

	Non-hormonal IUD (Copper IUD)	Hormonal IUD	Implant	Shot	Ring	Patch	Combination Pill	Progestin-Only Pill	Internal/ External Condom	Emergency Contraception: ella®	Emergency Contraception: Plan B
Description	A small, t-shaped device made out of copper and plastic that is inserted into your uterus.	A small, t-shaped device made out of plastic that is inserted into your uterus and releases hormones.	A matchstick-sized rod that gets inserted into your upper arm and releases hormones.	A hormonal shot that is administered by a provider every 3 months.	A flexible ring that you insert into your vagina that releases hormones.	A small adhesive patch that you place on your skin that releases hormones.	A hormonal pill that you take once a day with a select number of placebo pills (number of placebo pills varies by prescription).	A hormonal pill that is taken once a day. No placebo pills.	A latex or non-latex physical barrier used on a penis or inside the vagina.	An emergency contraception pill that can be taken up to 5 days post-unprotected sex. See a provider to get a prescription.	An emergency contraception pill that can be taken within 3- 5 days post-unprotected sex. No prescription necessary.
Effectiveness at preventing pregnancy	Great	Great	Great	Good	Good	Good	Good	Good	Adequate	Adequate	Adequate
Hormones	Non-hormonal method	Progestin	Progestin	Progestin	Estrogen and Progestin	Estrogen and Progestin	Estrogen and Progestin	Progestin	Non-hormonal method	N/A	Progestin
How to use	Inserted by a healthcare provider. Lasts up to 10 years. Can be removed by a provider at any point.	Inserted by a healthcare provider. Lasts 3-5 years. Can be removed by a provider at any point.	Inserted by a healthcare provider. Lasts up to 3 years. Can be removed by a provider at any point.	A healthcare provider administers a shot every 3 months.	Insert a new ring once a month.	Replace the patch every week.	Take the pill at the same time every day.	Take the pill at the same time every day. Effectiveness significantly compromised if taken at different times.	Use a new condom each time you have sex.	Use after having unprotected sex if not consistently using another hormonal option.	Use after having unprotected sex if not consistently using another hormonal option.
Menstrual changes	Could result in heavier, longer, and/or more frequent periods. May increase cramps and irregular spotting.	Could result in lighter but less predictable periods, no periods at all, or unscheduled spotting/bleeding.	Could result in irregular spotting/bleeding or longer, heavier periods.	Could result in lighter, less frequent periods.	Could result in lighter, shorter, and predictable periods. Can reduce menstrual cramps.	Could result in lighter, shorter, predictable, and less painful periods.	Could result in lighter, shorter, predictable, and less painful periods.	Could result in lighter, shorter, and predictable periods.	N/A	Could cause irregular bleeding.	Could cause irregular bleeding.
STI prevention	No	No	No	No	No	No	No	No	Yes	No	No
Easy to hide	Yes	Yes	Yes	Yes	Yes	No	No	No	No	N/A	N/A
Things to consider	Involves a minor insertion and removal procedure which can be painful. IUD is inserted into your uterus.	Involves a minor insertion and removal procedure which can be painful. IUD is inserted into your uterus	Involves a minor insertion and removal procedure which can be painful. Implant is inserted into the inside of your upper arm.	May cause weight gain.	Can help acne.	Can help acne.	Can help acne and can be used to safely skip period altogether.	Recommended to take calcium in addition to the pill.	For those with latex and/or lube sensitivities, there are non-latex condoms, internal condoms (latex-free), and water-based lube available for FREE at the UHC.	Requires a prescription. Can only be used once in a menstrual cycle. Not as effective as methods that can be used before or during sex.	Effectiveness decreases with time. More than one use in a menstrual cycle may cause changes to your cycle. Not as effective as methods that can be used before or during sex. Available at campus shops.