

Birth Control Effectiveness & Safety Guide

A woman is 20 times more likely to become pregnant if she uses Pills, Patch or Ring than if she uses an IUD or an Implant.⁴

A woman is 4-10 times more likely to develop a potentially fatal blood clot if she uses Pills, Patch or Ring than if she uses an IUD or an Implant.⁴

| Methods | Effectiveness | | Safety | | Use ¹⁰ |
|---|--|---|---|-----------------------------------|--|
| | % of Women experiencing unwanted pregnancy within the first year of typical use ³ | Annual Blood Clots per 100,000 Women in the U.S. ¹ | Annual Blood Clot related Deaths per 100,000 Women in the U.S. ^{2,5,6,7} | | |
| Implantable Rod (Progestin Only) - Etonogestrel | Less than 1 (0.05) | 20 | 1.2 ⁹ | | One time procedure; inserted by a healthcare provider; nothing to do or remember; lasts at least 3 years; reversible. |
| IUD - Progestin Only, Levonorgestrel (Mirena) | Less than 1 (0.2) | 20 | 1.2 ^{9,11} | | One-time procedure; inserted by a healthcare provider; nothing to do or remember; lasts up to 5 years depending on type; reversible. |
| Sterilization Surgery for Women ⁸ | Less than 1 (0.5) | 20 | 1.2 ^{8,9} | | One-time procedure; nothing to do or remember; permanent. |
| IUD Copper - T380A Paraguard, No Hormones | Less than 1 (0.8) | 20 | 1.2 ^{9,11} | | One time procedure; inserted by a healthcare provider; nothing to do or remember; lasts up to 10 years; reversible. |
| Shot/Injection (Progestin Only) - Medroxyprogesterone, Depo-Provera | 6 | 20 | 1.2 ⁹ | | Need a shot every 3 months. Requires the most clinic visits of any option. |
| 1st & 2nd Generation Oral Contraceptives (Combined Pill) w/ Levonorgestrel/EE, Norethisterone/EE or Norgestimate/EE | 9 | 50 - 70 | 4.8 | | Must swallow a pill every day. Increased mortality risk due to blood clots. |
| 3rd Generation Contraceptives (NuvaRing) - Etonogestrel/EE | 9 | 60 - 120 | 7.2 | | Put the ring into the vagina yourself. Keep ring in your vagina for 3 weeks, then remove it for 1 week. Increased mortality risk due to blood clots. |
| 3rd Generation Contraceptives (Patch) w/ Norelgestromin/EE | 9 | 60 - 120 | 7.2 | | Put on a new patch each week for 3 weeks, then leave off for 1 week. Increased mortality risk due to blood clots. |
| 4th Generation Oral Contraceptives (Combined Pill) w/ Drospirenone/EE | 9 | 90 - 120 | 8.4 | | Must swallow a pill every day. Increased mortality risk due to blood clots. |
| Minipill (Progestin Only) | 9 | 20 | 1.2 ⁹ | | Must swallow a pill every day. |
| Male Condom | 18 | N/A | N/A | Must use every time you have sex. | |
| Female Condom | 21 | 20 | 1.2 ⁹ | Must use every time you have sex. | |

References

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4. Piepert JF, Effectiveness of Long-Acting Reversible Contraception, 2012: New England Journal of Medicine; N Eng J Med 2012; 366:4988-2007.
5. Nelson A L, MD & Cwiak C, MD, MPH. Two-thirds of VTE cases are deep vein thrombosis (DVT's); DVT carries a 6% mortality rate. Contraception Technology (20th Edition) Chapter 11:275
6. Nelson A L, MD & Cwiak C, MD, MPH. The other third of VTE events involve pulmonary embolism which has a 12% mortality rate. Contraception Technology (20th Edition) Chapter 11:275
7. IMS Health, National Prescription Reports 2014.
8. Mortality rate 1-4 deaths per 100,000 procedures. Escobedo LG, Peterson HB, Grubb GS, Franks AL. Case-fatality rates for tubal sterilization in U.S. 1979-1980. Am J Obstet Gynecol. 1989;160:147-50.
9. Beckman M, Hooper C, Critchley SE, Ortel TL, Venous Thromboembolism, A Public Health Concern, Am J Prev Med 2010;38(4S)S495
10. Birth Control Guide, FDA Office of Womens Health, <http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM356451.pdf>
11. A minimum IUD-related mortality rate of approximately 3 per million woman-years of use. CDC - Current Trends IUD Safety : Report of a National Physician Survey Oct. 17,1997

