

# STERILIZATION



## TUBAL LIGATION

A permanent procedure that permanently closes your fallopian tubes for sperm is unable to reach.

**99% EFFECTIVE**

A surgeon must perform the procedure, but is permanent.

Abortifacient? **NO**



## VASECTOMY

A surgery done to block off the small tubes in your scrotum that carry sperm, to prevent it from leaving your body.

**99% EFFECTIVE**

A doctor has to perform the surgery. It is possible for reversal.

Abortifacient? **NO**

# LONG-ACTING REVERSIBLE CONTRACEPTION



## HORMONAL IMPLANTS

Releases progestin to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**99% EFFECTIVE**

A doctor inserts the implant into your upper arm, and can last up to 5 years.

Abortifacient? **YES**



## IUDS

Utilizes progestin or copper to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**99% EFFECTIVE**

A doctor inserts the IUD into your uterus and can last up to 12 years.

Abortifacient? **YES**

# SHORT-ACTING HORMONAL METHODS



## PILLS

Releases progestin and/or estrogen to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**91% EFFECTIVE**

You have to take the pill typically around the same time each day.

Abortifacient? **YES**



## PATCHES

Releases progestin and estrogen to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**91% EFFECTIVE**

You put a new patch on every 3 weeks.

Abortifacient? **YES**



## VAGINAL RINGS

Releases progestin and estrogen to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**91% EFFECTIVE**

Abortifacient? **YES**



## SHOTS

Releases progestin to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**94% EFFECTIVE**

A doctor or a nurse must give you a shot every three months.

Abortifacient? **YES**



## MORNING AFTER PILLS

Releases levonorgestrel, a type of progestin to prevent ovulation, increase the thickness of mucus in the cervix to prevent fertilization, and thin the lining of the uterus to prevent implantation.

**95% EFFECTIVE IF TAKEN WITHIN 24 HOURS.**

You can take the pill up to 5 days after unprotected sex. Abortifacient? **YES**

# BARRIER METHODS



## CONDOMS

Acts as a barrier by covering the penis to prevent sperm from getting into the vagina.

**85% EFFECTIVE**

A new condom must be used each time.

Abortifacient? **NO**



## DIAPHRAGMS

Acts as a barrier by covering the cervix to prevent sperm from getting into the vagina.

**88% EFFECTIVE**

A new diaphragm must be used each time.

Abortifacient? **NO**



## SPONGES

Acts as a barrier by covering the cervix to prevent sperm from getting into the vagina. Also contains spermicide to slow down sperm so it will not reach the egg.

**76-88% EFFECTIVE**

A new sponge must be used each time.

Abortifacient? **NO**



## CERVICAL CAPS

Acts as a barrier by covering the cervix to prevent sperm from getting into the vagina.

**71-86% EFFECTIVE**

A new cervical cap must be used each time.

Abortifacient? **NO**



## SPERMICIDE

A chemical put into the vagina which blocks the entrance to the cervix and stops sperm from getting to the egg.

**71% EFFECTIVE**

Have to use each time.

Abortifacient? **NO**



## WITHDRAWAL

Pulling out before ejaculating prevents the sperm from getting to the egg.

**78% EFFECTIVE**

Have to pull out every time.

Abortifacient? **NO**

# NATURAL RHYTHM METHODS



## ABSTINENCE

Prevents pregnancy by keeping semen away from the vagina.

**100% EFFECTIVE**

Actively abstain from intercourse.

Abortifacient? **NO**



## FERTILITY TIMING

A method to track your menstrual cycle to know when ovaries release an egg, to prevent intercourse occurring during ovulation.

**76-88% EFFECTIVE**

You have to track your cycle daily.

Abortifacient? **NO**



## BREASTFEEDING

When breastfeeding exclusively, your body will stop ovulating for the first 6 months, or until your period returns.

**98% EFFECTIVE**

Must breastfeed every 4-5 hours in the day, 6 hours at night.

Abortifacient? **NO**