



**Abbreviations:** HIV, human immunodeficiency virus; IUD, intrauterine device; STIs, sexually transmitted infections.

**Other methods of birth control**

**Lactational amenorrhea method:** This is a temporary method of birth control that can be used for the first 6 months after giving birth by women who are exclusively breastfeeding.

**Emergency contraception:** Emergency contraceptive pills taken or a copper IUD inserted within 5 days of unprotected sex can reduce the risk of pregnancy.

**Withdrawal:** The man withdraws his penis from the vagina before ejaculating. 22 out of 100 women using this method will become pregnant in the first year.

\*Percentage of women who will get pregnant within the first year of typical use of the method

Adapted from the U.S. Department of Health and Human Services/Centers for Disease Control and Prevention; World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.

## Choosing a Birth Control Method

When evaluating each birth control method, think about the following:

- How effective the method is in preventing pregnancy
- How easy or difficult it will be to use as directed
- If and when you might want to get pregnant in the future
- Possible side effects of the method
- Whether the method offers additional health benefits in addition to birth control
- Whether it needs cooperation from your partner
- Your age, overall health, and any medical conditions
- How often you have sex
- How often you will need to see your health care professional for refills or visits
- Whether it helps protect against human immunodeficiency virus (HIV) and other sexually transmitted infections (STIs)

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