

Non-pharmaceutical and non-device options are available.

**Ask your doctor.**

1. Black A, Francoeur D, Rowe T. SOGC Clinical Practice Guidelines: Canadian Contraception Consensus. *JOGC* March 2004; Part 2 of 3: 219-54.
2. Black A, Francoeur D, Rowe T. SOGC Clinical Practice Guidelines: Canadian Contraception Consensus. *JOGC* April 2004; Part 3 of 3: 347-87.
3. World Health Organization, [https://apps.who.int/rht/documents/FPP94-2/FPP94-2.htm#How effective is female sterilization?](https://apps.who.int/rht/documents/FPP94-2/FPP94-2.htm#How%20effective%20is%20female%20sterilization?)
4. Fisher, William A., Black, Amanda. Contraception in Canada: a review of method choices, characteristics, adherence and approaches to counseling, *CMAJ*, March 27, 2007: 176-7.

Except where noted, all information provided by The Society of Obstetricians and Gynaecologists of Canada (SOGC) at <http://www.sexualityandu.ca>

# Birth Control Options



## HORMONAL IUD<sup>1</sup>



A small T-shaped frame that is replaced every 5 years.<sup>1</sup> Contains a progestin, which makes it harder for sperm to enter the uterus.

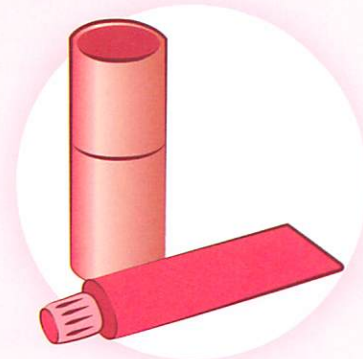
### BENEFITS<sup>1</sup>

- 99.9% effective
- (0.09 pregnancies per 100 women per year)
- Reversible
- Replace every 5 years
- May be associated with decreased menstrual pain
- May reduce menstrual flow

### RISKS<sup>1</sup>

- Side effects can include irregular or increased bleeding in the first month
- May cause weight gain and hormonal side effects such as depression, acne, headache, and breast tenderness
- May fall out
- Uterine perforation during insertion may occur in up to 0.16% of cases
- Ectopic pregnancy may occur in 0.02% to 0.25% of cases

## SPERMICIDES<sup>2</sup>



A chemical called nonoxynol-9 in cream, gel, foam, film, or suppository form used in conjunction with other methods of contraception, such as a condoms or diaphragm. Inserting spermicide in front of the cervix destroys sperm on contact.

### BENEFITS<sup>2</sup>

- 94% effective with perfect use (failure rate, 6%)
- 74% effective with typical use (failure rate, 26%)
- May provide lubrication when used with other barrier methods

### RISKS<sup>2</sup>

- Some users may be allergic to spermicides
- May increase risk of urinary tract infection
- Substantially high failure rates when used alone instead of in combination with other barrier methods, e.g., condom, diaphragm