

Birth Control Methods



Cardinal Pediatrics
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Abstinence is 100 percent effective in preventing pregnancy and sexually transmitted infections, however, there are many effective birth control options available. Use of condoms is also recommended to help prevent STDs.

TYPE	WHAT IT IS	EFFECTIVENESS	DOSING	COMMON SIDE EFFECTS
Nexplanon implant	Small rod placed into the upper arm; contains etonogestrel, a progestin	> 99%	3 years	Irregular bleeding
Hormonal IUD	Small T-shaped device placed into the uterus, contains levonorgestrel, a progestin	> 99%	Depnding on device, between 3-6 years	Irregular bleeding, cramping
Copper IUD	Small T-shaped device placed into the uterus, contains copper	> 99%	10 years	Heavier bleeding, cramping
Depo Provera injection	IM or SQ progestin injection	94%	3 months	Irregular bleeding, weight gain, declines in bone density
Birth Control Pills	Oral contraceptive containing estrogen and progestin, or progestin only	91 %	Daily	Combination hormonal contraceptives: Irregular bleeding, breast tenderness, nausea Progestin only pill: Irregular bleeding
Contraceptive vaginal ring	Small flexible ring placed in the vagina by patient, contains estrogen and progestin	91%	In place for three weeks and removed during fourth week	Irregular bleeding, breast tenderness, nausea
Contraceptive patch	Thin flexible adhesive patch, contains estrogen and progestin	91%	Replace patch weekly for three weeks and remove during fourth week	Irregular bleeding, breast tenderness, nausea



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Remember we are only a call/text away!