

# Birth Control Effectiveness & Blood Clot Awareness 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. <sup>4</sup>*

*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. <sup>4</sup>*

Methods	Effectiveness		Blood Clot Risk		Blood Clot Risk	
	Effectiveness	% of Women experiencing unwanted pregnancy within the first year of typical use <sup>3</sup>	Annual Blood Clots per 100,000 Women in the U.S. <sup>1</sup>	Blood Clot Related Deaths in the U.S. <sup>2,5,6,7</sup>		
Implantable Rod - (Progestin Only), Etonogestrel		Less than 1 (0.5)	20	1 in 188,000		
IUD - Progestin Only, Levonorgestrel (Mirena)		Less than 1 (0.2)	20	1 in 188,000		
IUD Copper - T380A Paraguard, No Hormones		Less than 1 (0.8)	20	1 in 188,000		
Shot/Injection - (Progestin Only), Medroxyprogesterone (Depo-Provera)		6	20	1 in 188,000		
Pills, Patch & Ring		1st & 2nd Generation Oral Contraceptives (Combined Pill) w/ Levonorgestrel/EE, Norethisterone/EE or Norgestimate/EE	9	50 - 70		1 in 43,000
		3rd Generation Contraceptive (NuvaRing) w/ Etonogestrel/EE & (Patch) w/ Norelgestromin/EE	9	60 - 120		1 in 31,000
		4th Generation Oral Contraceptives (Combined Pill) w/ Drospirenone/EE (Yaz, Yasmin, Beyaz, etc.)	9	90 - 120		1 in 24,000
Minipill - (Progestin Only)		9	N/A	Undefined		
Male Condom		18	N/A	1 in 188,000		
Female Condom		21	N/A	1 in 188,000		

**References:**

- EMA (European Medicines Agency) - Assessment report for combined hormonal contraceptives containing medicinal products Jan. 2014 EMA/739865/2013.
- Women (aged 15 - 44) in US using either Pill / Patch / Ring during 2013; CDC Survey NCHS Data Brief, No. 173, Current Contraceptive Status Among Women Aged 15-44: United States 2011 - 2013.
- Trussel J, Guthrie K, Choosing A Contraceptive: Efficacy, Safety, and Personal Considerations. Contraceptive Technology 20th Edition Page 50, Table 3-2.
- Piepert JF, Effectiveness of Long-Acting Reversible Contraception, 2012: New England Journal of Medicine; N Eng J Med 2012; 366:4988-2007.
- 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
- 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
- IMS Health, National Prescription Reports 2014.

# Blood Clot Warning Signals - Seek Medical Treatment Immediately (A.C.H.E.S.)

## Abdominal Pain

**Blood clot in pelvis or liver**  
**Tubal Pregnancy**

## Chest Pain

**Blood clot in lungs**

Sudden rapid breathing or shortness of breath  
Chest pain that is worse when you cough or take a deep breath  
Rapid heart rate  
Unexplained low energy  
Severe lightheadedness

**Heart Attack**

Chest heaviness/pain  
Unexplained shoulder pain  
Weakness

## Headaches

**Stroke**

Migraine headache, blurred vision or spots, sudden numbness  
Difficulty speaking, Sudden intellectual impairment, Dizziness

## Eye Problems

**Stroke**

Blurred vision, double vision, partial loss of vision  
Headache or Migraine  
Blood clot in eye

## Sore or Tired Leg

**Blood Clot in leg**

Leg Fatigue  
Unexplained pain or tenderness in one or both legs  
Swelling in one or both legs  
Warmth in the skin of the affected leg

