

	Method	Administration	Expected Bleeding Pattern	Advantages	Disadvantages	Contraceptive Failure Rate
Combined Estrogen and Progesterone Medications	Pills	Daily	<ul style="list-style-type: none"> Predictable periods (monthly or every several months) 	<ul style="list-style-type: none"> Many options Easily reversible 	<ul style="list-style-type: none"> Possible nausea, upset stomach, irregular bleeding, breast pain Increased blood pressure and blood clots are less common but serious possible side effects of estrogen Estrogen generally is not recommended for patients with migraine headaches with aura, high blood pressure, personal or family history of blood clots, or limited mobility 	6-9 pregnancies per 100 women in a year*
	Patch	Weekly		<ul style="list-style-type: none"> Easily reversible 		
	Vaginal ring	Monthly		<ul style="list-style-type: none"> Easily reversible 		
Progesterone Only Medications	Pills	Daily	<ul style="list-style-type: none"> Limited bleeding at higher doses 	<ul style="list-style-type: none"> Many options Easily reversible 	<ul style="list-style-type: none"> Possible increased acne, mood changes, and weight gain Requires taking the medication at the same time daily 	6-9 pregnancies per 100 women in a year*
	Injection	Every 3 months	<ul style="list-style-type: none"> Irregular bleeding at the start 80% rate of no bleeding with long term use 	<ul style="list-style-type: none"> Less frequent administration 	<ul style="list-style-type: none"> Possible increased acne, mood changes, and weight gain Reversible bone loss Not recommended for patients with low bone strength 	
	Implant	Up to 4 years	<ul style="list-style-type: none"> Lighter, sometimes irregular bleeding 20% rate of no bleeding with long term use 	<ul style="list-style-type: none"> Ease of continued use 	<ul style="list-style-type: none"> Requires a procedure for placement (office) Highest rate of unpredictable bleeding 	Less than 1 pregnancy per 100 women in a year
	Intrauterine device	Up to 8 years	<ul style="list-style-type: none"> Lighter bleeding Up to 60% rate of no bleeding with long term use 	<ul style="list-style-type: none"> Ease of continued use Limited hormone circulation 	<ul style="list-style-type: none"> Requires a pelvic exam and procedure for placement (office/operating room) Irregular bleeding and cramping for several weeks to months after placement Not recommended for patients with a small or differently shaped uterus 	

*Not all progesterone only pills are approved as birth control.

**In our clinic, surgical methods of managing periods are not usually considered.

