

# CONTRACEPTIVE OPTIONS



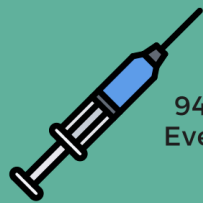
## HORMONAL

Methods that alter your hormones (estrogen and/or progestin) to prevent mature eggs from being released by the ovaries (ovulation) to prevent pregnancy



**Hormonal IUD**  
99% Effective  
Every 3 - 5 Years

**Arm Implant**  
99% Effective  
Every 3 Years



**Shot**  
94% Effective  
Every 3 Months

**Vaginal Ring**  
91% Effective  
Every Month



**Pills**  
91% Effective  
Every Day

**Patch**  
91% Effective  
Every Week



## NON-HORMONAL

Methods that does NOT affect a woman's hormones and instead creates a barrier that gets between the sperm and egg to prevent pregnancy



**Copper IUD**  
99% Effective  
Every 5 - 10 Years



**Male Condom**  
85% Effective  
Use Every Time  
Helps prevent STIs

**Female Condom**  
79% Effective  
Use Every Time  
Helps prevent STIs



**Diaphragm**  
88% Effective  
Use Every Time

**Spermicide**  
71% Effective  
Use Every Time



**Fertility Awareness**  
76-88% Effective  
Daily & Monthly  
Tracking