



QUICK REFERENCE CHART FOR CONTRACEPTIVE METHODS

	Method description	Protects against STIs/HIV**	Anything to do before sex?	Use only when needed?	Reversible?	Fertility intention	Considerations
Effectiveness ↑ 98% 85% 70%	Vasectomy* or female sterilization One-time procedures	✘	✘	✘	✘	Limiting	<i>Side effects:</i> Pain at cut site, infection, bleeding at site
	IUD One-time procedure	✘	✘	✘	● ▲	Limiting or spacing	<i>Side effects:</i> Heavier menses, cramping in the first few months
	Implants One-time procedure	✘	✘	✘	● ▲	Delaying or spacing	<i>Side effects:</i> Menstrual changes in the first few months
	Injectables Every 1 to 3 months (depending on injection type)	✘	✘	✘	●	Delaying or spacing	Delayed return of normal fertility <i>Side effects:</i> Menstrual changes may occur
	Oral contraceptives Must take one pill a day	✘	✘	✘	●	Delaying or spacing	<i>Side effects:</i> Menstrual changes in the first few months
	Condoms (male or female) Must use every time you have sex	●	●	●	●	Delaying or spacing	To ensure that condoms are used effectively every time, health workers must demonstrate condom use and ask clients to return the demonstration to ensure correct technique. <i>Side effects:</i> In extremely rare cases, an allergy to latex may produce an allergic reaction
	Emergency contraceptive pills (ECP) Take within 120 hours of unprotected sex	✘	✘	●	●	Emergency prevention of pregnancy	<i>Side effects:</i> Nausea, vomiting if estrogen-containing ECP is used
Fertility awareness Must abstain or use condoms on fertile days	✘	✘	✘	●	Delaying or spacing	When used correctly, good method for couples interested in preventing an unintended pregnancy. Because some approaches work by identifying the fertile phase of a woman's menstrual cycle, can also be used to achieve a desired pregnancy.	

▲ = Requires skilled health worker ● = Yes ✘ = No

*Must use contraceptive during first 3 months after procedure. **Use condoms to prevent STIs/HIV.

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