

Birth Control Comparison

Women's Health Center of Southern Oregon

	ParaGard IUD (Copper)	Liletta IUD Kyleena IUD	Nexplanon (arm implant)	Pill, Patch, Ring	Depo Provera (injection)	Male Condom
Hormone	None	Progestin	Progestin	Estrogen and Progestin	Progestin	None
Duration of Use	10 years	5-8 years (depending on which IUD used)	3 years	Daily, weekly, monthly	12 weeks	Single use, for each act
Pregnancy rate in 1st year (per 100 women)	<1	<1	<1	9	6	18
Effect on menses	May be heavier and/or crampier	Lighter, irregular (especially first 3-6 months), possibly no bleeding	Lighter, irregular, possibly no bleeding	Lighter, regular with predictable bleeding	Lighter, irregular, possibly no bleeding	None
Irregular bleeding	Yes	Yes	Yes	Yes	Yes	No
Side Effects	Infection (insertion and first 20 days), perforation of uterus, expulsion, more cramping/bleeding with menses	Infection (insertion and first 20 days), perforation of uterus, expulsion	Infection, scarring at site of insertion/removal, difficult removal, mild weight gain, mood changes	Increased risk of blood clotting, benign liver tumor	Weight gain, mood changes, decreased bone density (with longterm use, usually reversible)	May break
Advantages	No hormones, highly effective, long acting	Reduces heavy and painful periods and endometrial hyperplasia, highly effective, long acting, no estrogen	Highly effective, long acting, no estrogen, reduces heavy and painful periods	Estrogen helps to reduce pain with periods, heavy periods, acne, and perimenopausal symptoms	Effective prolonged contraception, no estrogen, reduces heavy and painful periods	Protect from STIs
People who should avoid it	Women with heavy or painful periods, iron deficiency, anemia, uterus distortion, copper allergy, Wilson's disease, active pelvic infection	Women with uterus distortion, active pelvic infection, not okay with unscheduled spotting or no periods	Women who are not okay with unscheduled spotting or no periods	Women who should not use estrogen, 35 and older who smoke/use tobacco, migraine headaches with aura	Women who are not okay with unscheduled spotting or no periods, known low bone density, who want to get pregnant quickly upon stopping	Latex allergy, male partner won't agree to use the method



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