Emergency Contraceptives
- Effective within 72 hours of unprotected sex
- Not to be used as a regular contraceptive method

Combined Oral Contraceptives
- Highly effective when used as directed
- Must be taken at the same time every day

Low Dose Contraceptives
- Effectiveness depends on user. Less effective for women not breastfeeding
- Must be taken at the same time every day whether you have sex or not

Injectable Contraceptives
- Shot must be taken either once every month or once every three months

Implantable Contraceptives
- Effectiveness depends on implant type. Can be effective from 3 to 5 years

Hormonal Intrauterine Device (IUD)
- Can be used for up to five years and removed at any time

Vaginal Ring
- It should be replaced every month