



Contraceptive CHOICES

at Student Health & Counseling (SHAC)

Abstinence:

Effectiveness (if practiced perfectly): 100%. Perfect practice is sometimes difficult. 25% of couples who declare abstinence as contraceptive choice become pregnant.

Condom:

Penis covered w/ sheath pre-intercourse. Lubricate w/ spermicide. Effectiveness: 86%–98%

Depo-Provera:

Progestin shot every 12 weeks. Effectiveness: 99.7%

Diaphragm:

Shallow latex cup placed in vagina. Effectiveness: 80–94%

NuvaRing:

Vaginal ring contains estrogen and progesterone. Effectiveness: 98-99%

Emergency Contraceptive Pill (Morning-After Pill):

ECP reduces the risk of pregnancy by up to 89% when used correctly. (Available over-the-counter for consumers 18 & older at SHAC Pharmacy. For info, call 277-6306.)

IUD (Intrauterine Device):

A small plastic device placed in the uterus; contains copper or hormones. Effectiveness: 97.4–99.2%

The Patch:

Skin patch contains estrogen and progesterone. Effectiveness: 99%

The Pill:

Daily pill w/ hormones that work in different ways. Effectiveness: 95–99.9%

Note: “Effectiveness” statistics reflect perfect use—not typical use.

Talk to your SHAC health provider about advantages or possible problems with any of these methods. Our Women's Health Clinic offers a full spectrum of services.

Information & Appointments: 277-3136 | Pharmacy: 277-6306