



HORMONAL CONTRACEPTIVES:

Hormonal contraceptives release hormones into a woman's body. They prevent pregnancy by interfering with ovulation, fertilization, and/or implantation of the fertilized egg.

METHOD	EFFECTIVENESS	DO I NEED TO SEE MY DOCTOR TO START?	ADVANTAGES	POTENTIAL SIDE EFFECTS	PROTECT AGAINST HIV AND STDs?	HOW QUICKLY CAN I GET PREGNANT IF I STOP USING IT?
Progestin-Releasing Intrauterine Device (IUD)	Over 99%	Yes, to have the IUD inserted and removed.	<ul style="list-style-type: none"> • Easy to use • Few side effects 	Cramps, bleeding, pelvic inflammatory disease, infertility, tear or puncture the uterus, changes in your period.	No	May take up to a year
Implantable Contraceptive	Over 99%	Yes, to have the device inserted and removed.	<ul style="list-style-type: none"> • Easy to use • Few side effects 	Acne, weight gain, sore breasts, mood changes, hair loss, upset stomach, cysts of the ovaries.	No	May take up to 1 week
Contraceptive Injections	Over 99%	Yes, to receive the injection.	<ul style="list-style-type: none"> • Easy to use • Light or no periods at all 	Breast tenderness, weight gain, bone loss, spotting.	No	May take up to a year
Oral Contraception (The Pill)	95%	Yes, for instructions on the correct way to take your pills.	<ul style="list-style-type: none"> • Easy to use • Prevents cramps and heavy bleeding during periods 	MINI-PILL: Irregular bleeding, weight gain, breast tenderness. COMBINED PILL: Mood changes, dizziness/ nausea, blood clots, weight gain, heart attack, high blood pressure, changes in your period.	No	May take a few cycles
The Patch	95%	Yes, to learn how to apply the Patch.	<ul style="list-style-type: none"> • Easy to use 	Similar to the pill, greater exposure to estrogen than with other methods.	No	May take a few cycles
Vaginal Ring	95%	Yes, to learn how to insert and remove the vaginal ring.	<ul style="list-style-type: none"> • Easy to use 	Similar to the pill, swelling of vagina, vaginal discharge, irritation.	No	May take a few cycles

NON-HORMONAL CONTRACEPTIVES:

Non-hormonal contraceptives do not release hormones into a woman's body. These methods prevent pregnancy by putting up a block, or barrier, to keep sperm from reaching the egg.

METHOD	EFFECTIVENESS	DO I NEED TO SEE MY DOCTOR TO START?	ADVANTAGES	POTENTIAL SIDE EFFECTS	PROTECT AGAINST HIV AND STDs?	HOW QUICKLY CAN I GET PREGNANT IF I STOP USING IT?
Intrauterine Device (IUD)	Over 99%	Yes, to have the IUD inserted and removed.	<ul style="list-style-type: none"> • Easy to use • Few side effects 	Cramps, bleeding, infertility, tear or puncture the uterus, changes in your period, pelvic inflammatory disease.	No	May take up to 1 month
Male Condom	84-86%; Apply when penis is erect.	No.	<ul style="list-style-type: none"> • Can buy it in a drug store 	Allergic reactions.	Yes	Immediately
Spermicide	70%; Use no more than 1 hour before sex.	No, but it's advised to use an additional contraceptive method.	<ul style="list-style-type: none"> • Can buy it in a drug store • Comes in all types 	Irritation, allergic reactions, urinary tract infections.	No	Immediately

For other options, such as diaphragms, cervical caps, and surgical sterilization, please consult your doctor.

Source: The National Women's Health Information Center

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Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

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激素避孕藥:

激素避孕藥會在女性體內釋放荷爾蒙。通過干擾排卵、受精、和/或植入受精卵從而防止懷孕。

方法	有效性	用此方法避孕前是否需要約見醫生?	好處	潛在的副作用	能否避免感染艾病和性病?	停止使用後多久才能懷孕?
孕激素宮內避孕器 (避孕環)	99% 以上	是, 需要醫生上環和除環。	<ul style="list-style-type: none"> 容易使用 很少副作用 	痙攣、出血、盆腔炎、不孕症、子宮撕裂、月經不調。	不能	一年或更快
植入式避孕	99% 以上	是, 需要醫生將裝置放入和摘除。	<ul style="list-style-type: none"> 容易使用 很少副作用 	痤瘡、體重增加、乳房疼痛、情緒變化、脫髮、腸胃不適、卵巢囊腫。	不能	一周或更快
注射避孕	99% 以上	是, 需要醫生進行注射。	<ul style="list-style-type: none"> 容易使用 少量或完全沒有經期 	乳房脹痛、體重增加、骨質流失、斑點。	不能	一年或更快
口服避孕藥	95%	是, 需要醫生說明正確服藥方法。	<ul style="list-style-type: none"> 容易使用 經期期間防止抽筋和大量出血 	<p>孕激素類藥片: 不規則出血、體重增加、乳房脹痛。</p> <p>雌激素藥片: 情緒變化、頭暈、血液凝塊、體重增加、心臟病發作、高血壓、月經不調。</p>	不能	幾個周期或更快
避孕貼片	95%	是, 需要向醫生諮詢如何使用貼片。	<ul style="list-style-type: none"> 容易使用 	副作用和避孕藥相似, 另外對雌性激素的接觸比其它方法更多。	不能	幾個周期或更快
陰道環	95%	是, 需要醫生指導如何放入和摘除陰道環。	<ul style="list-style-type: none"> 容易使用 	副作用和避孕藥相似, 另有陰道腫脹、分泌物增加、發炎。	不能	幾個周期或更快

非激素避孕藥:

非激素避孕藥不會釋放激素到女性體內。這些方法通過設置障礙, 令精子無法接觸卵子, 從而防止懷孕。

方法	有效性	用此方法避孕前是否需要約見醫生?	好處	潛在的副作用	能否避免感染艾病和性病?	停止使用後多久才能懷孕?
宮內避孕器 (避孕環)	99% 以上	是, 需要醫生上環和除環。	<ul style="list-style-type: none"> 容易使用 很少副作用 	痙攣、出血、不孕、子宮撕裂、月經不調、盆腔炎。	不能	一個月或更快
男用避孕套	84-86%; 於勃起時使用	否。	<ul style="list-style-type: none"> 能於便利商店購買 	過敏性反應。	能	立即
殺精劑	70%; 性交前一小時內使用	否, 醫生可能建議使用多一種避孕方法。	<ul style="list-style-type: none"> 能於便利商店購買 有多種類型可供選擇 	發炎或過敏性反應、尿道感染。	不能	立即

對於其他方法, 如隔膜, 宮頸帽, 和絕育手術, 請諮詢您的醫生。

資料來源: The National Women's Health Information Center

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