penis before sex
- Male must hold base of condom to penis when withdrawing
- Condom is removed and discarded without spilling semen
- Condoms can only be used once

Effectiveness:

84% - 97%

(When used with spermicide, effectiveness increases up to 99%)

Benefits:

- Latex condoms reduce risk of HIV/AIDS and STDs
- Easy to get in most stores / available at clinics
- Can be used for people with latex allergies

Possible Concerns:

- Condoms may slip off, break, or cause irritation or discomfort
- Proper use may interfere with spontaneity
- May affect sexual sensations
- If allergic to latex, plastic condoms should be used
- Latex condoms should not be used with oil-based lubricants

Reduces risk of HIV/AIDS and STDs, when using latex or plastic

Female Condoms



Effectiveness:
79-95%

What Is It?

A sheath made of polyurethane with rubber rings at each end that covers the vagina

How Does It Work?

- Creates a barrier between penis and vagina
- Collects and holds the semen

How Is It Used?

- Must be inserted before contact between penis and vagina
- Insert ring at closed end deep inside vagina. Opened ring stays outside the vagina
- The condom is removed after sex, and thrown away without spilling the semen
- Condom is used only once

Effectiveness:

79% - 95%

Benefits:

- Women can assure protection
- Can be bought at many drugstores
- Can be placed in vagina up to 8 hours before use
- The material is stronger than latex
- Can be used for people with latex allergies

Possible Concerns:

- May slip out of place during sex
- May be difficult for some women to insert at first
- May cause irritation or discomfort
- May increase risk for toxic shock syndrome, if left in too long

May reduce risk of HIV/AIDS and STDs

Natural Family Planning



Effectiveness:
85%

What Is It?

A variety of methods to help detect when to avoid sex during the fertile days of a woman's cycle

How Does It Work?

Users abstain from sex on fertile days to prevent egg and sperm from meeting

How Is It Used?

Meet with a qualified family planning clinician for specific details on the following: Observing and charting daily signs of fertility or ovulation (release of egg)

Basal Body Temperature Method:

- Temperature taken and charted each day
- Cervical Mucus Method: Mucus is checked for signs of ovulation
- Sympto-Thermal Method: Combines both methods above, with checking position of cervix

Effectiveness:

85%

Benefits:

- No health risks or side effects
- Can be used to determine fertile days if pregnancy is wanted
- Responsibility is shared by couple

Possible Concerns:

- Abstinence is required on fertile days
- Fertility may be difficult for some women to identify
- Records of signs have to be kept

Does not reduce the risk of HIV/AIDS or STDs

Calendar or Rhythm



Effectiveness:
75-91%

What Is It?

- Charting menstrual cycle to determine fertile days
- Abstinence from sex during fertile days

How Does It Work?

The egg and sperm do not meet - Fertilization will not happen

How Is It Used?

- Woman charts menstrual cycle on a calendar
- Fertile days are charted based on ovulatory cycle, knowing that: usually Ovulation happens between days 12 and 16 before your period
- Sperm lives for about 5 days
- Egg lives for 24 hours

Effectiveness:

75% - 91%

Benefits:

- No health risks or side effects
- Can be used to determine fertile days if pregnancy is wanted
- Responsibility is shared by couple

Possible Concerns

- May be hard to predict fertile days. Menstrual cycles can change due to stress or illness
- Abstinence can be hard to stick to
- Record-keeping is essential

Does not reduce risk of HIV/AIDS or STDs

Vaginal Spermicides



Effectiveness:
74-94%

What Is It?

Creams, gels/jellies, foams, films or suppositories containing sperm-killing chemicals.

How Does It Work?

- Kills sperm
- Some kinds block sperm from entering the cervix
- Prevents fertilization.

How Is It Used?

