

HOW EFFECTIVE ARE THEY?

method	how well it works	how it works	pros	cons
Abstinence <i>not having sex</i>	100%	Do not have sex.	- Free. - No side effects (physical or emotional).	- None.
Cervical Cap <i>must be used with spermicide</i>	Given birth before: 68 - 74% Never given birth: 84 - 91%	Prevents sperm from entering the cervix.	- Few side effects.	- Must be fitted by a doctor. - Must be used every time.
Condom <i>Male or Female</i>	Female: 79 - 95% Male: 85 - 98%	Traps sperm.	- Can buy at a drugstore. - Cheap. - No side effects. - Fits everyone. - Male condom is FREE at the Health Unit.	- Male condom must be used correctly and consistently. - May leak or burst.
Condom and Spermicide <i>Male</i>	98%	Traps and kills sperm.	- Can buy at a drugstore. - Cheap. - No side effects. - Fits everyone.	- Must be used correctly and consistently. - May leak or burst.
Contraceptive Patch <i>Evra Patch</i>	92 - 99.7%	No egg is released.	- No pill to remember to take. - No injections.	- Need to change patch weekly. - Possible side effects.
Contraceptive Sponge <i>Protectaid Sponge</i>	Given birth before: 68 - 80% Never given birth: 84 - 91.9%	Traps and kills sperm.	- Can buy at a drugstore.	- Must be put in every time. - Must feel comfortable inserting and removing the product.
Depo-Provera	97 - 99.7%	No egg is released.	- No pill to remember to take. - 12 weeks protection with each injection.	- Possible side effects. - Weakening of the bones. - Must be given by injection. - May cause weight gain.
Diaphragm <i>must be used with spermicide</i>	84 - 94%	Acts as a physical barrier against sperm, kills sperm at cervix.	- Very few side effects. - Good for two years.	- Needs to be fitted by a doctor. - Must be inserted and used every time.
Intra Uterine Device <i>IUD</i>	99.2 - 99.4%	Prevents implantation.	- May be left in up to five years.	- Must be inserted by a doctor. - May slip out of place. - Possible side effects (e.g., cramps, heavier periods, spotting).
Oral Contraceptive <i>the Pill</i>	92 - 99.7%	No egg is released.	- Easy to use with little hassle.	- Possible side effects. - Must be taken every day.
Emergency Contraceptive Pill <i>ECP</i>	58 - 95%	Taken up to three days after unprotected sex, prevents implantation.	- Prevents unwanted pregnancy.	- Possible side effects. - Emergency method only.
Progestin only <i>mini-pill</i>	92 - 99.7%	Egg might not develop.	- Prevents unwanted pregnancy. - No estrogen.	- Must be taken every day.
Sterilization <i>surgical procedures (e.g., tubal ligation, vasectomy)</i>	Female: 99.5% Male: 99.9%	Prevents the joining of sperm and egg.	- Considered to be permanent.	- Surgery involved.
Spermicide <i>foam, advantage 24, vaginal contraceptive film</i>	71 - 82%	Kills sperm.	- Can buy at a drugstore.	- Must feel comfortable inserting the product.
Vaginal Ring <i>NuvaRing</i>	92 - 99.79%	No egg is released.	- Change the ring every three weeks.	- If not inserted properly the ring can slip out.
Withdrawal (pulling out) before ejaculation	18%	Penis is removed from vagina before ejaculation.	- Free.	- Risk of pregnancy each time.

Reference:
The Society of Obstetricians and Gynaecologists of Canada. Sex Sense. Canadian Contraception Guide, 2nd Edition. (2005).