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| **Methods** | **Possible Side Effects** | **Effectiveness % Theoretical** | **Effectiveness % Actual** | **Continuation Rate at 1 year** |
| Creighton Model Fertility*Care*TM System | None | 99.5 | 96.8 | 89% |
| Barrier Methods (condom  diaghragm, sponge | Allergic reactions and irritation, higher risk of toxic shock syndrome | 97  94  80-91 | 88  82  64-82 | 63%  58%  52% |
| Vaginal Spermicides | Allergic reaction or irritation | 94 | 79 | 43% |
| Sterilization Surgeries  Tubal ligation  and vasectomy | Surgical bleeding and infection, higher risk of hysterectomy, ectopic pregnancy, painful periods, prostate cancer | 99.8  99.9 | 99.6  99.8 | 100%  100% |
| Intrauterine Device  (IUD)  - requires replacement every 5 years | Heavy, irregular or painful periods, painful intercourse, infection, ectopic pregnancy, perforation of uterus, infertility | 98 | 97 | 80 |
| Birth Control Pill (2 hormones) | Breast tenderness, weight gain, headaches, nausea and vomiting, depression. May delay return of fertility and has higher risk of heart disease and some cancers | 99.6 | 94 | 72 |
| Progestational Agents (Norplant, and Depo-Provera ) | Local infection and bruising , anxiety, acne, weight gain, headaches, breast pain and irregular menstrual periods | 99.9  99.7 | 99.9  99.7 | 85  70 |