- Placed inside the vagina by hand or with an applicator before sex
- May be placed on condom, or inside diaphragm or cervical cap

Effectiveness:

74% - 94%

Using a condom with spermicide increases effectiveness up to 99.9%

Important Notes:

- Only effective for about one hour when used alone
- Additional application is needed for each act of intercourse
- Follow instructions, some are not effective until 10-15 minutes after inserting

Benefits:

- No prescription needed
- Available at most drugstores

Possible Concerns:

- May cause irritation or discomfort
- Frequent spermicide use (> 2 times/day) may cause irritation that may increase susceptibility to HIV.
- May increase risk for vaginal and urinary tract infections
- Some people may be allergic to spermicides
- Proper use may interrupt sexual mood
- May leak, or feel messy

Not proven to reduce the risk of HIV/AIDS or STDs

Family Planning Handbook

**FAMILY PLANNING
CONTRACEPTIVE
OPTIONS**



For a complete listing of
Title X- Family Planning and
Reproductive Health services,
please visit our website at:
reproductivehealth.dhss.delaware.gov

Abstinence



Effectiveness:
100%

What Is It?

Decision not to have sexual intercourse

How Does It Work?

Egg and Sperm do not meet (prevents fertilization)

How Is It Used?

A person or couple decides not to have sexual intercourse

Effectiveness:

100%

Benefits:

- Eliminates the risk for HIV/AIDS and STDs
- Has no health risks or side effects
- Can be used at any time, regardless of prior sexual experience
- Allows users to focus on non-sexual aspects of their relationship

Possible Concerns:

- May be hard to stay with
- Requires determination

Reduces risk of HIV/AIDS and STDs by 100%

Nexplanon[®]



Effectiveness:
Greater than 99%

What Is It?

Nexplanon is a long-acting form of birth control for women. It is a single plastic rod the size of a matchstick that is put under the skin of the arm. Nexplanon contains a hormone called etonogestrel (progestin).

How Does It Work?

- Stops the release of egg from ovary
- Changes mucus in cervix and change may keep sperm from reaching egg
- Changes lining of uterus

How Is It Used?

A health care provider inserts Nexplanon, a single plastic rod containing the hormone etonogestrel (progestin) under the skin of the arm. You can use a single Nexplanon for up to three years.

Effectiveness:

Greater than 99%

Benefits:

- Works for 3 years.
- Does not interfere with sex.
- If breast feeding, may be possible to use four weeks after delivery, talk with doctor.
- Ability to get pregnant may return quickly after Nexplanon removal.

Possible Concerns:

- Does not protect against infection from HIV (the virus that causes AIDS) or other sexually transmitted diseases.
- Expect menstrual periods to be irregular and unpredictable throughout the time using Nexplanon (including more bleeding, less bleeding or no bleeding, varying time between periods and spotting between periods).
- Side effects may include irregular bleeding, headache, vaginitis (inflammation of the vagina) weight gain, acne, breast pain, mood swings, nervousness and depression
- Need to return for removal and replacement after 3 years.
- Both insertion and removal require a minor surgical procedure.
- Unknown if less effective in very overweight women as studies did not include many overweight women.

Does not reduce the risk of HIV/AIDS or STDs

IUD



Effectiveness:
99.8-99.9%

What Is It?

A medicated, plastic device that is placed into the uterus. It has a string attached that hangs down into the vagina.

How Does It Work?

In most cases, prevents fertilization of egg. If egg is fertilized, prevents egg from attaching to the uterus.

How Is It Used?

A clinician inserts IUD into the uterus. Patient should check correct placement by feeling for the string.

Effectiveness:

There are two kinds:

- Paragard[®] (effective up to 10 years)
Effectiveness: 99.2%
- Mirena[®] (effective up to 5 years)
Effectiveness: 99%

Benefits:

- Reversible
- Does not interfere with sex
- Nothing to remember (except checking the string)
- Long-acting (either 5 years, or up to 10 years)

Possible Concerns:

- May not stay in place
- Some women may have heavy bleeding and cramps
- Should not be used by women with HIV infection, or impaired immune system conditions
- May increase the risk of pelvic inflammatory disease in women with multiple partners

Does not reduce the risk of HIV/AIDS or STDs

Male Sterilization Vasectomy



Effectiveness:
99.8-99.9%

What Is It?

Surgical procedure to cut and block male sperm tube

How Does It Work?

Removes sperm from the semen.

How Is It Used?

