



Birth Control

Exploring Your Options

Most Common Birth Control Choices

Method	How well does it prevent pregnancy?	Type/Usage
Abstinence*	This method is 100% effective at preventing pregnancy.	No sexual contact.
IUC/IUD	Less than 1 out of 100 people will get pregnant.	Placed in the uterus for up to 12 years. (varies by type)
Implant	Less than 1 out of 100 people will get pregnant.	Placed in arm for up to 5 years.
Shot	About 6 out of 100 people will get pregnant.	A shot every 3 months.
Ring	About 9 out of 100 people get pregnant.	Placed in the vagina for 3 weeks each month.
Patch	About 9 out of 100 people get pregnant.	Sticks on the skin and changed weekly.
Pill	About 9 out of 100 people get pregnant.	One pill taken every day.
Condom*	18 to 21 people out of 100 will get pregnant.	Single use barrier applied before sex.

- Abstinence is the **ONLY** 100% way of not becoming pregnant or getting an STI
- Emergency Contraception (EC), sometimes known as the morning-after pill, can prevent pregnancy up to five days after unprotected sex but should be used as soon as possible.
- * *Condoms and abstinence are the only birth control methods that also reduce risk of STI transmission*

Learn more: plannedparenthood.org/learn/birth-control

Planned Parenthood staff can help you decide which method of birth control is best for you. To schedule an appointment or for additional information, please call 800.330.8542 or visit ppmarmonte.org