

	Hormonal							Non-hormonal				
	Short-acting reversible					Long-acting reversible		Short-acting reversible		Long-acting reversible	Permanent/irreversible	
	COCPs	POPs	Patch	Vaginal ring	Depo provera	Mirena (5yrs)	Implanon (3yrs)	Natural	Condoms (F/M)	Copper T	Tubal ligation	Vasectomy
Effectiveness	Perfect use: 99% Typical use: 91%	Perfect use: 99% Typical use: 91%	Perfect use: 99% Typical use: 91%	Perfect use: 99% Typical use: 91%	Perfect use: 99% Typical use: 94%	99%	99%	Perfect use: 99% Typical use: 75%	Perfect use: 95% Typical use: 70%	99%	99.5%	99.8%
Route	Oral	Oral	Skin patch	Vaginal ring	3monthly Injection	Inserted in uterus	Inserted under skin with LA	NA	NA	Inserted in uterus	Day surgery	Day surgery
How it works	Contains estrogen and progesterone. Stops ovulation, thickens cervical mucus, prevents fertilised egg from implanting	Contains progesterone. Thickens cervical mucus, sometimes stops ovulation	Contains estrogen and progesterone. Stops ovulation, thickens cervical mucus, prevents fertilised egg from implanting	Contains estrogen and progesterone. Stops ovulation, thickens cervical mucus, prevents fertilised egg from implanting	Releases progesterone. Thickens cervical mucus, stops ovulation, prevents fertilised egg from implanting	Releases progesterone. Thickens cervical mucus, prevents fertilised egg from implanting	Releases progesterone. Thickens cervical mucus, stops ovulation, prevents fertilised egg from implanting	Menstrual calendar identified fertile and non fertile times	Acts as a barrier (both male and female condoms) Stops sperm from entering vagina and cervix	Prevents fertilisation of the egg and making it difficult for implantation of a fertilized egg	Fallopian tubes are clipped or tied off to prevent sperm from meeting egg	Tubes that carry sperm are cut or tied off to prevent sperm from getting into semen
Pros	Makes periods regular, lighter and less painful Can help PMS Reduces risk of ovary, uterus and colon cancer No delay in return of fertility	Suitable for women who cannot use estrogen May help make periods less painful No delay in return of fertility	Makes periods regular, lighter and less painful No delay in return of fertility	Makes periods regular, lighter and less painful No delay in return of fertility	Makes periods lighter and less painful	Makes periods lighter and less painful No delay in return of fertility	Makes periods lighter and less painful No delay in return of fertility	No physical side effects Can also be used to plan for pregnancy	No serious side effects Available widely Only need to be used during sex Helps protect from STIs	Effective immediately on insertion Lasts for 5yrs Can be removed earlier if desired No delay in return of fertility	Does not affect periods Permanent and suitable for those who do not want future pregnancies	Permanent and suitable for those who do not want future pregnancies
Cons	SE: headaches, nausea, mood changes, breast tenderness Not suitable for overweight or smokers >35yo Slightly increased risk of blood clots, breast and cervical cancer	Must be taken same time daily Not effective if >3hr late SE: acne, breast tenderness, weight change, headaches	SE: skin irritation, headaches, nausea, mood changes, breast tenderness Not suitable for overweight or smokers >35yo Slightly increased risk of blood clots, breast and cervical cancer	SE: vaginal discharge, headaches, nausea, mood changes, breast tenderness Not suitable for overweight or smokers >35yo Slightly increased risk of blood clots, breast and cervical cancer	Periods may stop, be irregular or long Delay in return of periods and fertility Weight gain Decrease in bone mineral density (usually reversible)	Irregular bleeding, prolonged spotting common in first 6 months Small risk of infection after initial insertion	Periods may stop, be irregular or long Less effective in overweight women	Need to use condom or avoid sex during fertile times Daily records needed	May slip off or break Penis needs to be withdrawn from vagina immediately after ejaculation for male condoms	Not suitable for women at risk of STI Menstrual disturbances: periods may be heavier, longer, irregular Small risk of infection during 1 st 20days of insertion	Small increasing risk of ectopic pregnancy if ligation fails Needs to be done under GA in theatre Associated risk of op/anaesthesia	Needs sperm test after procedure to show absence of sperm in semen; can take more than 8 weeks Needs to be done under GA/LA in theatre Associated risk of op/anaesthesia
Remarks	Breakthrough spotting or bleeding common in first few months Some meds can interfere with it	Breakthrough spotting or bleeding common in first few months Some meds can interfere with it	Breakthrough spotting or bleeding common in first few months Some meds can interfere with it	Breakthrough spotting or bleeding common in first few months Some meds can interfere with it	SE of injection may last beyond 3 months Not affected by other medicines	Can be taken out before 5yrs Periods may stop entirely Not affected by other medicines	Can be taken out before 3yrs Discomfort and bruising at arm site (temporary) Some meds can interfere with it	Takes 3-6 cycles to learn about your body clock	Must be put on before penis touches vagina Do not use oil-based products for latex condoms	Suitable for women who cannot take hormones Not affected by other medicines	Suitable for those who are sure of their decision of permanent sterilization	Reversal is Suitable for those who are sure of their decision of permanent sterilization