- Local anesthesia is used
- A surgical procedure is done to cut or block the tubes
- This method is permanent

Effectiveness:

99.8% - 99.9%

Vasectomy is not effective until sperm is cleared from the male system, usually about 15 ejaculations, or 6 weeks

Benefits:

- Permanent
- Safe
- Easier than female sterilization
- Does not interfere with sex

Possible Concerns:

- Surgery may cause adverse reaction to anesthetic, or infection or bleeding
- Temporary bruising, swelling, or tenderness of the scrotum

Does not reduce risk of HIV/AIDS or STDs

Female Sterilization Tubal Ligation



Effectiveness:
99.5%

What Is It?

Surgical procedure to separate and seal the fallopian tube

How Does It Work?

- Egg and sperm cannot meet
- Prevents fertilization

How Is It Used?

- Local or general anesthesia is used
- A surgical procedure is done to cut, clip or block the tubes
- This method is permanent

Effectiveness:

99.5%

Some methods are more effective than others

Benefits:

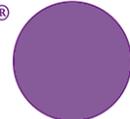
- Permanent
- Does not interfere with sex

Possible Concerns:

- May require a waiting period (Some restrictions related to age and number of previous pregnancies may apply depending on provider)
- Surgery may cause adverse reaction to anesthetic, or infection and bleeding
- Temporary pain
- If pregnancy does happen, risk of tubal pregnancy is high. Any symptoms of pregnancy should be reported to clinician immediately for evaluation

Does not reduce risk of HIV/AIDS or STDs

Depo-Provera[®]



Effectiveness:
Almost 100%

What Is It?

A long-acting form of the hormone progestin, given by injection

How Does It Work?

- Thickens cervical mucus, preventing sperm penetration
- Prevents ovulation.

How Is It Used?

The woman is given an injection into the upper arm or buttocks every 3 months

Effectiveness:

Almost 100%

- Works for 3 months
- Failure rate increases if shot is not repeated every 3 months

Benefits:

- Works for 3 months
- Does not interfere with sex
- Can be used while breastfeeding
- Can be used by women with a history of seizures or sickle cell anemia

Possible Concerns:

- Need to return for shot every 3 months
- May cause irregular bleeding, spotting, missed periods or no periods
- Side effects may include weight gain, depression, breast tenderness, headaches, or allergic reaction
- These side effects may last for up to 6 months after last injection
- May cause delay in ability to get pregnant after stopping shots
- May cause bone loss or density changes with long term use

Does not reduce the risk of HIV/AIDS or STDs

The Pill



Effectiveness:
95-99.9%

What Is It?

Pills containing the hormones estrogen and progestin

How Does It Work?

- Thickens cervical mucus
- Prevents ovulation (release of egg)
- Prevents implantation of fertilized egg

How Is It Used?

One pill taken at the same time each day

Effectiveness:

95% - 99.9%

Failure rate increased with some medications, missed pills, taking pills late

Benefits:

- Reversible
- Does not interfere with sex
- Medically safe for most women
- Regulates periods, lighter periods
- Decreases menstrual pain and PMS
- May improve acne
- Decreases risk for ovarian and endometrial cancer

Possible Concerns:

- Nausea, weight gain, headaches, dizziness, breast tenderness
- Break-through bleeding or spotting between periods
- Mood swings
- May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke)
- New pill clients must also use additional form of birth control for first month

Does not reduce risk for HIV/AIDS or STDs

Ortho Evra[®]



Effectiveness:
98-99%

What Is It?

A birth-control patch that contains both estrogen and progestin.

How Does It Work?

- Thickens cervical mucus
- Prevents ovulation (release of egg)
- Prevents implantation of fertilized egg

How Is It Used?

- New patch applied each week for 3 weeks
- Removed during the fourth week
- Can go on buttocks, abdomen, or upper arm

Effectiveness:

98% - 99%

- Equals Pill effectiveness
- Weekly use, rather than daily
- Good cycle control
- May improve acne
- Does not interfere with sex

Benefits:

- Does not interfere with sex

Possible Concerns:

- Breast tenderness first 3 months
- Irritation to skin (rotating the placement helps)
- Some bleeding and nausea first 3 months
- May increase risk of stroke, heart attack, blood clots, and high blood pressure (especially for women over 35 who smoke)

Does not reduce the risk of HIV/AIDS or STDs



Delaware Health & Social Services

Division of Public Health

417 Federal Street

Dover, DE 19903

Toll Free DELAWARE HELP LINE:

(800) 464-4357

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