Brand Name to Drug Chemical Name Cross Reference

| Type | NuvaRing and Patch | | "The Pill's" | | | | | | | Implant | Injection | Intra-Uterine Devices | | |
|------------|--------------------------------------|------------------------------------|------------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------------------------------|----------------------------------|--|----------------------|---------------------|-----------------------|----------------------|------------------|
| Generation | Gen 3 - Patch | Gen 3 - Ring | Gen 4 | Gen 2 | Gen 2 | Gen 2 | Gen 2 | Gen 2 | Gen 2 | Gen 1 "Mini-Pill" | Implant | Injection | IUD - Copper | IUD - Hormone |
| Drug Name | Norelgestromin; Ethinyl Estradiol | Etonogestrel; Ethinyl Estradiol | Drospirenone; Ethinyl Estradiol | Desogestrel; Ethinyl Estradiol | Norgestimate; Ethinyl Estradiol | Levonorgestrel; Ethinyl Estradiol | Norethindrone; Ethinyl Estradiol | Norgestrel; Ethinyl Estradiol | Norethindrone a.k.a. Norethisterone | Etonogestrel | Medroxyprogesterone | IUD - Copper | IUD - Levonorgestrel | |
| Brand Name | Ortho Evra | NuvaRing | Beyaz | Apri | Ortho-Cyclen | Altavera | Activella | Cryselle | Aygestin | Implanon | Depo-Provera | Paraguard T-380 | Mirena | |
| | Xulane | | Gianvi | Azurette | Ortho Tri-Cyclen | Amethia | Alyacen | Elinest | Camila | Nexplanon | | | Skyla | |
| | | | Loryna | Caziant | Previfem | Amethia Lo | Aranelle | Lo/Ovral 28 | Deblitane | | | | Liletta | |
| | | | Nikki | Cyclessa | Tri-Sprintec | Amethyst | Aranelle | Low-Ogestrel | Errin | | | | | |
| | | | Ocella | Desogen | Tri-Linyah | Aubra | Balziva | Ogestrel | Heather | | | | | |
| | | | Safral | Emoquette | Estarylla | Aviane | Brevicon | | Jolivette | | | | | |
| | | | Syeda | Enskyce | Mono-Linyah | Camrese | Briellyn | | Jencycla | | | | | |
| | | | Vestura | Kariva | MonoNessa | CamreseLo | Cyclafem | | Micronor | | | | | |
| | | | Yasmin | Mircette | Ortho-Cyclen | Chateal | Dasetta | | Nor-QD | | | | | |
| | | | Yaz | Ortho-Cept | Ortho Tri-Cyclen | Daysee | Estrostep Fe | | Nora BE | | | | | |
| | | | Zarah | Pimtrea | Ortho Tri Cyclen Lo | Delyla | Femcon Fe | | Sharobel | | | | | |
| | | | | | Reclipsen | Prefest | Enpresse | | Femhrt | | | | | |
| | | | | | Velivet | Previfem | Falessa | | Generess Fe | | | | | |
| | | | | | Viorele | Sprintec | Falmina | | Gildagia | | | | | |
| | | | | | | Tri Previfem | Introval | | Gildess 24 Fe | | | | | |
| | | | | | | Tri-Estarylla | Jolessa | | Gildess FE | | | | | |
| | | | | | | Tri-Linyah | Kurvelo | | Jinteli | | | | | |
| | | | | | | Tri-Lo-Marzia | Lessina | | Junel | | | | | |
| | | | | | | TriNessa | Levlite | | Junel Fe | | | | | |
| | | | | | | Tri-Previfem | Levonest | | Larin | | | | | |
| | | | | | | Tri-Sprintec | Levora | | Larin Fe | | | | | |
| | | | | | | | LoSeasonique | | Leena | | | | | |
| | | | | | | | Lutera | | Lo Loestrin Fe | | | | | |
| | | | | | | | Lybrel | | Lo Minastrin Fe | | | | | |
| | | | | | | | Myzilra | | Loestrin | | | | | |
| | | | | | | | Nordette | | Microgestin | | | | | |
| | | | | | | | Portia | | Minastrin 24 Fe | | | | | |
| | | | | | | | Quartette | | Modicon | | | | | |
| | | | | | | | Quasense | | Necon | | | | | |
| | | | | | | | Seasonale | | Norinyl | | | | | |
| | | | | | | | Seasonique | | Nortrel 21 & 28 | | | | | |
| | | | | | | | Sronyx | | Nortrel | | | | | |
| | | | | | | | Triphasil | | Ortho Novum | | | | | |
| | | | | | | | Trivora | | Ovcon 35 | | | | | |
| | | | | | | | | | Philith | | | | | |
| | | | | | | | | | Pirmella | | | | | |
| | | | | | | | | | TARINA Fe 1/20 | | | | | |
| | | | | | | | | | Tilia Fe | | | | | |
| | | | | | | | | | Tri-Legest Fe | | | | | |
| | | | | | | | | | Tri-Norinyl | | | | | |
| | | | | | | | | | Vyfemla | | | | | |
| | | | | | | | | | Wera | | | | | |
| | | | | | | | | | Wymzya FE | | | | | |
| | | | | | | | | Zenchent | | | | | | |
| | | | | | | | | Zenchent FE | | | | | | |
| | | | | | | | | Zeosa | | | | | | |