CARRII Native

CONTRACEPTION CARD

MOST EFFECTIVE

IUD

LARC

99% Effective

Put in by a doctor or nurse

Lasts up to 12 Years

Implant

LARC

99% Effective

Put in by a doctor or nurse

Lasts up to 5 Years

Tubal Ligation Vasectomy

PERMANENT

99% Effective

Surgical procedure

Lasts forever

Abstinence

RIGID RULES

100% Effective

Requires dedication and willpower

EFFECTIVE

Shot

HORMONE

96% Effective

Injection at a clinic or at home

Lasts 3 months

Pill

HORMONE

93% Effective

Prescription required or OTC

Take once a day

Patch

HORMONE

93% Effective

Prescription required

Change once a week

Ring

HORMONE

93% Effective

Prescription required

Put in and take out once a month

Diaphragm

BARRIER

83% Effective

Prescription required

Put in before intercourse

Cervical cap

BARRIER

71-86% Effective

Prescription required

Put in before intercourse

Breastfeeding

RIGID RULES

98% Effective

Must be nursing every 4-6 hours

Lasts up to 6 months after giving birth

LEAST EFFECTIVE

Condom

BARRIER

87% Effective

No prescription required

Put on before intercourse

Internal Condom

BARRIER

79% Effective

May need a prescription

Put In before intercourse

Sponge

BARRIER

78-86% Effective

No prescription required

Put In before intercourse

Spermicide

BARRIER

79-86% Effective

No prescription required

Put in before intercourse

Withdrawal

RIGID RULES

78% Effective

Dedication and skill required

FAM

RIGID RULES

77-98% Effective

Dedication required

No intercourse on certain days

Morning After Pills | IUD

EMERGENCY

58-95% Effective

Used up to 5 days after unprotected intercourse