

➤ **CONTRACEPTION**

METHOD	EFFECTIVENESS WITH ACTUAL USE	HORMONE RELEASED (if any)	NOTES
NO METHOD	ABOUT 11%	NONE	STI RISK
WITHDRAWAL	LESS THAN 82%	NONE	STI RISK
INTRAUTERINE DEVICE (IUD)	ABOUT 97%	NONE, but some IUD's release progesterone or copper	STI RISK, SIDE EFFECT = HEAVY PERIODS
CONDOM (MALE OR FEMALE)	ABOUT 88%	NONE	INPROPER USE OR BREAKAGE CAN LOWER EFFECTIVENESS
DIAPHRAGM/ CERVICAL CAP	ABOUT 82%	NONE	STI RISK, INPROPER USE, FIT OR SLIPPAGE CAN LOWER EFFECTIVENESS
NORPLANT	GREATER THAN 99%	LAEVONORGESTREL (a progesterone-like steroid)	STI RISK, SIDE EFFECTS = WEIGHT GAIN, BREAKTHROUGH BLEEDING
COMBINATION PILL	GREATER THAN 97%	ESTROGEN AND PROGESTERONE	STI RISK, SIDE EFFECTS = THROMBOEMBOLISM (BLOOD CLOTS) DUE TO ESTROGEN, HEADACHE
MINIPILL	GREATER THAN 90%	Usually LAEVONORGESTREL (a progesterone-like steroid)	STI RISK, SIDE EFFECTS = WEIGHT GAIN, BREAKTHROUGH BLEEDING
DEPO-PROVERA ("THE SHOT")	GREATER THAN 99%	DEPO-PROVERA	STI RISK, SIDE EFFECTS = WEIGHT GAIN, BREAKTHROUGH BLEEDING
SPERMICIDES (JELLY, FOAM OR SUPPOSITORY)	ABOUT 79%	NONE, BEST CHEMICAL SPERMICIDE IS <i>NONOXYNOL-9</i>	STI RISK, SIDE EFFECTS = ALLERGY TO (FOAM, SPERMICIDE CHEMICAL
FERTILITY AWARENESS METHOD (FAM)	ABOUT 80%	NONE	STI RISK, LESS EFFECTIVE IN WOMEN WITH IRREGULAR CYCLES

Effectiveness percentage refers to the percent of women who would **not get pregnant** with a year of regular use.

The main contraceptive effect of the combination pill is that it prevents ovulation. The estrogen and progesterone in the combination pill prevent the release of FSH and LH by negative feedback and thus prevent follicular development in the ovary and ovulation. The combination pill also has the same effects as the progesterone only contraceptives described below (because they also contain progesterone).

The main contraceptive effects of the progesterone only contraceptives (The minipill, Norplant, and Depo-Provera) are:

1. Make the cervical mucus thick, viscous and inhospitable to sperm.
2. May or may not prevent ovulation depending on woman & may alter sperm and egg transport to make fertilization more difficult.

3. Alter the endometrium of the uterus to make implantation more difficult.

USE OF A CONDOM TOGETHER WITH ANOTHER METHOD CAN INCREASE THE EFFECTIVENESS OF THAT METHOD AND LOWER THE RISK OF CONTRACTING A SEXUALLY TRANSMITTED INFECTION (STI) THAT IS ASSOCIATED WITH THE HORMONAL CONTRACEPTIVE METHODS