Hormonal Contraceptives

1. Emergency Contraceptives
   - Often called “the morning-after pill,” emergency contraception is a method of preventing pregnancy after unprotected sex. The emergency pill contains hormones that are similar to oral contraceptives, but with higher doses.
   - Effective within 72 hours of unprotected sex
   - Not to be used as a regular contraceptive method
   - Efficacy with typical use: 58%

2. Combined Oral Contraceptives
   - Commonly referred to as “the pill,” the combined oral contraceptive pill contains the hormones estrogen and progestin, which prevent pregnancy by suppressing the ovaries from releasing eggs.
   - Highly effective when used as directed
   - Must be taken at the same time every day
   - Efficacy with typical use: 91%

3. Low Dose Contraceptives
   - Low-dose contraceptives, often called “mini-pills,” are a contraceptive method that contain very low doses of a progestin hormone.
   - The lack of estrogen makes the low dose contraceptive suitable for breastfeeding women.
   - Effectiveness depends on use. Less effective for women not breastfeeding
   - Must be taken at the same time every day
   - Efficacy with typical use: 90%-97%

4. Injectable Contraceptives
   - The injectable contraceptive is a shot that contains hormones either a progestin-only, or both a progestin and an estrogen.
   - The injection prevents pregnancy by altering your body from releasing eggs and thickening the mucus at the cervix.
   - Effectiveness depends on getting scheduled injections. Risk is greatest when women are late for or misses an injection
   - Shot must be taken within 1-3 months
   - Efficacy with typical use: 97%

5. Implantable Contraceptives
   - Implants are small flexible rods that are placed under the skin of the upper arm. Implants release a progestin hormone that works by preventing the ovaries from releasing eggs. It also thickens the cervical mucus, which keeps the sperm from getting to the egg.
   - Effectiveness depends on implant type. Can be effective from three to five years
   - Must be inserted by a trained health care provider once every 3-5 years depending on implant type
   - Efficacy with typical use: 99.9%